

# Canton Woods Newsletter

## January 2022

### Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Open: 8:00am-4:00pm

Visit Canton Woods on the Village of  
Baldwinsville Website

[www.baldwinsville.org](http://www.baldwinsville.org)

**Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.**

### Neighborhood Advisor

Nancy Sullivan

B'ville Express

Gina Carroll

*The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long-Term Care Services.*



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### *Weather Related Closings*

1. **Canton Woods is closed** when the Village of Baldwinsville is closed (use your best judgment regarding your safety).
2. There is **No PEACE lunch** when the Syracuse City Schools are closed
3. **B'ville Express** will not pick up riders if the Baldwinsville Schools are closed. It is the rider's responsibility to cancel any appointments for that day.
4. **Meals on Wheels** is closed if the Baldwinsville and/ or Liverpool schools are closed.



**Director's Note:** As the new year begins, we renew our commitment to your health and safety.

***The Village of Baldwinsville requires face masks be worn by everyone inside Canton Woods Senior Center.***

***We are updating our vaccination information. Please bring your Covid vaccination record (or a copy) including the most recent vaccine/booster information.***

If you have not yet received your booster, make a plan for getting a Covid booster. The center strives to provide a safe place for you to gather with your friends. We need your cooperation. Be sure to get your booster so we may continue to bring you together safely. If you are having difficulty making an appointment for your booster, see Nancey Sullivan, our Neighborhood Advisor. When you have received your booster, please bring your proof to the center.

**Un-Vaccinated persons or persons who decline to show proof of vaccination:** must also socially distance, they may not participate in activities where social distance cannot be maintained.  
**IF YOU ARE NOT FEELING WELL, STAY HOME.**

Thank you for your cooperation.

### ***What's New in 2022?***

The new year has arrived! We are looking forward to new additions to our daily activities and services at the center.

### **Healthy Snack Shack**

We are planning to open a "Healthy Snack Shack" a little later in the new year. This is supported by the Healthy Schools and

Healthy Communities Grant through Onondaga County.

The Snack Shack will feature affordable healthy snacks.

The new year is also the perfect time to add or increase exercise in your daily routine. Canton Woods offers several exercise programs. **This year we are adding Ball Drumming!** Read more about it in this newsletter.

The **Canton Woods Walking Trail** is likely to be covered with snow for the next few months, plan to check it out in the spring!

**Bunco is coming to Canton Woods** in January too! This is fun fast moving dice game. Give it a try.

***Happy New Year!***  
***Ruth***

### **Assistant Director:**

Happy 2022 everyone!!! A new year, a new chance to try something new!! Please read through our newsletter, maybe something will catch your eye that you might want to try. Give us a call with any questions. For those of you that already have fun here at Canton Woods, thanks for participating. I know the world is a bit scarier in regard to gathering but getting together to have some fun is so important!! Thanks for coming and all you do for Canton Woods. We look forward to seeing you every week!!

***Joanie***

### ***New Year's Quote***

**An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. William E. Vaughan, author.**

## **Neighborhood Advisor / Outreach Worker**

I hope everyone had a wonderful holiday season! My wish is for all of us to have a HEALTHY new year and that this pandemic ends soon.

There is still time to apply for HEAP, so just give me a call to set up an appointment, if you need help with the application. For you homeowners looking to save money on your energy bills you can have a home energy audit done by NYSERDA and they may help you with some energy saving improvements to your home. If you would like more information, feel free to call me and I will be happy to help you.

Winter with its cold weather and isolation is an easy time to start feeling blue, so try to find things to enjoy and make an effort to get out whenever weather permits. Stay in touch with friends by phone, write letters, or if you are able try Facetime or Zoom so you can see them.

**This is a resource provided by New York State.**

**NY Project Hope - Coping With COVID**  
**[www.nyprojecthope.org/covid/helpline](http://www.nyprojecthope.org/covid/helpline)**  
**(844) 863-9314**

Project Hope Is New York's COVID-19 Emotional Support Helpline. Find Resources That Can Help You With Change During COVID. Help Is Available. Confidential & Anonymous. Free Support. 8am-10pm, 7 Days A Week.

