Older American’s Month
Canton Woods Staff
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Phone (315) 638-4536
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Neighborhoood Advisor
Nancy Sullivan

B’ville Express
Gina Carroll

Canton Woods Activity Group
Board Members
President: Ed Barlow
Vice President: Kathy Hogan
Secretary: Avis Neupert
Treasurer: Kathy Momper

May 2019

CWSAG March Raffle Winner was Frank Lushia.

Make & Take Card Making
Workshop: Friday, May 3rd from 1:30-4:00pm.
Ann Wilburn and Pat Howard are offering a workshop that includes packages of greeting card supplies to purchase (for approximately $2.00)

HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)
Available at Canton Woods 10:00am Monday, May 6th.

Friday, May 10th at 11:15am
SPEAKER: Lynn Blair from Elderwood
Ms. Blair will be at CW to talk about everything that is available at Elderwood Care Facilities. See Flyer in this newsletter.

Monday, May 13th at 3:00pm
Karl Sterling Presenting “Movement Disorders”
Please plan to come to learn about Parkinson’s disease, Gait and Movement issues, and other associated issues.

National Grid Consumer Advocate
will be available at Canton Woods on Tuesday, May 14th. If you have questions about your National Grid account, Mary Beth can help!

Zumba Gold!
Wednesdays at 9:30am starting May 15th. See Flyer in this Newsletter for more Information.
Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B’ville Family & Consumer Science Teacher.
Nadine will be at the Center on Monday, May 20th from 3:00-4:30pm. Need help figuring out how to use the calendar, email or going online? I am very familiar with Apple devices, but can help with any other devices as well. Bring your devices and questions (it’s a good idea to write them down) and I will try to help you! Please call in advance to schedule a 20 minute appointment. 315-638-4536.

Massage Therapy is Back at Canton Woods!
Rachel Renzi licensed Massage Therapist is available Wednesdays, May 15th & May 29th from 2:30 – 4:00pm. 10 minute massages are available for $1.00 per minute (she will do 5 minute massages for $5.00) payable to her. Please sign up for your time slot at the front desk or call 315-638-4536.
Benefits of Chair Massage:
- Reduced pain and stiffness in joints and muscles
- Increased and improved circulation
- Physical and emotional support
To be comfortable while in the chair be sure to wear something that doesn’t restrict movement, but be sure not to wear anything too loose either.
The only other rule is to breathe and relax.

The Baldwinsville Community Band and Village Singers at Canton Woods on Wednesday May 22 at 7pm. This will be a patriotic program in honor of Memorial Day.

George Leija returns to Canton Woods on May 29th at 10:30am. Come for the music and make a reservation and stay for lunch.

Canton Woods 9th Annual Health and Wellness Event in Honor of Older American’s Month!
Thursday, May 23rd 1:00-3:00pm. See flyer insert for more details.

Pitch
We have added an additional Pitch game on Tuesday, May 29th at 1:00pm. Leslie has agreed to run this additional game, as her schedule permits. At least three full tables of players will be needed to make the additional opportunity a go!! So, please sign up!! Pitch will be opposite Bridge and pick-up games, so some players might have to make a choice, however it will make another opportunity for Pitch players. Thank you for your understanding and for your participation.

The Baldwinsville Memorial Day Parade and Ceremony will be on Thursday, May 30, 2019. The parade starts at 6:00pm, and runs for about 45 minutes, followed by the Ceremony honoring our veterans at Riverview Cemetery.
Neighborhood Advisor/Outreach Worker: (Monday –Friday 10:30am-4:30pm)
Well it looks like spring has finally arrived and with it our annual Health & Wellness Event. It will be on May 23rd from 1:00-3:00pm. We look forward to seeing some past venders and some new ones as well. We hope everyone will make an effort to attend. It is a great opportunity to gain some valuable information and a chance to pick up some handy give away items. Remember, I am always here to help with your questions and paperwork. Nancy Outreach/Neighborhood Advisor

B’ville Express:
The B’ville Express is a free ride program offered to seniors (60 & older) providing rides to Medical Appointments, Pharmacy, the Bank, and Canton Woods Senior Center. To register for the B’ville Express please call Gina @ 315-638-4536.
If you are already a registered rider, please remember to call at least 7 days in advance to request your ride. The B’ville Express transportation program has an URGENT need for volunteers to transport seniors to their appointments, helping them to remain independent while accessing essential services. Volunteer drivers will register with the B’ville Express by calling Gina @ 315-638-4536.
PLEASE HELP THE SENIORS IN OUR COMMUNITY AND VOLUNTEER TODAY!

