Canton Woods Newsletter
July 2019

Canton Woods Staff
Ruth Troy: Director
Joan Foustler: 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

July 2019

CWSAG May Raffle Winner was
Kathy Hogan.

HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)
Available at Canton Woods 10:00am Monday, July 1st.

Tuesday, July 9th
Ice Cream Social at 6:00pm
Lafayette Community Band at 7:00pm
More information is on flyer in this newsletter. Monetary donations accepted for the Band at the concert.

National Grid Consumer Advocate will be available at Canton Woods on Tuesday, September 10th. If you have questions about your National Grid account, Mary Beth can help!

Hofmann Hot Dogs Hot off the Grill!
$2.00 each
Thursday, July 18th
Starting at 11:45am

POKENO
Thursday, July 18th at 1:00pm
We have a volunteer who is willing to call a few games of POKENO for us!!! We can have 12 players, 1 card per person for a small fee. Please plan to join us for BINGO game played with a deck of cards called POKENO!

Summer Entertainment Series
Thursday, July 18th at 3:00pm
Acoustic/Electric Music by Jerry Cali
Music you will want to sing & Dance to!
SPEAKER:
Friday, July 19th at 11:15am
Walgreen’s Pharmacist, Danielle
Topic: A Discussion on Ticks
Please plan to attend!!! Everyone should know
all there is to know about Ticks!

Make & Take Card Making
Workshop: Friday, July 26th
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)

Smartphone, iPad, Tablet or Laptop
Computer Assistance offered by
Nadine Kerr, B’ville Family &
Consumer Science Teacher.
Nadine will be at the Center on Wednesday,
July 17th at 1pm. 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, July 10th & July 24th
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, July 30th at 1:00pm. Leslie has
agreed to run this additional game, as her
schedule permits. At least 3 full tables of
players will be needed to make the additional
opportunity a go!! So, please sign up!!

Mark your Calendar:
Rotary Senior Citizens Summer
Picnic at CW
Wednesday, August 21st
From 4:00-5:30pm
Call the center to make your reservation by
August 16.
More details to follow in the August
Newsletter!!

Neighborhood Advisor/ Outreach
Worker: (Monday –Friday 10:30am-
4:30pm)
I know everyone is eager to get their Farmer’s
Market Coupons, and I am happy to report
that training will be held on July 9th. We are
hopeful that the coupons will be available by
the 3rd week of July. Please call us at 315-
638-4536 to put your name on the list of those
who will be notified of the distribution date
and remember that they are given out on a
first come and first served basis.
I hope everyone has a glorious month!
Nancy Outreach/Neighborhood Advisor

B’ville Express Do you need a ride to a
DOCTORS APPOINTMENT? The
B’ville Express can help!! The B’ville
Express provides free rides for seniors to
medical appointments, pharmacy, bank and
Canton Woods Senior Center. Seniors 60 and
older that reside in the Town of Van Buren or
Town of Lysander can register for the B’ville
Express by calling Gina @ 315-638-4536
HELP!! VOLUNTEERS NEEDED!!

The B'ville Express has an URGENT need for volunteer drivers to transport seniors in our community to their appointments, helping them to remain independent. Without transportation, many of our senior friends are unable to access these essential services. Volunteer drivers register with the B'ville Express program by calling Gina @315-638-4536.

PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!

Have a great summer and stay cool!

GINA

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

MOW:
Happy July 4th Everyone!
Meals on Wheels will be saying goodbye to Pam our cook for 19 years. She is retiring to enjoy her granddaughter; we have hired a new cook, Sarah, who is excited to be part of our family. We will miss Pam but she will still stop and see us. Meals on Wheels will be at the Baldwinsville Farmers Market July 30th and September 10th, selling 50/50 tickets and will have tickets for gift baskets as a fundraiser. We still are at the Bottle Redemption Center in Tops Plaza 365 days a year. We appreciate all your donations throughout the year; it helps feed our seniors. We are looking for volunteers to pick up donated baked good from Tops at Moyers Corners and in town in the morning before 10:00am. If you can help call- Donna 315-638-2171. Thank you!
Donna & Pam

Canton Wood’s Vegetable Garden
The Baldwinsville Lions Club is partnering 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 Wojnowich 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: Bev Collins & Annette Celestian.
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 Rozloch, Ron Turnbull, Dick Blackburn, Tony Giambrone, Bev Colloins & 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 Nancy, CW’s Outreach Worker (315) 638-4536.
Food Sense
Food Sense order deadline is Monday, July 15th before 10:30am.
Food Sense pick-up date is Wednesday, July 24th by 11:00am. We need all orders picked up promptly.

FOOD SENSE: July Package
Cost: $20.50
1.7lbs Pork Tenderloin, 1lb Ground Beef, 3.25 Chicken Drumsticks, 1lb Fish Sticks, 1lb Hot Dogs, 16oz Pork & Beans, 15oz Fresh Cole Slaw, 20oz Shoe String French Fries, 1lb Frozen Corn, 1lb Frozen Strawberries, 2 Fresh Produce

July Specials:
2.5lbs BBQ Pork Ribs for $7.50
2.5lbs Chicken Breasts for $5.50
2lbs Beef Patties for $5.75
Pantry Box for $9.50 includes: Apple Juice, Crushed Tomatoes, Macaroni & Cheese, Toasted Oats, Green Beans, Spaghetti Rings, Canned Chicken, Peanut Butter, Strawberry Spread, & Canned Pineapple.
3lbs Breaded Shrimp for $12.75
2lbs Mozzarella Sticks for $6.25
4.5lbs Macaroni & Beef for $8.50
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!