Take care. *Nancy Sullivan*

## **B'VILLE EXPRESS**

The B'ville Express has an **URGENT NEED** for volunteer drivers. The B'ville Express provides transportation through our volunteer drivers

for the seniors in the Baldwinsville area to medical appointments, pharmacy, short grocery trips and to Canton Woods Senior Center. **THE NEED FOR**

## **VOLUNTEER DRIVERS IS**

**CRUCIAL** as many of our senior neighbors lack transportation and are unable to access these essential services.

Please help our seniors and volunteer today! To volunteer please call Gina @ 315-638-4536.

*Gina Camoll*. **Transportation Coordinator**

***Congratulations to these Lucky Winners!***

**Turkey Drawing Winner**

***Betty Ball***

**Wreath Winners**

***Nancy Delason &***

***Mireille Peluso***

**Afghan Winners from Craft Show**

***Cindy Morgan***

***Charlotte Erbland***

***Liz Mastracco***

**Food Sense Drawing**

***Fred Nesbitt***

## **2022 Newsletter Renewal Time**

We are now taking renewals for the 2022 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$4.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$5.00. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center.

Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for your newsletter, to remind yourself that the 2022 subscription is paid.

**Reminder:** *This is the last time renewal will be in the newsletter. Starting February 2022, we will send newsletters only to those who have paid for 2022!*

**ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2022. The fee does NOT include the newsletter subscription. Non-residents also need to pay \$5.00 for your newsletter subscription. To have your newsletter e-mailed to you please submit your e-mail address to Ruth Troy.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**Residency**

**Town of Lysander** \_\_\_\_\_

**Town of Van Buren** \_\_\_\_\_

**Village of Baldwinsville Yes or No**

**MOW:**

Happy New Year!

We hope everyone had a good Christmas!

We would like to give Thanks to everyone that supports our program. We are a 501C3, and your donation is tax-deductible.

Thank you! Donna & Jeff

## **Open Rec on Monday & Friday**

**Mornings** is the perfect time to practice pool, play a game of checkers or cards with a friend or a friendly game of pitch or poker.

## **National Grid Consumer**

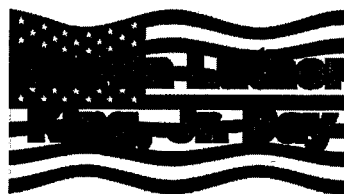
**Advocate** will be available by calling our Neighborhood Advisor, Nancy Sullivan. If you have questions about your National Grid account, we can seek out help for you.

## **Sunshine Lady**

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who is not feeling well, had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957** or please let the Staff or Office Volunteers know too!!

**Get Well / Thinking of you cards** were sent to Cathy Spagnola and Shirley DeLoff.

**Sympathy cards were sent the families of Lisa Jensen, Charlie and Charlotte Zambito, and to Doris Halko for the passing of a family member.**



### **Memorial Giving**

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving.

Enclosed is my gift of \$ \_\_\_\_\_

In Memory of \_\_\_\_\_

Your name \_\_\_\_\_

Your address \_\_\_\_\_

Make checks payable to Canton Woods Senior Center, Inc.

Send to:

Canton Woods Senior Center  
76 Canton St. Baldwinsville, NY  
13027

### **PEACE LUNCH**

The congregate senior lunch program has resumed indoor dining. Canton Woods now has the **PEACE Lunch** hot meal served in the dining room for *fully vaccinated individuals. You will be asked to show proof of vaccination. Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.*

The Take-Away meal is also available for those who are unvaccinated or who prefer not to dine inside. Please plan to drive up between 11:15 and 11:45am.

You must make a reservation for both lunch programs.

Lunch is available Monday Wednesday and Friday.

### **January Birthdays:**

As you know we are updating our birthday list so please call or e-mail your birthday month and day.

[jferstler@baldwinsville.org](mailto:jferstler@baldwinsville.org)

(315) 638-4536.

### **January Birthdays**

**1/17 Nancy Sullivan**

**1/28 Jean Howard**

**1/31 Charles Scrimali**



**JESSICAKES**

On your birthday, (or very very close), stop by Jessicakes

3 Marble St. Baldwinsville  
for a FREE birthday cupcake!  
Jessicakes 315-484-8228

### **Ice Cream**

Thank you for all the Byrne Dairy receipts! Please keep them coming. Sometimes you have to ask for one! Note: we cannot use gas receipts.

### **Food Bank of CNY**

The Food Bank of CNY can help you receive Food Stamps/ SNAP. Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

**Food Sense program** helps stretch your food buying dollars and is open to everyone and available each month.

Call the center to request the January Package List.

