Canton Woods Newsletter
June 2019

Canton Woods Staff
Ruth Troy: Director
Joan Ferstler: Assistant Director
Phone (315) 638-4536
www.baldwinsville.org

Neighborhood 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

June 2019

CWSAG April Raffle Winner was
Doug Clark.

HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)
Available at Canton Woods 10:00am Monday, June 3rd.

Advanced Care Planning Blast
In this class, experts in elder law will explain the documents that are available to serve as directives to insure that your wishes are honored including a Will, a Health Care Proxy, a Power of Attorney, a Living Will. This opportunity is sponsored by Onondaga County Office for Aging, Institute for Caregivers, and Alzheimer’s Association Central New York Chapter.
Monday, June 3, 1:30-3:00pm
Presenter: Emilee Lawson Hatch
At Canton Woods Senior Center
Please call to register: 315-435-2362 Ext. 4942 or ellenmccauley@ongov.net
See the flyer at the Center for other times and locations.

National Grid Consumer Advocate will be available at Canton Woods on Tuesday, June 11th. If you have questions about your National Grid account, Mary Beth can help!

Hot Dog Sales
Thursday, June 13th
Starting at 11:45am $2.00 each
Treat yourself to a Hoffman’s Hot Dog hot off the grill!

Strawberry Shortcake Fest Sale
Tuesday, June 18th at 11:30am
See flyer in this newsletter for details!
Make & Take Card Making
**Workshop:** Friday, June 21st 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)

**Summer Entertainment Series**
Thursday, June 27th at 3:00pm
Music you will want to dance to!!
“Rock Shadow”
**Sponsored by The Hearth**

**Zumba Gold!**
Wednesdays at 9:30am.
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 June 17, 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, June 12th & June 26th 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.

**Pitch**
We have added an additional Pitch game on **Tuesday, June 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.
Neighborhood Advisor/ Outreach Worker: (Monday –Friday 10:30am-4:30pm)
After a very wet spring, I am sure we are all looking forward to summer and some sunshine.
Our Health and Wellness Event was held on May 23rd. It was well attended and I want to thank everyone who helped make it successful. I will be out and about in the community at events such as the Farmer’s Market, Seneca River Days, and the Thursday night car shows. Please stop and say Hello! Nancy Outreach/Neighborhood Advisor

B’ville Express:
The B’ville Express provides free rides to seniors (60 and older) in our community to medical appointments, pharmacy, bank and Canton Woods Senior Center. If you would like to register for this program, please call Gina @ 315-638-0097.

VOLUNTEER!!
The B’ville Express has a URGENT need for volunteers to transport seniors in our community 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!
Thank you! Gina

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

MOW:
Hello Everyone,
We would like to Thank everyone who came to the fashion show and support it. We sure had some fun and beautiful models, and we hope everyone can join us next year for our brand new 2020 fashion show. We are here if you need meals for a week or more while you recover from a hospital stay or just need meals. Never a waiting list! It also makes a great gift for your Dad, Grandpa, or Mom; especially for a holiday when do not know what to get them. Remember we are still doing the bottle drive at the Bottle Redemption Center in the plaza at Tops. We have more Syracuse Coupon Books for sale.

Happy Father’s Day!
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 Kathy McLaggan, & Ed Barlow
A Sympathy Cards was sent to the family of Chuckie Hamm and Sal Grella.
Please remember our Canton Woods folks who are in our area care facilities: Jackie Adams, Jack Virkler, David Appleman, Edgar Chapellier, Theresa DeShane, Eileen Butera, John Roziock, 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, June 10th before 10:30am.
Food Sense pick-up date is Wednesday, June 19th by 11:00am. We need all orders picked up promptly.

FOOD SENSE: June Package
Cost: $20.50
1.65lbs Boneless Chicken Breasts, 1lb Beef Burgers, 1lb Kielbasa, 1lb Pollock Fillets, 1lb Ground Turkey, 16oz Potato Salad. 8oz Cheddar Cheese, 16oz Elbow Macaroni, 1lb Frozen Peppers & Onions, 1lb Frozen Berry Blend, 2 Fresh Produce.

June Specials:
4lbs Chicken Nuggets for $4.50
2lbs Stuffed Pork Chops for $5.50
5lbs Italian Meatballs for $13.00
Protein Box for $14.50 includes: 1.7lbs Pork Tenderloin, 3lbs Boneless Chicken Breasts, 1lb Meatballs, 1lb Tilapia Fillets, 1lb Hot Dogs. 5lbs American Cheese for $11.50
5lbs French Fries for $4.50
3lbs Stuffed Shells for $5.50
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!

