Canton Woods Newsletter
August 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: Arlene Luckette

August 2019

CWSAG June Raffle Winner was Bill Mills!

Canton Woods 10th Annual Car Show!
Monday, August 5th 5:00-8:00pm
Raindate: Monday, August 12th
See flyer in this newsletter for details.

HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)
Available at Canton Woods 10:00am Monday, August 5th.

National Grid Consumer Advocate will be available at Canton Woods at 11:00am on Tuesday, September 10th. If you have questions about your National Grid account, Mary Beth can help!

Summer Entertainment Series continues on
Thursday, August 8th at 3:00pm
Piano Tunes by John Vona

SPEAKER:
Touching Hearts at Home Homecare
Friday, August 16th at 11:15am

Rotary Senior Citizens Summer Picnic
Wednesday, August 21st from 4:00-5:30pm
See flyer in this newsletter

PO-KE-NO
TUESDAY, August 13TH at 1:00pm
We have a volunteer (Alana) who is willing to call a few games of PO-KE-NO for us!!! We can have 12 players, 1 card per person for a small fee. Winners for 1st, 2nd, & 3rd Place. We will play 12 games and score each game. Please plan to join us for BINGO game played with a deck of cards called PO-KE-NO!
Make & Take Card Making

Workshop:
Friday, August 30th from 1:30-4:00.
Pat “Sky” Howard & Ann Wilburn 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 return to Canton Woods in September. The date will be in the September newsletter. If you need help figuring out how to use the calendar, email or going online she is 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 Nadine 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, August 7th & 21st 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

Upcoming Pitch Games: Monday, August 5th & Monday August 19th along with Tuesday, August 27th
Tentative Dates for September:
Monday 16th & 30th and Tuesday, September 24th.

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.

Neighborhood Advisor/Outreach Worker: (Monday-Friday 10:30am-4:30pm)

Well summer is here! We have had our fair share of hot and humid days; the ones we were longing for on those cold snowy days last winter. All too soon we will be filling out those HEAP applications, but let’s enjoy the good weather while it’s here.
The farmer’s market coupons have been distributed and I hope everyone is taking advantage of the fresh produce you can get with them.

Nancy Outreach/Neighborhood Advisor

DO YOU NEED TRANSPORTATION?

The B’ville Express can HELP! We provide 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@ 3156-638-4536

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

**PLEASE HELP OUR 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.*

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**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: Ardis Egan. Sympathy Cards were sent to the family of Jackie Adams and to Francine Paracka for the passing of her husband.

Please remember our Canton Woods folks who are in our area care facilities: Jack Virkler, David Appleman, Edgar Chapellier, Theresa DeShane, Eileen Butera, John Roziock, Ron Turnbull, Dick Blackburn, Tony Giambone, Bev Collins, Cora Weller & Ardis Egan.

**MOW:**

Hello Everyone:

We can’t believe its August already, the summer is flying by! Please stop by our kitchen and introduce yourself to Sarah, our new cook, she is making some great new recipes! Don’t forget we will be at the Farmer’s Market July 30th & September 10th selling 50/50 tickets and will have raffle baskets. We have a Special Event planned for Saturday, September 7th from 5:00-7:00pm outside in the pavilion and gazebo area of Canton Woods. We will have Nina Dunlap, who plays a variety of old and new music. The concert is free and we will be selling hotdogs, hamburgers, pulled pork, salt potatoes, coffee, soda and again selling 50/50 tickets and more!! All proceeds are going to Meals on Wheels. We are currently looking for drivers for Baldwinsville routes. Please call Donna 315-638-2171. Thank you!!

*Donna & Sarah*

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**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, August 12th before 10:30am.
Food Sense pick-up date is Wednesday, August 21st by 11:00am. We need all orders picked up promptly.

FOOD SENSE: August Package
Cost: $20.50
3.5lbs Bone-In Chicken Breasts
1lb Beef Burgers
1lb Pork Chops
1lb Bologna
1lb Ground Turkey
1 doz Eggs
1lb Fresh Macaroni Salad
15oz Beef Ravioli
1lb Frozen Sliced Peaches
1lb Mixed Vegetables
2 Fresh Produce

August Specials:
4lbs Chicken Wings for $10.50
3lbs Italian Sausage for $10.50
5lbs American Cheese for $11.50
Produce Box for $15.00 includes: 3 peaches, 3 plums, 3 nectarines, 3 oranges, 1 pineapple, 2lbs seedless red grapes, and 1 cantaloupe
2lbs Uncooked Shrimp for $9.25
5lbs French Fries for $4.50
10lbs Popcorn Chicken for $11.75

Please pick up promptly around 11:00am, 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!