July Birthdays
7/1 Barbara Pillans
7/2 Charlie Organski
7/4 Tina Starr, Barbara Pratt
7/5 Jean MacDowell, Paul Kulba
7/6 Sunya Wood
7/9 Janet Batar
7/12 Ruth Davis
7/13 Kathy Heintz, Fran Stoys, Dorothy Clary
7/14 Virginia Pickard
7/15 Marge Finnegan
7/16 Paula Machut
7/17 Rose Shyposh
7/18 Frank Testa, Dick Wrona, Bev Hewitt
7/24 Albert Brisson
7/26 Avis Neupert
7/27 Arthur Sochia
7/28 Patricia Gray
7/29 Mary Thomas
7/31 Marie Rawls, Jeanne LePorte

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.

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
5-10
1st Place: Frank Lushia & Jack Schmidel
2nd Place: Bill Mills & Nick Sgouris

9-Ball
5-17
1st Place: Charlie Zambito
2nd Place: Dave Au
Corn Bag Toss T'ment
5-24
1st Place: Nunzio Lipari & Kathy Heintz
2nd Place: Marshall Dubuc & Ron Pratt

Shuffleboard T'ment
5-31
1st Place: Kathy Hogan & Larry Wood
2nd Place: Nunzio Lipari & Dave Hardy

Wii Bowling T'ment
5-6
1st Place: Kathy Hogan & Marshall Dubuc
2nd Place: Kathy Heintz & Ron Pratt
5-20
1st Place: Kathy Hogan & Bill Mills
2nd Place: Nunzio Lipari & Patti DiFabion

Darts T'ment
5-3
1st Place: Frank Lushia & Bill Mills
2nd Place: Charlie Zambito & Marshall Dubuc

Party Bridge
3-13
1st Place: Diane Muldoon
2nd Place: Estelle Checallah & Pat Farneth

Bridge Tournament
6-11-19
N-S
1st Place: Marge Callahan & Linda Colon
2nd Place: Judy McVity & Barb Wiggins
E-W
1st Place: Joyce O'Keefe & Marianne Aman
2nd Place: Jack Schmiedel & 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.

Craft Corner
We have been very busy at the craft table. In an attempt to utilize some of the wonderful donations we have received over the years I have been searching the Internet to find some activities to do with buttons. We have 5 tins of buttons; so for the past two weeks we have been creating button flowers and putting them in little vases. They are whimsical items that will bring a smile. They will be available at the craft fair.
The craft I will be teaching for July will be for the knitters out there. I will be teaching a class on making fingerless mitts. I have two patterns available. One is super easy and one is easy. Depending on which you choose you will need to bring the following items:

SUPER EASY  Size 7 straight needles and three stitch markers. This mitt is knit flat and then seamed with a tapestry needle
1 skein worsted weight yarn

EASY  Size 7 double pointed needles and three stitch markers. (This mitt is knit in the round)
1 skein worsted weight yarn

YARN....if you are planning to keep the mitts you supply the yarn. If the mitts will be donated to the Craft Group for the Craft Fair in the Fall we will supply the yarn.
This class will be from 10am-1pm at Canton Woods. This is not a teach to knit class. Knowledge of knitting is required.

Sign up by calling the Senior center at 315 638- 4536
Class size limited to 8
Another class will be added if necessary.

Edwina
Craft Coordinator

Art Group  dates for June are Tuesday, July 9th and Tuesday, July 23rd
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.
Classes will resume in the Fall!

Falls Prevention Class
Classes are on Tuesdays and Thursdays at 10:00 a.m. FREE! The instructor is a licensed physical therapist. The instructor is enjoying the 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!!
The next AARP Defensive Driving Class is Thursday September 12.

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! Every Wednesday at 1:00pm.
The writing group is facilitated by Tina Trainham. Tina has all the supplies you need, so just come with your memories.

July 2019 Library News
Please “Check out” our new arrivals in the Library!!

