

Canton Woods Newsletter

November 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

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.

The Village of Baldwinsville Mask Policy:
The wearing of masks in village owned buildings (including Canton Woods Senior Center) is at the OPTION of the individual entering the building.

Un-Vaccinated persons or persons who decline to show proof of vaccination:
must socially distance, they may not participate in activities where social distance cannot be maintained.

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. **Meals on Wheels** is closed if the Baldwinsville and/or Liverpool schools are closed.
4. **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.

Important Reminder

**Medicare Open enrollment period
October 15- Dec 7, 2022!**

**Day Light Savings Time ends
Sunday November 6th, 2022.
Turn your clocks back; gain an
hour of sleep.**



Director's Note: As Thanksgiving approaches and we prepare to celebrate with family, it is important to take a moment and thank the generous people of Baldwinsville. Canton Woods is grateful to the municipalities, local businesses, service organizations and residents for their support of Canton Woods Senior Center and our mission.

Thank you!

As the towns of Lysander and Van Buren prepare their budgets for 2023, remind your Town Supervisor and Town Boards of how important Canton Woods is to you and how much you benefit from your senior center. Let your Town supervisor know you and your family are grateful for Canton Woods!

Canton Woods is especially busy in November and December. Be sure to read the entire newsletter so you do not miss out on the fun and holiday festivities.

Happy Thanksgiving

Ruth



It is budget time for the municipalities.

Contact Information

Village of Baldwinsville

Richard Clarke, Mayor

Phone: 315 635 3521

Email: dclarke@baldwinsville.org

Village of Baldwinsville

16 W Genesee Street

Baldwinsville, NY 13027

The Village Board meets the first and third Thursday of each month at 7:30pm

Town of Lysander

Robert Wicks, Town Supervisor

Phone: (315)-638-4264

Email:

supervisor@townoflysander.org

Lysander Town Hall

8220 Loop Road, Baldwinsville

NY 13027

Lysander Town Board meets the first and third Thursday of each month at 7:00pm

Town of Van Buren

Mary Frances Sabin, Town Supervisor

Phone: (315) 635-3009

Email:

supervisor@townofvanburen.com

Van Buren Town Hall

7575 Van Buren Rd, Baldwinsville, NY 13027

Van Buren Town Board meets the first and third Wednesday of each month at 7:00pm

2023 Newsletter Renewal Time

We are now taking renewals for the 2023 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 2023 subscription is paid. This reminder will continue to be in the newsletter through January.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2023. 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

Assistant Director: I would like to express many thanks to everyone who shared their condolences when my mom passed and donations in her memory. Thank you!!

November will be here and gone before we know it!! Enjoy Thanksgiving with family and friends, reach out to someone and send a greeting. Remember a Veteran on Veteran's Day! Canton Woods has two holiday musical programs this season, please plan to attend along with our Annual Tree Lighting. Happy Thanksgiving to all and Thank you to our Veterans!

Joanie



Canton Woods Board Fund Raising Committee

The 2022 Holiday Wreath sale has started! You will find a flyer with all the details in this newsletter.

MOW:

Happy November to Everyone!

We are approaching the holiday season really fast, many of our clients are all alone. So, we are hoping to send them a small gift of some sort to help them thru this season, we are asking for one item of any sort so that we can brighten up their holiday, to be donated to us for them. Such as a notepad, dish towel, toiletry, candy, etc. We will have a team to Christmas wrap them. We are also looking for any sub drivers, for once a week or month thru the winter. Please look for our annual fundraiser letter out in November, this is our main fundraiser to help feed our seniors. Please watch for us in the Baldwinsville parade of lights November 26th. A great community event. Please look for upcoming information on our May 2023 afternoon tea fundraiser.

Donna & Jessica **315-638-2171**

Neighborhood Advisor / Outreach

Let the festivities begin!! The holiday season will be starting soon!! Which means those of you who want to sign up to have holiday meals delivered need to let me know. The meals are delivered by the Rescue Mission on Thanksgiving Day and Christmas Day. I need your request for the **Thanksgiving meal by the 4th of November** and requests for the Christmas meal by December 2nd. The Rescue Mission is unable to accommodate special diets and no delivery time is available. Everything depends on how many meals are requested and routes are not made out until after the deadlines for requests then finalized the day of delivery.