June Birthdays
6/1 Nancy Lasher, Jim Conger, 
6/2 Skip Collins, David Cooper
6/3 Betty Blair, Pat Woods 
6/4 Bill Ramsguard
6/5 Theresa Fenton 
6/9 June Davis, Jim Pitts 
6/18 Bruce Barnes, Donna Mae Russell, Donald Russell 
6/28 Nick Peluso, Richard Stryminski 
6/29 Shirley Jaquith 
6/30 Tony Giambrone

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!

Tournament Information:
Please call ahead and have your name put on the list for a tournament by 12:30 pm. 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
4-12
1st Place: Frank Lushia & Dave Hardy
2nd Place: Jim Wyman & Jack Schmiedel

9-Ball
4-19
1st Place: Nunzio Lipari
2nd Place: Ed Barlow

Corn Bag Toss T’ment
4-29
1st Place: Jim Wyman & Ron Pratt
2nd Place: Marshall Dubuc & Larry Wood

Shuffleboard T’ment
4-26
1st Place: Ron Kramer & Dave Hardy
2nd Place: Nunzio Lipari & Kathy Heintz

Wii Bowling T’ment
4-8
1st Place: Kathy Hogan & Gloria Saccone
2nd Place: Charlie Zambito & Bill Mills

4-22
1st Place: Nunzio Lipari & Ron Pratt
2nd Place: Bill Mills & Larry Wood

Darts T’ment
4-5
1st Place: Kathy Heintz & Jim Wyman
2nd Place: Don Varn & Larry Wood

Party Bridge
3-13
1st Place: Pat Farneth
2nd Place: Marlene Engledrum

Bridge Tournament
5-14-19
N-S
1st Place: Marge Callahan & Linda Colon
2nd Place: Eva Nelson & Barb Harvie
E-W
1st Place: Larry Wood & Jack Schmiedel
2nd Place: Estelle Checralah & Sue Schweitzer

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
Learn a new Craft!
Hey, if you are interested in getting out and learning some new hands-on type of activities then continue reading.
Once a month, I will be teaching a craft activity at the senior center. All you have to do is read the description and sign up by stopping into the Senior Center or by giving them a call. Most craft lessons will be free. If there is a charge it will most likely to pay for supplies and hopefully will be kept under $5.00. You may be asked to bring some supplies.
Place: CANTON WOODS SENIOR CENTER. June 25th 10am. This craft session will last an hour or less.
Craft: Using shaving cream and paint, I will demonstrate and teach how to marbleize paper. Everyone will practice and then you get plain note cards and envelopes to make your own set of stationary to write those thank you notes, get well wishes or whatever else. It will be so special now, in the days of the computer, to get an actual handwritten note.
Materials: Please bring the cheapest can of foam shaving cream that you can find. Make sure it is foam not gel. The dollar store might have the best deal in town.
Please wear clothes or cover-ups that will protect you. We are using acrylic paint. This is a little messy.
The class is limited to 10 and all interested should sign up either by phone or in person by June 18.
I sincerely hope you join us.
Edwina Fial
Craft Coordinator

Art Group dates for June are Tuesday, June 4th and Tuesday, June 18th at 2:00pm. 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.
Classes will resume in the fall.

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.

C. W. Exercise Classes
This aerobics class is a workout for seniors every Tuesday and Thursday morning at 9:15a.m. Charges are payable to instructor.
June classes are on Tuesdays the 4th, 11th, 18th, 25th. NO Thursday classes in June.

Falls Prevention Class
Classes are on Tuesdays and Thursdays at 10:00 a.m. FREE! The instructor is a licensed physical therapist. Beginning on June 4th, the instructor will be enjoying her summer in her garden. We have a DVD of Julie teaching the class which will be shown during the class time to keep you going through the summer.

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 September, 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.