Cost: \$20.50

The order deadline is Friday January 7<sup>th</sup> by 3:30pm.

The pick-up date is Wednesday, January 19.

11:30am-12:30pm

**Smartphone, iPad, Tablet or Laptop Computer Assistance** offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. If you need help figuring out how to use the calendar, email or going online she is very familiar with Apple devices as well. Bring your devices and any questions (it is a good idea to write them down). Unfortunately, Nadine cannot help with a Trac Phone.

**Nadine is at Canton Woods on January 10<sup>th</sup> from 2:45pm - 3:55pm.** Please call-in advance to schedule an appointment 315-638-4536.

### **Free Legal Services**

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be in 2022. Call the center to make an appointment

(315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

### **Tournaments in November**

*Please remember to arrive 10 to 15 minutes before the beginning of each game. Thank you!*

#### **8 Ball 11/5**

1<sup>st</sup> place: Frank Lushia & Dave Hardy

2<sup>nd</sup> place: Nunzio Lipari & Don Varn

#### **9 Ball 11/19**

1<sup>st</sup> place: Frank Lushia

2<sup>nd</sup> place: Kathy Heintz

#### **Bean Bag**

**11/12**

1<sup>st</sup> place: Dave Hardy & Dave Au

2<sup>nd</sup> place: Nunzio Lipari & Kathy Heintz

#### **Wii Bowling**

**11/1**

1<sup>st</sup> place: Dave Hardy & Dave Ayotte

2<sup>nd</sup> place: Tom Spagnola & Joanie Ferstler

**11/15**

1<sup>st</sup> place Gloria Saccone & Patti DiFabian

2<sup>nd</sup> place: Cathy Spagnola & Kathy Hogan

**11/29**

1<sup>st</sup> place: Kathy Hogan & Joanie Ferstler

2<sup>nd</sup> place: Larry Wood & Cathy Spagnola

**IMPORTANT REMINDER!**

Please arrive 10- 15 minutes before your game is scheduled to start. This is a courtesy to all the other players and helps things go more smoothly. Thank you

**BINGO!!! Come join the fun!**  
**BINGO! Wednesdays and Fridays at 1pm.**

**Pitch** is now every Thursday at 1:00pm!  
Call to sign up, double check the calendar.

**Wii Bowling T'ments: Every**  
Mondays, at 1:00pm. We welcome more Wii Bowlers. Call to sign up.  
**Needed: Wii Bowlers!! Come check the alleys out!!**

**Duplicate Bridge** Tuesday at 12:00pm  
**Party Bridge** Wednesday at 12:15pm

**Blood Pressure Screening:**  
On Tuesday January 18  
from 9:45am – 11:00 am.

**Stay fit & Well at Canton Woods!**  
**Start the new year out on the right foot!**

**Try one of these other fun fitness classes!**

**CW Exercise Class**  
Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor.

XXXXXXXXXXXXXXXXXXXX

**New-New-New-New**  
**Senior Ball Drumming Class**  
Facilitated by Arlette  
**Friday, January 28<sup>th</sup> at 9:30am**  
**Please sign up by Wednesday, January 26<sup>th</sup>. 315-638-4536.**

Limit 10 participants.  
A low impact exercise class using music, large exercise ball and drumsticks to move to the beat!!

XXXXXXXXXXXXXXXXXXXX

**Falls Prevention Class**  
Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist.

**Kripalu "Chair Optional" Yoga**  
**lead by Yvonne Martin Certified Kripalu Yoga Teacher:**  
Classes held Tuesday, January 18<sup>th</sup> & Tuesday, January 25<sup>th</sup> morning at 11:15am. Donation to the instructor. Flyer in newsletter.

**Tai Chi Classes (Yang short form)**  
Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to instructor. Please check the calendar for dates.

**Zumba** will return in 2022!  
Charges payable to the instructor.

**Art Group**  
Art group will meet in person on Tuesday, January 4<sup>th</sup> and Tuesday, January 18<sup>th</sup> at 2pm.

## **How about getting together for Adult Coloring!?**

Adult coloring can reduce stress and anxiety, increase mindfulness, and it's fun. Try it!

**Wednesdays at 10:30am.**

## **Sharing Memories Writing Program!**

Every Wednesday at 1:00pm.

Facilitated by Tina Trainham. Please come with writing material and your memories!