I also have HEAP training on November 1st, so anyone needing help with their application forms is free to call and schedule an appointment. You will need to bring an ID, proof of rent or mortgage payment, your Social Security Benefits statement, proof of other income sources if any and a recent heating bill. Please remember, I am off Wednesdays. As always, I am here to help in any way I can so if you are struggling with an issue, please don't hesitate to call and I will do my best to help you.

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

Winter is right around the corner along with school closings and treacherous road conditions. As a reminder, the **B'ville Express will be closed when the Baldwinsville Schools are closed due to a snow day**. If the roads are bad yet the schools remain open, our drivers reserve the right to cancel their scheduled ride if they are concerned with safely transporting our seniors.

The B'ville Express does not operate when Canton Woods Senior

Center is closed and will not take any ride requests for those days. The center will be closed November 11th, for Veterans' Day and November 24 & November 25 for the Thanksgiving holiday. If you need transportation for these days, you will need to call the OSCAR program @ 315-442-3434 or reschedule your appointment for another day when the center is open.

I want to thank everyone that has helped with driver recruitment. Your efforts have prompted 4 potential drivers looking to volunteer! And we could use more!! Thank you to everyone that has called me wanting to become a volunteer driver! Our Seniors need you!

I would like to thank my current drivers for your efforts, your time, and your willingness to help our senior friends. With the shortage of volunteer drivers, your willingness to continue being a valued part of the **B'ville Express** program is sincerely appreciated. You all go above and beyond for me trying to cover the senior ride requests, and for that I am personally grateful for each and every one of you! **Thank You!**

I wish you all a Happy Thanksgiving and safe travels when the snow flies!

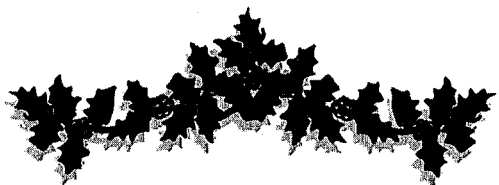
Gina Carroll

Transportation Coordinator/

B'ville Express



Lafayette Community Band
Seasonal Music
Tuesday, November 29th
7:00pm at CW



Canton Woods Annual
Tree Lighting Celebration!
Join the festivities
3:00pm Friday afternoon,
December 2nd.



Baldwinsville Community Band
Christmas Concert &
Food Pantry Collection
Wednesday, December 7th
7:00pm at CW



Seasonal Floral Decorating
Monday, December 5th at 1:00pm
More details to follow. Please call the
center 315-638-4536 to sign up for the
class.

Upstate Mammography Van
Wednesday, December 28th
Flyer is December's newsletter

AAA Defensive Driving course
(returning in 2023) is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring a lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. Phone registration will NOT be accepted. Next class is Wednesday, February 15, 2023. **Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

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 let the **Staff or Office Volunteers** know too!!

Get well or thinking of you cards sent to: Charles Spinosa, and Barb Harvie.

Sympathy Cards sent to the families of Ernie Hamm, John Luczak, Anna Goloski and to Jeanne Brainard for the loss of her brother.

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

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.

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.

We are continuing to add to our birthday list so please call or e-mail your birthday month and day.
jferstler@baldwinsville.org
(315) 638-4536.

November Birthdays

11/3 Kathy Momper
11/11 Tom Machut,
11/15 Bob Deming
11/19 Ed Barlow, Janice Arlukiewicz
11/21 Ron Lillquist
11/22 Pat Martin
11/28 John Virginia
11/29 Barbara Verbeck
11/30 Carla Wiemers



On your birthday, (or very very close), stop
by Jessicakes
3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

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
November Package List.**

Cost: \$20.50

**The order deadline is Friday, November
4th by 3:30pm.**

**The pick-up date is Wednesday,
November 16th from 11:30am-
12:30pm**

**Smartphone, iPad, Tablet or
Laptop Computer Assistance
offered by Nadine Kerr, B'ville
Family & Consumer Science
Teacher.** Tech support is back!

Wednesday, November 9th
at 2:45pm. Call the center 315-638-
4536 to make a reservation.

