September 2019

CWSAG July Raffle Winner was Sarah Lee and the winner of the donated garden pot was Alberta Parry.

Canton Woods 10th Annual Car Show Awards
Oldest Car at the Show
1915 Ford “T” Speedster
Driven by Michael Schoeberlein

President’s Choice
1960 Chevy Corvette Convertible
Driven by Bill Brotherton

Fan’s Favorite
1984 Chevy El Camino
Driven by Mark Perrin

HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)
Available at Canton Woods 10:00am Monday, September 9th.

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!

Zumba Gold
Starting Wednesday, September 11th at 9:30am
See Flyer in this newsletter
Several fitness programs resume this month. Be sure to check the start date for your favorite class.
Flu Shot Clinic:
The first clinic of the season is
Friday, September 13th
Starting at 9:30am, sponsored by Rite Aid.
Please bring your insurance cards with you!!
There are two additional clinics set for October
11 and November 1 at 9:30am.

Summer Entertainment Series
continues on
Thursday, September 19th at 3:00pm
Musical Favorites by Baldwinsville Native
George Leija. See flyer for more
information.

Loretto
Friday, September 20th at 11:15am
Informational Table and Questions answered
On Loretto.

Make & Take Card Making
Workshop:
Friday September 27th 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). A completed, beautifully decorated
greeting card or two of your own creation will
be all yours at the end of the workshop!

Smartphone, iPad, Tablet or Laptop
Computer Assistance offered by
Nadine Kerr, B’ville Family &
Consumer Science Teacher.
Nadine will return to Canton Woods on
September, 30th from 3:00-4:30pm. 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 at Canton Woods!
Rachel Renzi licensed Massage Therapist is
available Wednesdays, September 4th & 18th
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: Dates for September: Mondays September 16th & 30th and Tuesday, September 24th.
Possible dates for October are Monday, October 21st and Tuesday, October 29th.

In October
Limburger Cheese Party
October 10th
(Look for flyer in this newsletter)

Neighborhood Advisor/Outreach Worker: (Monday –Friday 10:30am-4:30pm)
The fair has come and school is ready to start. That means summer is winding down. Sadly, we must start thinking about preparing for winter before the weather surprises us like it did last year. If you are in need of home repairs and need resources to do them, stop in to see me. I may be able to find a program to help you.
Fall is also time to get Flu Shots. Rite Aid will be here on September 13th and Walgreens will come on October 11th and November 1st from 9:30am-11:00am to do clinics. Be sure to bring your insurance information with you.
Nancy Outreach/Neighborhood Advisor

B'ville Express Newsletter
SEPTEMBER 2019

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 will register with the B'ville Express program by calling Gina @315-638-4536.

PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!

I hope you all had a great summer and are looking forward to Fall!

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:
Wow, did the summer fly by! September 7th, we have our barbecue outside, with our entertainment with Nina Dunlap. She is a great performer on keyboard and guitar. It should be fun for all ages. Don’t forget, September 7th from 5:00-8:00pm. Any questions, call our office at 315-638-2171. Remember we still are doing the bottle drive at The Bottle Redemption in Tops Plaza. Just say the money goes to Meals on Wheels. Thank you for your support; it helps to feed our hungry! Happy Labor Day!

Donna & Sarah

Canton Wood’s Vegetable Garden
The Baldwinsville Lions Club has partnered with Canton Woods to bring your vegetable garden to life again this year! As in the past, the produce harvested from the garden is available to the Canton Woods Seniors for a very small donation payable at the front desk. Thank you to the Lions Club for making this possible.

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: Leslie Kassel, Tina Trainham.
Sympathy Cards were sent to the family of Tony Lofaro and Catherine Rice.
Please remember our Canton Woods folks who are in our area care facilities: David Appleman, Dick Blackburn, Eileen Butera, Edgar Chapellier, Bev Collins, Tony Giambrone, Leslie Kassel, John Roziock, Tina Trainham Ron Turnbull, Jack Virkler, and 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, September, 16th before 10:30am.
Food Sense pick-up date is Wednesday, September, 25th by 11:00am. We need all orders picked up promptly.

FOOD SENSE: September Package
Cost: $20.50
1lb Chicken Kabobs, 1lb Meatballs, 1lb Italian Sausage, 24oz Shrimp Scampi Meal, 1lb Ground Turkey, 8oz Mozzarella Cheese, 13oz Cheese Ravioli, 24oz Spaghetti Sause, 1lb Frozen Berry Blend, 14.5 Diced Tomatoes 2 Fresh Produce.

September Specials:
2.5lbs Boneless Chicken Breast for $5.50
2lbs Stuffed Pork Chops for $7.50
21oz Beef Sandwich Steaks for $6.50
Pantry Box for $10.00 includes 18.7oz Raison Bran Cereal, 1lb White Rice, 46oz Orange Juice, 28oz Crushed Tomatoes, 14.5oz Mixed Vegetables, 5oz Tuna Fish, 14.5oz Mac & Beef, 18oz Peanut Butter, 19oz Strawberry Spread, 11oz Mandarin Oranges.
2lbs Whiting Fillets for $5.00
2.5lbs Onion Rings for $6.00
4.5lbs Macaroni & Cheese for $10.00
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!**