## **Crafty Corner**

**Yarn Crew** meets on Tuesdays at 10:00am.

### **CRAFT SHOW SUCCESS!**

I have a huge smile on my face, no I didn't get a date for the evening, although that would have been nice. I am smiling because I am so pleased about every aspect of the craft show this year. It could not have run more smoothly or more successfully. The set-up crew was absolutely amazing. This year there was an attack plan and it worked well. The helpers were amazing in keeping tables organized and neat.

The sale itself was terrific. People were complementary and very generous with their purchases, and I had some really nice conversations. At the end of the show, we are always exhausted and cleaning up is the last thing we want to do but.... This year we had angels who showed up to help us tear down and pack up. Thank you to Jeannie.

If I were to list everyone, I wanted to thank I know I would miss someone, but I really appreciate all those in the YARN CREW who signed up and worked.... BOTH DAYS! I appreciate the efforts my sister and a childhood neighbor put forth. I thank the Meals on Wheels volunteers for their support. And I saved the best for last.... A THANK YOU to Ruth and Joanie and the rest of the crew at Canton Woods and the Baldwinsville community for your support.  
Sincerely, *Edwina Hay*

## *Canton Creations! Something New!*

January Craft Information

### **Crafty Corner**

#### **HAPPY NEW YEAR...**

I know this is going to sound early but next month is February and I thought January Craft would be a neat way to prepare for Valentine's Day. We are going to make chocolate candy.

I have done some research and to ask each one of you to buy the chocolate becomes expensive because it is \$20.00 so... I will purchase chocolate...milk, dark, and white and then you will have a choice. I would ask each person to donate toward the expense. I haven't figured it out, but it would not be more than \$5.00.

I have molds, boxes, and squirt bottles we would need. You can make a nice box of chocolates for your Valentine. If you are inspired, you can also use this skill for Easter.

PLEASE SIGN UP EARLY SO I CAN PURCHASE THE RIGHT AMOUNT OF CHOCOLATE. SIGN UP DEADLINE IS JANUARY 11. CLASS IS January 18<sup>th</sup> and LIMITED TO 5 PEOPLE.



Supplies needed.

If you have a double boiler or pans that can be used as a double boiler, please bring it.

Spatula/ spoon to stir the chocolate

Apron (to protect your clothes)

Want to add to the chocolate?

Bring nuts, raisins, coconut!!

See you in 2022!!

*Edwina Kay*

## **Book Club News**

The Girl with the Louding Voice by Abi Dare is a book full of despair, yet hope, suffering yet healing. The story takes place in modern-day Africa. Adunni, the main character, is a 14-year-old Nigerian girl who craves the education that her mother, now dead, had promoted. Circumstances though are not in her favor. She must combat poverty, a forced marriage, assaults on her body and a series of other horrible events that eventually force her into modern-day slavery.

The reader is impacted by Adunni's emotions as the novel is told in her voice and in her own broken English.

She is in search of her "Louding" voice which indicates her belief that by getting an education she will be able to take more control of her life and have the ability to be confident and stand up for herself.

Adunni lives in the richest country in Africa where sadly over 100 million live in poverty surviving on less than \$1.00 a day. Her story brings to light two major issues in Nigeria; young girls being forced into illegal marriages and the blight of domestic slavery.

I found the book heart-breaking yet

inspiring at the same time. I could not put the book down because I needed to know if she reached her goal and how she did it!

January's book is The Beekeeper of Aleppo by Christie Lefteri.

**Out next meeting is January 18<sup>th</sup> at 2:00pm Canton Woods library.**

## **January 2022 Library News**

Many thanks to Jack Smelski who donated the following audio books, Thank you!

The Fourth Order (S. Frey)

Hannibal Rising (T. Harris)

Private #1 Suspect (J. Patterson)

## **Bottle & Can Drive**

### **McBride's Bottle Return**

Your nickels will add up to help your Center.

There are now two ways to contribute! The Canton Woods Board, Senior Activity Committee has an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Committee.

In addition to the collection program at the center, you and your family members may return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fundraising events.