Free Legal Services

Legal services are available at
Canton Woods on several Tuesdays
in the calendar year. **The next
available appointments will be on
Tuesday, November 8th.**
Call the center to make an
appointment (315) 638-4536.
(11:30-3:00pm) Please tell the
receptionist if you are a returning
client. You must be a resident of
Onondaga County and at least 60
years old to participate in this
program.

Notes from Canton Woods Activity Committee:

Hi All:

Busy month going on. Monday,
November 7th we have the 85th+
Birthday Party, sign up at the Center
by Tuesday, November 1st.

Election Day is November 8th.
Please Vote!!

Thanksgiving Luncheon is
Thursday, November 18th, please
sign up at front desk.

The center is closed for
Thanksgiving on November 24th and
25th. Have a great holiday.

As always, come and Wii Bowl with
us. We are happy to teach anyone
who would like to come and have
some laughs. *Kathy Hogan*

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

9 Ball

9/2

1st place: Della Falter

2nd place: Kathy Hogan

9/9

1st place: Della Falter

2nd place: Kathy Heintz

9/16

1st place: Dave Au

2nd place: Don Varn

9/23

1st place: Frank O'Donnell

2nd place: Kathy Heintz

9/30

1st place: Dave Au

2nd place: Micky Bisha

Wii Bowling

9/19

1st place: Barb DiSanto & Cindy
Fehringer

2nd place: Kathy Hogan & Cathy
Spagnola

9/26

1st place: Kathy Heintz & Cathy
Spagnola

2nd place: Bill Mills & Tom
Spagnola

Bunco at Canton Woods!

Friday, November 18th

10:15am-12:00pm. This is a fun fast
moving dice game. Give it a try. **We
need at least 12 players to make
the game really fun. Plan to come
in and enjoy a few laughs while
playing this lively game.**

BINGO!!! Come join the fun!

***BINGO! Wednesdays and Fridays
at 1pm.***

***Pitch* is every Thursday**

at 1:00pm!

Call to sign up, double check the
calendar.

Wii Bowling T'ments: Every

Monday, at 1:00pm. We welcome more
Wii Bowlers. Call to sign up.

**Needed: Wii Bowlers!! Come check
our big screen tv's!!!**

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

Mah Jong Monday mornings at
10:00am!

Blood Pressure Screening:

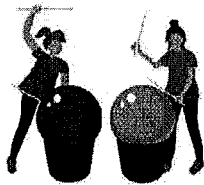
On Tuesday, November 15th
from 9:30am – 11:00 am.

Stay fit & Well at Canton Woods!
Try one of these fun fitness classes!

CW Aerobics Exercise Class is back! Join Cathy for this cardio workout to your favorite music

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor. Get moving to upbeat music for a fun work out. **Calling all Past Exercise participants, We need you Back!!! Please Return to the Class!!!**

Senior Cardio Ball Drumming



Facilitated by Arlette,
Fridays at 9:15am.

Equipment is provided.

This is a low impact exercise class using music, large exercise ball and drumsticks to move to the beat!!

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** This class is taught by retired physical therapist Julie Hall. Work on your core, and balance and feel the benefit in your daily activities.

Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am See attached flyer. Donation to the instructor. Look at the flyer inside this newsletter for future dates.

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.

Art Group

Art group will meet in person on Tuesday, November 1st & Tuesday, November 15th. 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

Fingers are flying folks--- we are getting ready for the most reasonably priced craft show around. Mittens, hats, scarves, scrubbies, stocking stuffers, and more surprises. See the flyer in this newsletter.

We are also working on a surprise for Meals on Wheels recipients. I can't go into much detail. It would ruin the surprise. See you at the Craft Sale!!

Edwina Hay

Canton Creations... third Tuesday of the Month 4-5:30pm
Please sign up at the center...

NOVEMBER CRAFT Nov. 15th!!

Danish Neisse Christmas Craft...Santa Logs. I have included a link <http://smartgirlsdoy.com/christmas>

Samples are on display at the center. These Santa's can be big enough to greet your company on the front porch or your entryway. Or.. make them smaller to fit on the mantle of your fireplace. Great as gifts.