August Birthdays
8/1 Ann Wilburn
8/4 Shirley Payne
8/7 Dennis Hoe
8/10 Lorraine Langford
8/12 Bob Minnnoe
8/15 David Appleman, Doug Appleman, Diane Canino
8/16 Bob Lasher
8/17 Karen Cole
8/18 Kathy McLaggan, Theresa Gross
8/21 John Weeks, Jim Buswell
8/22 Kathy Kulba, Frank Lushia
8/23 David Ayotte
8/24 Sally Kiteveles
8/26 Edward Ramin

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 Side Café & Bistro is offering each senior on Canton Woods birthday list $5.00 off a 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 Side Café & Bistro for your continued support of our seniors!

Tournament Information:
Please call ahead and have your name put on the list for a tournament by 12:30pm. 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
6-14
1st Place: Charlie Zambito & Jim Wyman
2nd Place: Nunzio Lipari & Kathy Heintz

9-Ball
6-21
1st Place: Nunzio Lipari
2nd Place: Frank Lusha

Corn Bag Toss T’ment
6-7
1st Place: Kathy Hogan & Frank Lusha
2nd Place: Charlie Zambito & Jan Wojo

Shuffleboard T’ment

Wii Bowling T’ment
6-3
1st Place: Diane Ayotte & Charlie Zambito
2nd Place: Nunzio Lipari & Marshall Dubuc
6-17
1st Place: Nunzio Lipari & Ron Pratt
2nd Place: Dave Hardy & Doug Clark

Darts T’ment

Triathlon
6-28
1st Place: Ron Kramer
2nd Place: Nick Lipari

Party Bridge
6-12
1st Place: Estelle Checrallah
2nd Place: Rosemary Ross

Bridge Tournament
7-9-19
N-S
1st Place: Jan & Bill Beal
2nd Place: Ann Brewer & Ellie Schmide
E-W
1st Place: Judy McVity & Ernie Pratt
2nd Place: Pat Kisselring & Carol Leonard

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
Button, button, who has the button? For the
past few weeks we have been using our stash of
buttons to create whimsical little vases of
flowers. These little vases can be used as little
gifts. The best thing about them is they are
small, non-allergenic, they don’t need watering
and they show you care. These items will be
available at the Craft Fair in December.
We have also made headbands using buttons for
the children or young of heart. One is on
display at the reception desk at the Center.
Our July class was making knitted and
crocheted fingerless mitts. These will also be a
new item at the Craft Fair.
August is just around the Corner... TENNIS
ANYONE? No, we are not learning to play
tennis, but I am thinking about those pretty
bracelets with all the bling on them. Believe it
or not I am going to be teaching how to make
very pretty tennis style bracelets. What’s a
tennis bracelet you ask?? Well, the real ones
consist of a single row of diamonds with gold
surroundings them. They cost lots and lots of
money, so I know I will never have a real one,
but this past winter I learned by using crystals
you can get the same effect.
Since, I have ordered all the materials needed to
make these bracelets; I will create kits for
$7.00. That is just paying for the materials and
you have a beautiful bracelet to keep or give to
someone else. Class size is limited to 10
please. You will need to bring a bright light if
you have one and lots of patience.
Tennis Bracelet class will be offered on August
20th 10:00am-1:00pm at Canton Woods. Cost
$7.00. Call the Center to sign-up. 315-638-4536.

Edwina
Craft Coordinator
Art Group  dates for June are Tuesday, August 6th and Tuesday, August 20th 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 on September 9th. 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.

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! DVD Exercise during this time slot!!

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 will return to lead the class Tuesday, September 17th.

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 3, 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.

August 2019 Library News
Please “Check out” our new arrivals in the Library!!
Small Print:
Big Sky (K. Anderson)
Big Kahuna (J. Evanovich)
Queen Bee (D. Frank)
Summer of ’69 (E. Hilerbrand)
18th Abduction (J. Patterson)
Unsolved (J. Patterson)
Undercurrents (N. Roberts)
Blessings in Disguise (D. Steel)
**Book Club News**

This month we read *The Silent Patient* by Alex Michaelides. I am writing this review with the help of the entire group since we had to change the date of our meeting and the deadline for the newsletter is this week. So you will get only my perspective. I absolutely loved this book. Once I got into it, it held my attention and was a page turner. I had to know why this woman killed her husband and then refused to talk. I had to know if the psychiatrist who was working with her would be able to get her to speak. Finally, I wanted to know that once she did speak what she would say. All those questions are answered in the book and I have to say the twists that it takes is very intriguing. I never saw it coming. Rarely, does a book make me express myself out loud but I did as I read the twist to the story. This is a novel about mental illness, and makes you realize that there really is a very fine line between sanity and insanity.