# Canton Woods

## January 2022

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
								Happy New Years	<b>1</b>
<b>2</b>	<b>3</b> 8:30-12 Open Rec 10 HiCAP Representative 12 PEACE Lunch 1 Wii Bowling	<b>4</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	<b>5</b> 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>6</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	<b>7</b> 8:30-12 Open Rec 12 PEACE Lunch 1 8 Ball 1 BINGO	<b>8</b>			
<b>9</b>	<b>10</b> 8:30-12 Open Rec 12 PEACE Lunch 1Wii Bowling 2:45 Tech Support	<b>11</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge	<b>12</b> 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 3 Trip Presentation with Jacki	<b>13</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	<b>14</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	<b>15</b>			
<b>16</b>	<b>17</b> <b>Martin Luther King Jr. Day</b> <b>The Center is Closed</b>	<b>18</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 9:45 BP Screening 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 2 Book Club 2 Art Group 4 Canton Creations	<b>19</b> 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>20</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	<b>21</b> 8:30-12 Open Rec <b>10-12 Bunco</b> 12 PEACE Lunch 1 9 Ball 1 BINGO	<b>22</b>			
<b>23</b>	<b>24</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	<b>25</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge	<b>26</b> 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>27</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	<b>28</b> 8:30-12 Open Rec <b>9:30 Senior Ball</b> <b>Drumming Class</b> 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	<b>29</b>			
<b>30</b>	<b>31</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling								

# **CANTON WOODS**

## **Chair Yoga with Yvonne**



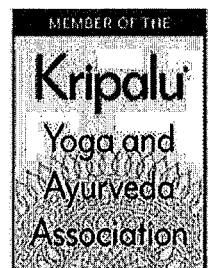
*Instructor: Yvonne Martin, RYT 500  
Certified Kripalu Yoga Teacher  
Owner: YLMYoga, LLC  
e-mail: martins@twcny.rr.com  
cell: 315-484-9183*

## **WINTER 2022**

**TUESDAYS: Jan 18-Mar 15**  
**45 minute classes: 11:15am-12pm**  
**Cost: CONFIDENTIAL DONATION**  
**(Optional)**

Register with Canton Woods front desk (315-638-4536)

- ॐ Discover Kripalu Yoga, a gentle, mindful, fun practice that emphasizes compassionate self-acceptance and mind-body awareness.
- ॐ Need to move more? Looking for relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to help make your body strong and balanced; and meditation techniques to relax the mind and sharpen mental focus.
- ॐ New to Yoga? Come give it a try.  
Absolutely no experience necessary.  
Everyone welcome!



## LET'S START OUT THE NEW YEAR RIGHT

I would like to update the YARN CREW roster. Those who participate in YARN CREW by coming to the Senior Center will be helping me update the roster when they come to the meetings.

HOWEVER, MANY OF YOU REGULARLY CREATE ITEMS AT HOME FOR THE CRAFT SHOW AND THE DONATIONS...

If you make items and would like to be considered a REMOTE PARTICIPATE IN YARN CREW I would appreciate it if you would fill in the information below. I will be sharing this information to improve communication among all of us.

Please complete the information below ( even if you think I already have it).  
And send it to the center

Name

Address

Date of birth (month and day only)

Contact information: Phone

E mail address ( if you have one)

Skill: ( circle ones you want to do).

Knitting

Crocheting

Sewing by hand

Machine sewing

Quilting

Embroidery

Cross stitch

Other ( please specify)

Thank you, Edwina Hay

## Travel Reflections

Hi everyone! I hope everyone had a wonderful Christmas. A New Year is beginning and I sure hope we are able to get all our travel plans in. I am working on the Day trips for 2022. I should have them done by the next newsletter.

Don't forget we are having a slide presentation on January 12, 2022 at 3pm. Kevin Ferguson from Collette Vacations will talk to us about the Pacific Northwest trip. All are welcome to attend. There is still room on the New Orleans trip if you're interested.

Until next month, have a happy and healthy New Year, take love and God Bless.

Love,  
**Jacki**



Contact me for the  
trip of your life!  
(315) 415-0040

\*Please include your phone # on all  
checks as well as food choice if  
applicable\*

## Overnight Trips!

### **OCEAN CITY, MARYLAND**

**May 23<sup>rd</sup> - 26<sup>th</sup> 2022**

Our spring trip is taking us to Ocean City Maryland for 4 days/3 nights. This tour includes: 3 nights at the Quality Inn Oceanfront; Deluxe Hale Transportation; 3 breakfasts; 3 dinners; escorted tour of Assateague National Seashore; Visit to historic Berlin with time for lunch and shopping; Boat ride around Ocean City; Visit to Ocean City lifesaving museum; and welcome reception. All taxes, baggage handling, and gratuities included. Escorted by Jacki Abbott.