I will supply a variety of logs or if you want your own specific type and know someone with a chainsaw; bring in a log of your choice.

Paint and embellishments will be provided unless you want certain types of ribbon which you can bring in for yourself.

Eyes can be painted. We have google eyes if you would rather use those.

We will use pompoms or wooded beads for noses

You should bring..

A variety of artists paint brushes

No class limit No cost

Change is in the Air!!!

For December: Canton Creations

Will meet the 3rd Monday of the Month, December, 19th, topic to be announced in the December newsletter. This will be the last Canton Creations for a while until Spring when Edwina returns.

No more open Needlework. I only had one person for the past 2 months and she didn't return. (was it my deodorant?) Only Kidding. There will be more chances to work together in the spring!

Book Club News

Book Club is taking a break. There will be changes in April. I will be away this winter. *Edwina*

November 2022 Library News

Long Shadows (D. Baldacci)

Boys from Bilizi (J. Grisham)

Endless Summer (E. Hilderbrand)

Blowback (J. Patterson)

Mad Honey (J. Picoult)

Righteous Prey (J. Stanford)

Dreamland (N. Sparks)

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, and Senior Activity Committee have 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.

PAC-B TV is Seeking Volunteers to Video Government and Civic Events

PAC-B TV, Baldwinsville's Public Access Television Station, Needs Your Help

To learn more, contact Skip Lockwood, Executive Director, at skip@pacbtv.org or call 202-841-3166.

Wanted

Your old sewing machines!

Your old sewing machine can get a new life!

The Refugee Sewing Program teaches lifelong skills to new Americans. They need machines to continue using those skills. If you have a sewing machine taking up space, call 315-559-3991 for a Canton Woods participant to pick up, and give it new life. Thank you!

Travel Reflections

Hi everyone! We have had some great trips the past month. 43 people went to Ogunquit, Maine and we had a wonderful time with perfect weather. Our hotel was right on the water with picturesque views. We enjoyed boat rides and a lobster dinner as well as a terrific show at the Ogunquit playhouse. "Beautiful", the story of singer, song writer, Carole King. I was home for one day then we were off to the Pacific Northwest for 8 days. Everyone said it always rains in Seattle and Oregon, but the God's were with us as we did not have a drop of rain. Such a beautiful part of our country, The coastal scenery was breathtaking. On October 7th, we left for Sicily/Italy so I will write about that next month.

There is lots of room on the Holly Jolly Christmas show. I hope to work on the Day Trips for 2023 and include them in the January newsletter.

Until next month, take care,
Happy Thanksgiving, and God Bless.

Love,
Jacki

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

Day Trips!

HOLLY JOLLY CHRISTMAS – December 8, 2022 Thursday

Music is a wonderful way to celebrate the magic of Christmas. Join us for a day out to Rochester to the Shadow Lake Golf and Racquet Club where we enjoy the talented Sam De Leo. Sa will delight us with some of our favorite Christmas tunes. Before the show we will enjoy a luncheon at the club. Selections include: 1) Prime Rib; 2) Chicken French, or 3) Baked Haddock.

COST: \$113 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:30 AM, Canton Woods @ 11:00 AM - Return home about 4:45 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

Overnights!

MACKINAC ISLAND & MICHIGAN TOUR

Canton Woods Senior Center/Belle Tours LLC

JUNE 5th - 10th, 2023



GRAND HOTEL



MACKINAC ISLAND



CASTLE FARMS

Join us on this 6 day/5 night tour to beautiful Mackinac Island. Our tour begins with a stop to Castle Noel in Medina, Ohio. This is America's largest indoor year-round Christmas Movieland prop and costume collection. Then it's on to Thunder Bay Resort in Northern Michigan. The next day we will arrive in Mackinac Island for two nights.

This trip includes: Deluxe Hale Transportation; 5 nights hotel accommodations; (2 nights on the Island); 4 dinners; 3 breakfasts; 1 lunch at the Grand Hotel on Mackinac Island; a horse drawn tour of Mackinac Island; A visit to the Rouge Plant in Dearborn, MI; Visit to Castle Farms in Charlevoix, MI; All taxes and gratuities.