Your facilitator, *Edwina Hay*

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**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.

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**Business Meeting**

The Canton Woods SAG Business Meeting will be held on August 2nd, 2019 at 11:30 a.m.

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**News from the VP**

Hi Everybody:

Wonderful weather we are having this summer. I want to thank all our Wii bowlers. We had a wonderful tournament on July 15th, 20 bowlers and there is room for more. If you want to learn how to bowl, please contact the office. It’s a fun time.

Once more I want to encourage everyone to keep our kitchen clean. Remember it’s like your home.

Thanks your VP  Kathy Hogan

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**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 August
50/50
Tickets 3 for $1.00
Drawing on August 30th 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:
I am writing this month to encourage a greater
participation in our games and tournaments.
Let’s talk about Wii Bowling. We typically
have a Wii Bowling Tournament twice a
month. We have had several 300 games;
bowled by Kathy Hogan, Larry Wood, Nunzio
Lipari, Doug Clark, & Kathy Heintz. We play 4
players at each lane with 3 lanes going at once.
Each team of 2 plays 3 games just like in a real
league. Each player has an average and
handicap, tabulated after each time we play. It
is tons of fun and all you need to do to play is
sign up ahead of time and to have played
before. If we have enough “never played
before people” who want to learn, we can set up
a learning time.

Signing up ahead of time and some knowledge
on how to play is all you need for most games
and tournaments. We play Pitch (3 times),
Cornbag, 9 Ball, 8 Ball, Shuffleboard monthly.
Also, we play Pinochle, Bridge, and Party
Bridge weekly. You do need to know how to
play these games and you do need to sign up
ahead of time for Pinochle. Bridge is a little
trickier, you can just show up to play Party
Bridge (they will love to have you) and come
early to Bridge on Tuesdays to talk to the
players. We also, have Mah Jong, Canasta, and
Scrabble games that always need players.
Please call with any questions and come play a
game or two. We have other groups throughout
the month, check those out as well and how
about a MASSAGE!!! And PO-KE-NO which is
a ton of fun!! More information on these
opportunities in this newsletter,
Thanks Joanie

Director’s Note: August already! We are
in the middle of a very busy summer at Canton
Woods. It is time for Canton Woods Annual
Classic Car show! This is our 10th year and it is
always a fun filled event. Come on out on
August 5th there will be a music, food
concessions, raffles, and of course an
assortment of beautiful classic cars! This is a
favorite summer event. Spend the evening at
Canton Woods on Monday August 5th from
5:00pm-8:00pm.
Be sure to sign up for the FREE Rotary Senior
picnic on August 21 at Canton Woods. The
reservation deadline is August 16th.
Canton Woods is selling reusable grocery bags
as a fund raiser in anticipation of the plastic bag
ban. Stop at the front desk and get yours.
Looking ahead to September, the Walk for the
Woods 2019! is scheduled for Saturday
September 21st. This is Canton Woods major
fund raising event and a lot of fun too! Join us
for a walk through the neighborhood or sponsor
someone who is walking. Support your center!
Be sure you read your newsletter. You do not
want to miss out on the fun! Ruth
ZUMBA & ZUMBA GOLD FREE

Paper Mill the Island
Wednesday, August 14th
9:00am-10:30am
Certified Zumba Instructors
(Water and Power Bars provided by St. Charbel Monuments)
Event Sponsored by Pacific Health Club

Senior Words of Wisdom!

Pay off your credit cards every month.

Get rid of anything that isn’t useful, beautiful or joyful.

It’s never too late to have a happy childhood. But the second one is up to you and no one else.

Get your $1.00 raffle ticket for the Library Basket at the Canton Woods 10th Annual Car Show on August 5, 2019.

Tickets will be sold at the Center starting August 5th. The drawing will be held Thursday, August 15th in the afternoon!
Support Canton Woods Senior Center!
Environmentally Friendly Canton Woods Reusable Bags!
$3.00 Each
Walk for the Woods 2019!

Canton Woods Senior Center
76 Canton St. Baldwinsville
Celebrating National Senior Center Month

Walk for the Woods 2019!
Promoting Wellness at any age!
All proceeds benefit Canton Woods Senior Center

Walk Saturday September 21st!
Beginning at the Center at 9:00am (rain or shine)
(You are welcome to bring your dog, please sign a pet participation form)

Registration Form

Name: ____________________________________________________________

Address: _______________________________________________________________________

Phone: ___________________________ Email: __________________________

Registration fee $10.00 ______ Registration fee for pets $5.00______
Pledges

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Please collect pledges/donations prior to the Walk for the Woods 2019. Make checks payable to: Canton Woods Senior Center. Thank you for supporting our Center!