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

MOW:
Happy Mother’s Day to all the Moms!
May 8th is our Fashion Show 12:00-3:00pm. Christopher Banks is our sponsor! A lot of great baskets and gift certificates being raffled. Only $10.00 for admission and food—tickets available at Meals on Wheels. Donna & Pam

Canton Wood’s Vegetable Garden
The Baldwinsville Lions Club would like to partner with Canton Woods to bring your vegetable garden to life again this year! The Lions Club is interested in working cooperatively on the garden. As in the past, the produce harvested from the garden will be available to the Canton Woods Seniors for a very small donation. If you are interested in being a part of this team effort please let the front desk know.

Sunshine Lady
Janet Wojnovich is the Sunshine Lady for Canton Woods. Janet would like to hear from you if you know of someone who isn’t 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 Wishes were sent to Sarah Lee, Madeline Kelly, Dave Ayotte, Cora Weller, Mary Hendel.
A Sympathy Card was sent to Ella Smith for the loss of her daughter.
Please remember our Canton Woods folks who are in our area care facilities: Jackie Adams, Jack Virkler, David Appleman, Edgar Chapellier, Thresa DeShane, Eileen Murray, Eileen Butera, John Roziack, Ron Turnbull, Dick Blackburn, and Tony Giambrone, & Cora Weller.
PEACE LUNCH
Reminder: Please sign up for PEACE lunches at least one day in advance of the day you want lunch OR call before 8:15 a.m. that morning. You can leave a message on our machine and we will add you to the list. Lunch is served at 12:00 p.m. (please be here by 11:45am) on Monday, Wednesday, and Friday at Canton Woods for a small donation. Thanks for your cooperation. The Monthly Menu is available at the reception desk.

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 CW’s Outreach Workers (315) 638-4536.

Food Sense
Food Sense order deadline is Monday, May 13th before 10:30am.
Food Sense pick-up date is Wednesday, May 22nd by 11:00am. We need all orders picked up promptly.

FOOD SENSE: May Package
Cost: $20.50
1lb Ground Beef, 1.7lb Pork Tenderloin, 1lb Breaded Fish Sticks, 1.3 Chicken Tenderloins, 1lb Hot Dogs, 16oz Macaroni Salad, 20oz Shoe String French Fries, 15oz Pork & Beans, 1lb Frozen Strawberries, 1lb Frozen Corn, 2 Fresh Produce.

May Specials:
3lbs BBQ Ribs for $7.25
2.5 lbs Chicken Breasts for $5.50
2lbs Pollock Fillets for $4.50
Produce Box for $14.50 includes: 5 oranges, 5 apples, 5lbs potatoes, 1 pineapple, 1pt grape tomatoes, 1 cucumber, 1 bag salad mix, & 1 bag carrots.
21oz Beef Sandwich Steaks for $6.50
2.5lbs Onion Rings for $4.50
3lbs Sweet Italian Sausage for $9.00
Please pick up promptly around 11:30am, but before 12:30pm.

Ice Cream!
Thank you for all the Byrne Dairy Receipts. Please keep them coming. Note: We can’t use gas receipts!

May Birthdays
5/2 Jean Robbins, Edgar Chapellier
5/4 Sally Starr, Caroline LaTray, Alice Chapin
5/15 John Roziock
5/16 Alice Cummings
5/19 Mary Ann Cenci
5/20 Bob Kassel
5/21 David Thomas
5/22 Sal Grella
5/24 Carol Cossick
5/25 Ellie Thomas
5/28 Tina Trainham
5/29 Dawn Hickman
5/30 Marsh Barnes

Please Note: Our birthday list is by request only. If your birthday is not on the list and you would like it to be or if someone should not be on our list, please call the center, (315) 638-4536.

Birthday Breakfast
Canal Walk Café is offering each senior on our birthday list a FREE breakfast on his or her birthday! Be prepared to show identification and tell how old you are! This is an awesome opportunity to celebrate your birthday and support a wonderful local eatery. Thank You Canal Walk Café for your continued support of our seniors!

Happy Mother’s Day
Tournament Information:
Please call ahead and have your name put on the list for a tournament by 12:30pm. Numbers will be drawn at 12:30 and play will immediately follow. Please arrive at least 15 minutes before any scheduled game or drawing numbers time. Please call CW if you have a conflict and will be a LITTLE late! Thanks for your cooperation.