Small Print:
Redemption (D. Balducci)
The Cornwalls Are Gone (J. Patterson)
Miracle at St. Andrews (J. Patterson)
Someone Knows (L. Scottoline)

Biographies:
Reba (R. McEntire)
We Are Soldiers Still (Moore & Galloway)
I Think I’m Out of Here (C. O’Connor)
My American Journey (C. Powell)

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**
This month's book was *The Weight of Ink* by Rachel Kadish. The book is 597 pages long, so Kudos to those who managed to get through it.
Members found the book well written but very wordy with many details. The novel covers two time periods— one in the 1600’s and another the current times. Discussion centered around Jewish customs that were presented in the book. Some said once they finished, they could not remember what happened at the beginning so are rereading. One member compared a component of the book to Kersher's *Why Bad Things Happen to Good People*, where the prevalent philosophy is “God is not here to change your life. God is there to provide comfort.”
Another component of this story is that women were not supposed to be educated and in the story the main character struggles as an educated Jewish woman.
The title made us think about its meaning; the importance of the written word, and the value and insight of what is learned from the written word.
We encourage those who may need a good winter read to indulge in this book—all 597 pages!
Our next book is *The Silent Patient* by Alex Michaelides. We will meet at 2:00pm on Tuesday, **July 23rd**. **Note Change in Date**—due to Edwina’s doctor’s appointment.
Your facilitator, Edwina Hay

**PRESIDENT'S CORNER**
I would like to congratulate all the new officers and thank everyone for their support last year. Without everyone’s help this job could not be done. I would like to thank everyone for their support in this election. Also, I would like to thank Kathy Hogan for all her help with me being laid up in the hospital; and thank you to everyone for their cards and prayers! July 9th we will be having an Ice Cream Social at 6:00pm and the Lafayette Community Band at 7:00pm. You must sign up for the Ice Cream Social by Friday July 5th by 12:00pm. The cost is $3.00 and must be paid when you sign up. Thank you for your support of the Strawberry Shortcake Festival. Also, a thank you to Roger Evans for his donation of wooden animals to help us with our budget for different events. We have samples of wooden items at the front desk to purchase.
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 SAG Business Meeting will be held on August 2nd, 2019 at 11:30 a.m.

**News from the VP**
Hi Everybody:
Just wanted everyone to know that any monies that we raise support the activities group; so when we have special things going on we take that money out of the group funds so we all can enjoy it! When we have special events sponsored by the CWSAG, the money comes from our fund raising efforts! Thank
you for your continued support of the Canton Woods Senior Activity Group. Also, anyone interested in playing Wii bowling or other tournaments with us - Please sign up at the front desk. It’s always lots of fun!! Thanks your VP Kathy Hogan

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 Baldwinville 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
Drawing on July 31st after Lunch!
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 4th of July!!
Hope you have a great holiday!!
Please plan to attend the Lafayette Community Band concert on July 9th at 7:00pm. If you enjoy concert band music, you will want to attend. At 6:00pm that night is CWSAG Ice Cream Social. Please sign-up and Pay $3.00 for your Sundae by Friday, July 5th by 12:00pm.
Our 10th Annual Car Show is Monday, August 5th!! It’s a great car show and please say a prayer for “NO Rain”!!
Flyers for both events are in this newsletter!!
Thanks Joanie

Director’s Note: Summer is in full swing in Baldwinville. Check out the 2019 Tuesday evening Summer Free Concert Series on Paper Mill Island. The Baldwinville Farmers Market is also every Tuesday afternoon 3-7pm at Baldwin Canal Square (Behind the B’Ville Diner). On Thursday evenings you can enjoy a classic car Cruise In at Baldwin Canal Square. Canton Woods is holding a 50/50 raffle at the Cruise-In! Stop by and support your Center. You can also support Canton Woods by purchasing environmentally friendly reusable grocery bags with Canton Woods logo. The bags are available at the center for $3.00 each. This is in anticipation of the single use plastic bag ban. The bag is practical and promotes your Center!
The Rotary club of Baldwinville is generously hosting a Summer Picnic for Baldwinville area seniors at Canton Woods from 4:00pm-5:30pm on Wednesday August 21. You must make a reservation by August 16. Sign up at the front desk or call the Center (315) 638-4536.
Canton Woods Summer Entertainment series continues at the Center. The LaFayette
Community Band will perform at Canton Woods, Tuesday July 9th at 7:00pm. Spend the evening enjoying music. Your Senior Activity Group is sponsoring an ice cream social before the concert at 6:00pm. Make your paid reservation by July 5th. Return to the center on Thursday July 18 at 3:00pm for music by Jerry Cali.

Looking ahead to August, Canton Woods Classic Car Show is slated for Monday August 5th. This is a favorite summer event. Put the date in your calendar. You will enjoy Classic Cars, music, summer foods and good company.

In September we look forward to Walk for the Woods 2019! This is a fund raising event and a wellness event. This year’s walk is Saturday September 21. Support your Center and join us for a morning of fun and fitness.

The Center will be closed on Thursday July 4th in observance of Independence Day.

Have a safe and Happy 4th of July!

Ruth

Springtime

The Robins have come back
What a welcoming sight
I know now I can shed
The Wintery blues
And like the birds
Prepare to take a flight
No more glued to the TV
Morning, noon, and night
Listening to the happenings
Occurring out of my sight
Once:
The Comfort Zone
That kept me in
No longer entices me to stay
Within these four walls
With nothing to do
But eat, sleep and dream
of being free
From the long winter days
That imprisoned me
Now like the birds
I, too, shall take a flight
And be free
Until winter again
Make a prisoner of me.

A CW Senior

Senior Words of Wisdom!

Life is too short to waste time hating anyone.

It’s OK to let your children see you cry.

Your job won’t take care of you when you are sick. Your friends and parents will. Stay in touch.

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