COST:
\$1,845 /per person
(Based on **double** occupancy)

COST:
\$2,265 /per person
(Based on **single** occupancy)

COST:
\$1,755 /per person
(Based on **triple** occupancy)

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

CAPE COD & NANTUCKET

SEPTEMBER 11th - 15th, 2023



CHATHAM



Join us as we travel to the sandy shores of Cape Cod. Extending some 70 miles into the sea, the Cape is home to both natural beauty and quaint villages.

This trip includes: Deluxe Hale transportation; 4 nights at the Blue Water Resort located on South Yarmouth Beach; Guided tour of Provincetown along scenic Route 6A; Visit to the Cape Cod National Seashore Visitor's Center; Admission on a Whale Watch Excursion OR a Dune Tour; Guided Escort to the Island of Nantucket; Round trip Ferry passage to Nantucket; Guided tour of Chatham; Admission on a Seal Watch excursion; Admission on a cranberry bog tour at A.D Makepeace; 4 breakfasts; 1 boxed lunch; 3 dinners (one with entertainment); 1 Lobster Dinner (other choices available); all meal taxes and gratuities.

COST:

\$1,585 /per person(Based on **double** occupancy)

COST:

\$2,015 /per person(Based on **single** occupancy)

COST:

\$1,445 /per person(Based on **triple** occupancy)

A deposit of \$300 is needed to sign up. (\$100 non refundable). Second deposit of \$300 is due July 10th, 2023. All payable to "Belle Tours LLC".

NEW TRIP!

ADRIATIC & IONIAN PORTRAIT

w/ OCEANIA CRUISES on the OCEANIA RIVIERA

OCTOBER 24TH - NOVEMBER 4TH, 2024ADRIATIC
SEAIONIAN
SEA

OCEANIA RIVIERA



This 12 day/ 11 night cruise takes us to: Venice, Italy; Koper, Slovenia; Dubrovnik, Croatia; Corfu, Greece; Katakolon, Greece; Cruising the Ionian Sea; Vallette, Malta; Messina, Sicily; Sorrento/Capri, Italy and Rome, (Civitavecchia), Italy. Tour includes: Round trip airfare from Syracuse, One night Pre-cruise, cruise, port charges, government fees, taxes and transfers to and from ship.

COST:

\$5,771 /per person(BALCONY CABIN)
Category B2

COST:

\$5,821 /per person(BALCONY CABIN)
Category B1

COST:

\$6,071 /per person(CONCIERGE BALCONY CABIN)
Category A2

COST:

\$6,121 /per person(CONCIERGE BALCONY CABIN)
Category A1

*ALL DOUBLE OCCUPANCY

6 Shore excursions or FREE Alcoholic beverage package (beer, wine, champagne w lunch and dinner). A deposit of \$850 per cabin is needed to sign up or \$1,700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by June 25, 2024.

Deposits may be charged to Grand American Tours or checks sent to Belle Tours LLC. A full detailed itinerary is available at Canton Woods Senior center or call Jacki @ 315-415-0040

THOSE WHO BOOK EARLY GET THE BEST PRICES, THE BEST CABIN LOCATIONS, AND THEIR

PREFERRED DINING TIMES. Prices also include free internet as well as a choice of * FREE - \$600 shipboard credit or FREE

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



**Lafayette Community Band
Seasonal Music**

Tuesday, November 29th

7:00pm at CW

**Monetary donations to support the band
accepted at concert.**



Baldwinsville Community Band!