Tournament Winners
8 Ball
3-8
1st Place: Steve Cleland & Ed Barlow
2nd Place: Nick Lipari & Dave Hardy

9-Ball
3-15
1st Place: Kathy Heintz
2nd Place: Ron Pratt

Corn Bag Toss T’ment
3-22
1st Place: Dave Hardy & Dave Au
2nd Place: Kathy Hogan & Nick Lipari

Shuffleboard T’ment
3-1
1st Place: Dave Hardy & Larry Wood
2nd Place: Frank Lushia & Marshall Dubuc

Wii Bowling T’ment
3-11
1st Place: Charlie Zambito & Kathy Heintz
2nd Place: Kathy Hogan & Mark Gleason
3-25
1st Place: Kathy Hogan & Bill Mills
2nd Place: Nick Lipari & Dick Potempa

Darts T’ment
3-29
1st Place: Kathy Hogan & Ed Barlow
2nd Place: Dave Au & Marshall Dubuc

Party Bridge
3-13
1st Place: Estelle Checrrallah
2nd Place: Carol Miller

Bridge Tournament
4-9-19
N-S
1st Place: Ernie Pratt & Judy McVity
2nd Place: TIE
Jan & Bill Beall
Barb Harvie & Evie Nelson
E-W
1st Place: Pat Farneth & Dawn Long
2nd Place: Jack Schmidel & Larry Wood

Wii Bowling
The Wii Bowling Tournament is tons of fun!! Please consult the calendar for dates. Please join our current group of bowlers for a great afternoon of fun with 3 lanes of bowling. Prior experience with Wii Bowling is appreciated.

Crafts
Looks like another trip to the hospitals with more lap robes and baby caps. Our hands are very busy. We have a couple of new members; so how about some more?? Thanks for the recent donations; always very useful.

Canton Woods Art Show Reception!!
To be held Tuesday, May 21st at 3:00pm. Our own Art Group will display their works at Canton Woods through the month of May. Light refreshments will be served. Please come and enjoy the art work!! Flyer is in this newsletter.
**Art Group** dates for May are Tuesday, May 7th at 2:00pm and the Art Show Reception, May 21st at 3:00pm. This group is facilitated by retired B’Ville Art Teacher, Mike Conway. The group welcomes beginner and intermediate “students” and will focus on drawing and painting. Please bring your sketch book and art supplies. New participants welcome!

**Kripalu “Chair Optional” Yoga lead by Yvonne Martin** Certified Kripalu Yoga Teacher
Classes held Monday mornings at 10:30am. The next session continues May 6, 13. Class fee is payable to the instructor. See flyer in this newsletter for more details.

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

**Active Older Adult Exercise Classes**
This aerobics class is a workout for seniors every Tuesday and Thursday morning at 9:15a.m. Charges are payable to instructor.

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

**Scrabble:** Mondays at 1:00pm! Have fun playing this classic game.

**Blood Pressure Screening**
The Center offers blood pressure screening from 9:30 a.m. - 10:30 a.m. on Friday. Please look at the calendar for the exact dates and times.

**AARP Defensive Driving Class**
AARP classes run from 10:00am-4:30pm. One half hour lunch is scheduled at 12:00 p.m. Cost is $20.00 for members of AARP and $25.00 for non-members of AARP. You need to call the Center to make a reservation 315-638-4536. Each person taking the class needs to submit a check or money order at Canton Woods, payable to AARP for the appropriate amount as soon as possible, after you make your reservation if there is an opening. Your check holds your spot for the class. Bring your valid NY State driver’s license and your AARP Card!!!

**Free Legal Services**
Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be on May 7th, 2019. 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.

**Sharing Memories Writing Program!** Wednesdays at 1:00pm. The writing group is facilitated by Tina Trainham. Tina has all the supplies you need, so just come with your memories.

**May 2019 Library News**
“Check Out” our new arrivals in the Library!

**Small Print:**
Boy (T. Hoag)
The Wedding Guest (J. Kellerman)
Where the Crawdad Sings (D. Owens)
Silent Night (D. Steel)