**COST: \$985 per person (DOUBLE) - \$1,250 (SINGLE)** payable to "Belle Tours LLC". A deposit of \$100 (non refundable) due to sign up. Second deposit of \$300 due January 15, 2022. Final balance due March 15, 2022. All checks payable to Belle Tours, LLC.

SIGN UP ANYTIME AT THE CENTER or SEND TO JACKI ABBOTT - 132 PLYMOUTH DRIVE - SYRACUSE, NY 13206

## SPOTLIGHT on NEW ORLEANS

March 20<sup>th</sup> - 24<sup>th</sup>, 2022 5 Days/ 4 Nights

Join us as we are finally able to travel to the Jazz Capital of the World! "The Big Easy", New Orleans. This five day trip includes: Hometown pickup at Canton Woods Senior Center to and from the airport; Round trip air to and from Syracuse; Air taxes, fees, and surcharges; Hotel transfers; 4 nights at Royal Sonesta Hotel; 4 breakfasts; 2 dinners; Panoramic city tour; Cooking demonstration with dinner at the New Orleans School of Cooking; Walking tour of the French Quarter or explore the exhibitions and galleries at the Historic New Orleans Collection followed by a visit to the Bevelo Gaslight Museum and Workshop; A Louisiana Swamp Cruise; Dinner at The Court of Two Sisters and a roaring jazz revue at a local club in the French Quarter.

**\$2,349 /per person**  
(Based on double occupancy)  
**\$2,749 /per person**  
(Based on single occupancy)

Cancellation Insurance is available for an additional \$199 per person

A deposit of \$600 is needed to sign up. All payable to "Belle Tours, LLC". Final balance is due January 19, 2021.  
Sign up any time at the center or call Jacki @ (315) 415-0040 or mail to Jacki Abbott - 132 Plymouth Drive, Syracuse, NY 13206

## MAINE SOUTH COAST TOUR

September 12<sup>th</sup> - 16<sup>th</sup>, 2022 5 Days/ 4 Nights



Welcome to Vacationland! Join us for a five day tour of beautiful Maine. This fall trip takes us to Ogunquit, Maine, where we will spend 4 nights at the Anchorage by the Sea resort. This resort is located on the water and has access to the Marginal Way. The tour includes: Deluxe Hale transportation; 4 nights hotel accommodations; 4 breakfasts at the hotel; 4 dinners including (1) lobster dinner; Boothbay Harbor cruise; Admission to Maine Maritime Museum; Guided tours of Kennebunkport & Portland, including a photo stop at Portland Head Lighthouse; Nubble Lighthouse cruise; Performance (TBA) at the Ogunquit Playhouse; Photo stop at Nubble Lighthouse; Free time in Ogunquit, Portland, Boothbay Harbor, & Kennebunkport; All taxes and gratuities; Baggage service and fully escorted by Jacki Abbott.

COST:  
**\$1,785 /per person**  
(Based on double occupancy)  
**\$1,695 /per person**  
(Based on triple occupancy)  
**\$2,475 /per person**  
(Based on single occupancy)

A deposit of \$300 (\$100 non-refundable) is needed to sign up. Second deposit of \$500 due March 10, 2022. Final balance is due July 10, 2022.

## PACIFIC NORTHWEST & CALIFORNIA

w/ OPTIONAL 1-NIGHT SEATTLE PRE TOUR EXTENTION!

8 Days/ 7 Nights

September 26 - October 3, 2022



This tour begins with an overnight stay in Seattle, dubbed the "Emerald City" for its lush green surroundings. Highlights of the tour include: Seattle, Mount St. Helens visitor center, Portland, Columbia River Gorge Hood River, Yaquina Head lighthouse, Newport, Bandon State Natural Area, Rogue River cruise, Redwood National Park, Avenue of the Giants, and San Francisco. Trip includes: Hometown pickup from Canton Woods Senior Center to and from the airport; Roundtrip air to and from Hancock airport; All taxes and fees/surcharges and hotel transfers.

COST:  
**\$3,199 /per person**  
(Based on double occupancy)  
**\$3,999 /per person**  
(Based on Single occupancy)  
**\$3,169 /per person**  
(Based on triple occupancy)

\*BOOK BY MARCH 26, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$150 PER PERSON IF BOOKED AFTER 3/26/22.