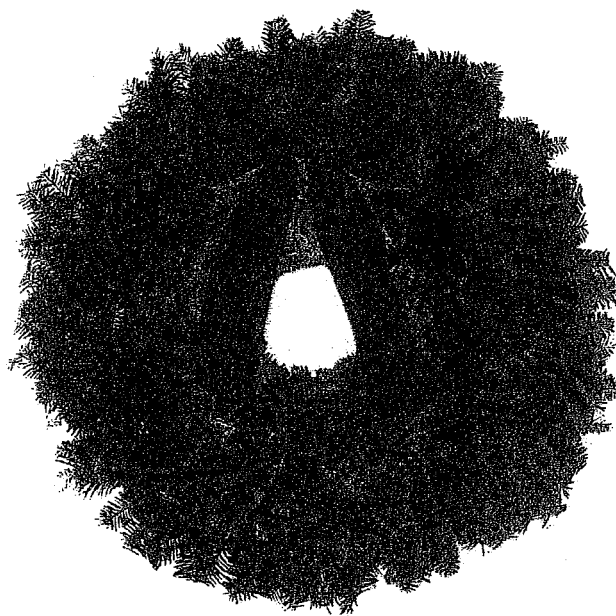
Wednesday, December 7th

7:00pm

At Canton Woods

**(Monetary donations accepted for the Band!
& Bring a nonperishable food item)**

Canton Woods Senior Center
HOLIDAY WREATH SALE



Choose a RED or BURGUNDY bow

20-22" for \$30.00

30-32" for \$35.00

FREE ONE WEEK DELIVERY

Within the Baldwinsville Area!

Orders Taken until November 18

CALL AND ORDER

Evie Nelson: (315) 396 – 1923

ALL net proceeds go to support Canton Woods

November '22

P.E.A.C.E., INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
		2		4	
		Salt City Fried Chicken Black Beans and Rice Country Blend Vegetables Mandarin Oranges		Pesto Chicken Bow Tie Pasta Field Greens Salad with Vinaigrette Peach Cobbler	
7		9		11	
Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Honeydew Fresh Baked Whole Wheat Roll		Glazed Ham Sweet Potatoes with Cinnamon Pecan Crunch Spinach Pineapple Tidbits		Agency Closed	
14		16		18	
Sweet and Sour Shredded Pork Served over Sesame Rice Oriental Blended Vegetables Diced Peaches		Swedish Style Meatballs over Parslled Egg Noodles California Blend Vegetables Fresh Orange		Oven Roasted Turkey with Gravy Stuffing Home Style Mashed Potatoes Glazed Baby Carrots Pumpkin Pie Dinner Roll	
21		Brunch 10:30am		25	
Classic Philly Style Cheese Steak Sandwich with Peppers and Onions Sweet Potato Fries Steamed Brussel Sprouts Fresh Baked Peanut Butter Cookie		Broccoli Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice		Agency Closed	
28		30			
Boneless Chicken Breast Topped in Marsala Sauce Seasoned Wild Rice Winter Blend Vegetables Fresh Apple		Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Italian Ice Crusty Italian Bread			

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

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

Suggested Contribution:
\$3.50

Guest Fee \$7

Happy Holidays

**CANTON WOODS
CRAFTERS**

ANNUAL CRAFT SALE

FRIDAY, DEC. 2ND &

SATURDAY, DEC. 3RD

FROM 10:00AM-3:00PM

**AT CANTON WOODS SENIOR
CENTER**

76 CANTON ST

BALDWINVILLE, N.Y.

PLEASE HELP!!

The *B'ville Express* Senior Transportation program
DESPERATELY NEEDS drivers!

We provide transportation to the seniors of Baldwinsville, helping them access essential services. Many of our seniors cannot get to crucial appointments because they lack transportation. If you would like to help your senior neighbors and friends

PLEASE VOLUNTEER TODAY!



Our volunteers average 3 hours per week. This is a rewarding volunteer opportunity that will help ensure our program will still be available as we enter our Golden Years!

To volunteer, please call Gina @ 315-638-4536.

Operated out of Canton Woods Senior Center, 76 Canton St, Baldwinsville NY

Canton Woods

November 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
		8 Tai Chi 1 9 Yarn Crew 9:15 NO CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge		2 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		3 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		4 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball 1 BINGO	5
6	7 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 11-12 85+ Birthday Celebration Lunch 1 Wii Bowling	8 ELECTION DAY 9 Yarn Crew 9:30 Canasta & Rummikub		9 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		10 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		11 Veterans Day The center is closed	1 2
1 3	14 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling	15 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Book Club 4-5:30 Canton Creations		16 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		17 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		18 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	1 9
2 0	21 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling	22 8 Tai Chi 9:15 CW Exercise 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class 12 Dup Bridge		23 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		24 Happy Thanksgiving The center is closed		25 The center is closed	2 6
2 7	28 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling	29 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 7 Lafayette Band Seasonal Music		30 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program				Calendar Subject to Change	