**Biographies:**
Brinkley’s Beat (D. Brinkley)
John Glenn, A Memoir (J. Glenn)
Eleanor, The Years Alone (J. Lash)
Becoming (M. Obama)
Book Club News
This month we read Alice Network by Karen Quinn. The book is a historical novel about two women—a female spy. Eve recruited to the real-life Alice Network in France during World War I and an unconventional American socialite. Charlie, searching for her cousin in 1947—brought together in a story of courage and redemption. The disappearance of Charlie’s cousin Rose Fournier provides the story’s driving search and sets up the plot of the novel. Charlie dreads the stigma of being a “bad girl” pregnant out of wedlock, and Eve fears shame and dismissal if it is learned she slept with a source for information. Charlie decides to keep the baby, and Eve decides to have an abortion.
Everyone in The Alice Network suffers some form of emotional damage from war: Charlie’s depression after losing her marine brother to suicide, Eve’s torture-induced nightmares, Finn’s concentration-camp memories and resulting anger issues, Cameron’s guilt over losing his recruits. How each character comes from their war wounds and help each other heal is part of the plot. Comparisons on how PTSD was treated in Eve’s day as compared to Charlie’s is noteworthy.
The story was told from two points of view and with two different time periods. The trick with a dual chronology is making sure their two stories weave together and come to a climax that complement each other. The other trick is making sure the two timelines are equally interesting. The 1947 part of the novel was road trip through post-war France; 1915 was espionage.
The book is The Last Neanderthal by Claire Cameron.
Thank you to my wonderful book club members who have allowed me to come to Florida!
Your facilitator, Edwina Hay

Without your help it would be impossible to do this job. This is what makes our facility a great place to be. Thank you for your support of our monthly raffles!! Please continue to support our raffles in the future, the proceeds help to support the Canton Woods Senior Activity Group!!! I would like to Thank Roger Evans for his donation of wooden animals to help us with our budget for different events. We have the wooden animal and they will be on display at the front desk to purchase. Remember, and election of officers is June 7th from 8:30-11:30am. Remember to put your name in for nomination and vote.
Your President, Ed Barlow

CWSAG is now selling cans of Pepsi, Diet Pepsi and bottles of Water for $1.00. See Ed or the receptionist to purchase.
NOTICE: Whenever CWSAG has a meeting; we are hoping that seniors attend these meetings. For this reason, the Rec Room is closed during this time. This is happening only 6 times a year for about 20 minutes. Thank you for your cooperation and attendance.

Business Meeting
The Canton Woods Business Meeting will be held on June 7th, 2019 at 11:30 a.m. A brief meeting will be held Friday, May 3rd.

Memorial Giving
Canton Woods is giving you the opportunity to donate directly to the Center through Memorial Giving:
Enclosed is my gift of __________
In memory of ______________________
Your name ______________________
Your address ______________________
Make checks payable to CWSAG Memorial Fund.
Send to: Canton Woods Senior Center
76 Canton St Baldwinsville NY 13027
Note: Donations to Canton Woods Senior Activity Group can be made at any time.
Canton Woods Senior Activity Group
Raffle/Auction
For May
Tickets 3 for $1.00
50/50 Raffle PLUS Homemade Wood Crafts!!!
Drawing May 31st around 1:00pm.
Support your Senior Activity Group!

Bottle and Can Fund Raisers!
Your nickels will add up to help your Center. There are now two ways to contribute!
The Senior Activity Group 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 Group.
In addition to the collection program at the center, you and your family members may now 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 amount to Canton Woods Senior Center account.
Thank you for participating in these fundraising efforts.

Assistant Director:
May is such a wonderful month. It is Older American’s Month and there are plenty of events to come to here at Canton Woods. Please join us, look inside this newsletter for more information and flyers. It is getting warmer, so please remember to increase your fluid intake with drinks and fresh fruits and vegetables. Wear sunblock and bug/tick repellant and enjoy the outdoors when you aren’t here at CW. Happy Mom’s Day!!!
Thanks Joanie

Senior Words of Wisdom!
When it comes to chocolate, resistance is futile.

When in doubt, just take the next small step.

Don’t take yourself so seriously. No one else does.

Director’s Note: May is Older Americans Month. The theme for 2019 is Connect, Create, Contribute! Canton Woods has an incredibly full schedule for Older Americans Month. Be sure to read your newsletter so you know what is happening.
Canton Woods Art Group will hold their Spring Art Show with a reception on May 21! Take time to view and enjoy this talented group’s art work. Our Annual Health and Wellness Event is scheduled for May 23. This event is always a source of helpful information and fun take-a-ways!
Music returns to Canton Woods! The Baldwinsville Community Band and the Village Singers will present a patriotic program on Wednesday May 22 at 7pm. George Leija returns on Wednesday May 29th at 10:30am.
The Thursday night Classic Car Cruise-In returns to Baldwin Canal Square, near the B’Ville Diner, on May 2nd! Canton Woods will benefit from a 50/50 raffle at the Cruise In throughout the summer. Stop by enjoy the cars, have a bite to eat, and support your senior center!
Make May your month to take part in everything your center has to offer, you will have a very enjoyable month!

Happy Mother’s Day

Ruth