June 2019 Library News
Please “Check out” our new arrivals in the Library!!
Small Print:
Run Away (H. Coben)
Wolf Pack (C. J. Box)
Celtic Empire (C. Cussler)
The Chef (J. Patterson)
Audio Books:
Morrigans Cross (N. Roberts)
Broken Prey (J. Sandford)
Look Again (L. Scottoline)
Light on Snow (A. Shreve)

Spring and Summer Library Fund Raiser:
Have you wondered how you can help Canton Woods Senior Center Library buy more books? We have an easy way for you to assist us! Purchase a gift card for Barnes & Noble and bring it to the front desk at the Senior Center. When you give us the gift card, we will record the dollar amount of the card and your name. The librarian’s next stop is Barnes & Noble to purchase a hardcover book (or more) with your card! We will put a book plate with your name on it in the book you have purchased! If you have a specific book in mind, we will be glad to purchase THAT book If we have not already purchased it. Because of space limitations, we do not buy duplicate books unless they are in different formats (large print, audio books). It’s as simple as that! Please consider helping us with a gift card. All our readers will deeply appreciate your generosity and know who to thank! This fund raiser will continue through July 2019. Thank you for your help!!
**Book Club News**

Many felt that *The Last Neanderthal* reminded us of the *The Clan of The Cave Bear* series.

Some found the reading difficult because the novel moved from prehistoric to the modern times of an archeologist. The author tries to draw a parallel between the archeologist and modern day.

The story was an interesting take on the story of survival and the Neanderthals. Recent studies have shown that modern humans have inherited 1-4% of DNA from the Neanderthals. This novel was an attempt to show the connection. Most readers found the story about Girl the more interesting.

Next meeting we will meet on June 18th at 2:00pm.

We will discuss *The Weight of Ink* by Rachel Kadish.

Your facilitator, Edwina Hay

---

**PRESIDENT’S CORNER**

Hi everyone, good weather is finally here and I hope everyone can get out and enjoy the warm weather. Don’t forget the Strawberry Shortcake Fest, June 18th. You need to sign up by Friday, June 14th and pay $3.00 to the receptionist. We have a lot of programs going on here and I hope you read your newsletter so you can come down and use our facility. If anyone is interested in working on programing, please let me know.

FYI: The thermostats have been adjusted for the summer at 72 degrees. If you tend to get cold, please bring a sweater to wear when you are at the center. Have a great and safe summertime.

Your Vice President, Kathy Hogan

---

**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.

**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 July**

50/50

**Tickets 3 for $1.00**

**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 fund raisings efforts.

**Assistant Director:**

**Happy Warm Weather!!** I hope it is finally here. Our summer programing is starting to happen. Make sure you check out the newsletter and calendar for upcoming events!! Happy Dad’s Day!!
Thanks Joanie

**Senior Words of Wisdom!**
Life isn’t fair, but it’s still good!

Cry with someone. It’s more healing than crying alone.

Make peace with your past so it won’t screw up the present.

**Director’s Note:** As the temperatures begin to rise, remember the air conditioning will be on at the Center. If you are easily chilled, please bring a sweater so you can make yourself comfortable. We had a very full calendar for Older Americans Month and June is very busy as well.

On June 3 at 1:30pm we welcome Emilee Lawson Hatch to present on Advance Directives, the documents that are available to serve as directives to insure that your wishes are honored. The presentation will include Health Care Proxy, Power of Attorney, Will and Living Will. Call 315 435-2363 ext. 4942 to register.

June is Strawberry Festival time! This annual event is on June 18th at 11:30 am. Sign up in advance. Celebrate the season!

Canton Woods Summer Entertainment Series brings **Rock Shadow** to Canton Woods on Thursday June 27 at 3pm. This will be a lively concert of your favorite rock tunes. This concert is sponsored by The Hearth.

**Did you know??**

**Stores that offer senior discounts:**
- KOHL’S: on Wednesday get 15% off if you’re over 60.
- MARSHALL’S: on Tuesdays, they will offer up to 10% off for seniors (amount determined by store)
- BANANA REPUBLIC: seniors get 10% off just by asking.

**Motels/Hotels with Senior Discounts:**
- MARRIOTT: 15% off for seniors 62 or better
- REDROOF INN: “senior rate” for online booking
- CHOICE HOTELS: 10% discounts if booked in advance (60+)
- HYATT HOTELS: up to 50% off at participating locations, with advance reservations for two 60+ seniors
- LA QUINTA: varying offers at participating locations for 65+. Book online or call in advance.
- OMNI HOTELS: varying offers at participating locations for 55+. Contact them in advance.
- MOTEL 6: 10% discount for 60+ when booked by phone.
- WYNDHAM HOTELS: varying offers at participating locations for 60+.
- HAMPTON INNS & SUITES: 10% off for seniors when booked 72 hours in advance.

Be sure you read your newsletter. You do not want to miss out on the fun!

*Happy Father’s Day!*

*Ruth*