A complete detailed itinerary is available at the Center.

## ALASKA LAND, RAIL & CRUISE

w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS

11 Days/ 10 Nights

May 31 - June 10, 2023

This trip begins in Fairbanks, Alaska where we will have a four-day land tour followed by a 7-night cruise. Visits to Denali National Park, Mt. McKinley, a Direct-to-the-Wilderness Rail service that will take us to the Princess Cruise ship in Anchorage. Stops will include: Hubbard Glacier, Glacier Bay National Park, Skagway, Juneau, Ketchikan, and we will disembark in Vancouver, Canada. Trip includes: Roundtrip air to and from Syracuse, hotels, cruise, port charges, government fees, taxes, and transfers to and from the ship.

COST:  
**\$4,932 /per person (INSIDE CABIN ID)**  
(Based on double occupancy)  
**\$5,712 /per person (BALCONY CABIN BD)**  
(Based on double occupancy)  
**\$5,752 /per person (BALCONY CABIN)**  
(Based on double occupancy)

FINAL BALANCE DUE JANUARY 19, 2023

P.E.A.C.E., INC. - FSD	
MONDAY	
3	
Swedish Style Meatballs over Parslled Egg Noodles California Blend Vegetables Fresh Orange	
10	
Roasted Chicken with Garlic Herb Gravy Apple and Celery Stuffing Buttery Peas and Pearl Onions Apricot Halves	
17	
Agency Closed Martin Luther King Day	
24	
Chicken Ala King over Biscuit Steamed Asparagus Strawberry Ice Cream	
31	
Meat Lasagna Marinara Sauce Citrus Tossed Salad with Poppy seed Dressing Honeydew Melon Crusty Italian Bread	

All Meals Include: Coffee, Tea, Milk  
Bread, and Margarine

OFFICE FOR AGING & YOUTH	
FRIDAY	
7	
Breaded Haddock Served on a Whole Wheat Bun Confetti Coleslaw Potatoes O'Brien Fresh Apple	
14	
Italian Style Meatballs and Marinara Served over Spaghetti Italian Green Beans Diced Pineapple Fresh Baked Crusty Italian Bread	
21	
Sliced Turkey on Whole Wheat Kaiser Lettuce and Tomato Hearty Minestrone Soup Tiramisu Parfait	
28	
Sirloin Beef Stroganoff Served over Parslled Egg Noodles California Blended Vegetables Fresh Banana	

Suggested Contribution:  
\$3.00

## January '22

SENIOR NUTRITION	
WEDNESDAY	
5	
Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Italian Ice Crusty Italian Bread	
12	
Sirloin Beef Stew with Hearty Mixed Vegetables Chuckwagon Corn Over Biscuit Tapioca Pudding	
19	
Glazed Ham Sweet Potatoes with Cinnamon Pecan Crunch Spinach Fresh Sliced Honeydew	
26	
Beef Chili Con Carne Romaine and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin	

Menus meet 1/3 of RDA  
Menu is Subject to Change



## **ATTENTION VETERANS!**

**Join fellow Veterans and Family Members. All are Welcome!**

### **Chronic Pain Self- Management Program- Online Workshop**

The Chronic Pain Self-Management Program is an evidence-based workshop running six weeks for 2½ hours per week. The program has been proven to:

- Improve energy and mental health
- Decrease pain levels and dependence on others
- Increase involvement in everyday activities
- Improve overall life satisfaction

#### **Who should consider taking the Chronic Pain Self-Management Program?**

People who have a primary or secondary diagnosis of chronic pain, and would like to improve their condition.

**Dates:** Wednesdays, January 19, 26; February 2, 9, 16, 23, 2022

**Time:** 1:00 pm- 3:30 pm

**Once registered you will receive an invitation to Zoom online workshops.**

**Registration Required: Call Michelle Grevelding at (315) 425-4400, ext 53839**

**Or CLICK HERE for online registration link.**

The Chronic PAIN Self-Management Program (CPSMP) is a six-session, peer-led health program for adults 18+ years of age. This program enhances a person's ability to manage his/her health, chronic pain and maintain an active and fulfilling lifestyle.

All class participants receive a book and CD.



Administration for Community Living  
NYS Office for the Aging  
Onondaga County Office for Aging