**September Birthdays**
9-1 Terry Pelose  
9/2 Margaret Swieton  
9/5 Lisa Jenson  
9/6 Toni Murphy, Connie Gross  
9/7 Jean Barlow  
9/11 Rick Maynard  
9/13 Helen Regan  
9/15 Jane Vennette, Theresa Stagnitta, Mary Lou DeBlois  
9/18 Betty Michalski, Carol Levy  
9/20 Earnest Brayton, Mary Hendel  
9/21 Carl Torello, Maryann Davis  
9/23 Mary O’Brien  
9/24 Shirley Rode  
9/27 Deb Cobb  
9/28 Mary DeLawyer, Flo Galloway  
9/29 Bev Derosier

**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 Winners**

**8 Ball**
7-12
1st: Place: Nick Sgouris & Larry Wood  
2nd Place: Ron Pratt & Don Varn

**9-Ball**
7-19
1st Place: Dave Au  
2nd Place: Jim Wyman

**Corn Bag Toss T’ment**
7-26
1st Place: Ron Pratt & Frank Lusha  
2nd Place: Charlie Zambito & Kathy Heintz

**Shuffleboard T’ment**
7-29
1st Place: Doug Clarke & Larry Wood  
2nd Place: Gloria Love & Ed Barlow

**Wii Bowling T’ment**
7-1
1st Place: Kathy Hogan & Jan Wojo  
2nd Place: Nunzio Lipari & Bill Mills  
7-15
1st Place: Kathy Hogan & Jan Wojo  
2nd Place: Nunzio Lipari & Dave Ayotte

**Darts T’ment**
7-5
1st Place: Nunzio Lipari & Joan Ferstler  
2nd Place: Larry Wood & Dave Hardy

**Party Bridge**
7-9
1st Place: Ellie Schmidel  
2nd Place: Sue Schweitzer

**Bridge Tournament**
8-13-19

**N-S**
1st Place: Judy McVity & Ernie Pratt  
2nd Place: Jan & Bill Beal

**E-W**
1st Place: Shirley Singer & Marie Sturge  
2nd Place: Mariann Aman & Joyce O’Keefe
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
Wow... summer has certainly flown by. As much as I hate to mention it, that means snow will follow, so let's think about Christmas for a minute. On December 6th & 7th, 2019 Canton Woods craft group will be sponsoring a craft fair. Many many exciting changes are taking place and more will take place in the future. We are attempting to make new items to catch the attention of more people and different generations. While many of the same favorite items will still be available we are making every attempt to add new things every year. New items this year include fashion and functional scarves, whimsical button flowers, warm cowls, fingerless mittens for those who like to use their phones in the cold weather. There will be new vendors who will be offering items at reasonable prices on Saturday, and our Friday sale with be just our craft group as it has always been. Stay tuned for more information... Edwina
Craft Coordinator

Art Group dates for September are Tuesday, September 3rd and Tuesday, September 17th 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 the 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. Class resumes on September 10th. 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. 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!!!

Free Legal Services
Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be on November 5, 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.

**September 2019 Library News**
TRENCHES, A football Novel, by Jay Douglas
This is a fictional story of two college players attempting to get into the NFL.
It is currently available from Kindle.
The Author is known at Canton Woods as Jim Wyman! Congratulations Jim!

Congratulations to Lorraine Melita for winning the Library Book Basket, and thank you to everyone who participated in this raffle. The library made $59.00 for new books!!

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

**Small Print:**
Heads You Win (J. Archer)
The Girl from Summer Hill (J. Deveraux)
Oracle (C. Cussler)
Last House Guest (M. Miranda)
Lost and Found (D. Steel)

**Biographies:**
Martha Inc. (C. Byron)
Just as I Am (B. Graham)
Secrets of my Life (C. Jenner)
Obama: The Historic Journey (B. Keller)

**Book Club News**
This month’s book was *A Piece of the World* by Christina Baker Kline
This book concentrated on the life of Christina Olson who became the muse of Andrew Wyeth and the subject of the painting “Christina’s World.”
Christina suffers from a disease which renders her unable to walk and she is terrified of doctors and any attempts to cure her affliction. One of the readers found the story depressing because it seemed Christina was never going to get the things she wanted because of her handicap. She is trapped by her parents, her handicap, the house and her fears. She ended up trapping her own brother too because he became the caregiver and sacrificed his own romance.
The story ended too quickly. Readers wanted the book to go into more depth into the relationship between Andrew Wyeth and Christina. We need to know he is buried in the Olson family graveyard. Why? It seems that the book is shallow and we need more details.
Our book for the Month of September is *Where the Crawdads Sings* by Delia Owens .
Next meeting is September 17th at 2:00pm.
Your facilitator, Edwina Hay

**PRESIDENT’S CORNER**
The weather cooperated for the 10th Annual Car Show! We had a great Car Show this year, with great weather, a lot different from last year. Look for our Limburger Cheese Party in the newsletter. It’s a great party. We have had a lot of people coming to join the center this year. We have been very busy with all the activities. People have enjoyed all the music programs we have had this year. We are now going to see the Great NYS Fair, which means colder weather is on its way. Thank you for your support!!
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 October 4, 2019 at 11:30 a.m.

News from the VP
Good day everyone. It’s now my favorite time of year, Fall is coming… We have a wonderful group that plays pitch with us on Monday’s twice a month…and once a month on Tuesdays, if anyone would like to join us please sign up at the front desk. Also, we had 3 people that were cleaning our kitchen for us, but due to unforeseen circumstances they can no longer help us out. If anyone would like to give us a few minutes one day a week, see Ed or Kathy, we could sure use the help. Thanks all, your VP Kathy

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 September
50/50 Raffle
2nd ticket pulled for a Britta Water Filtration System
Tickets 3/$1.00
Drawing Friday, September 27th around lunch time.

Don’t Forget
Bottle & Can Fund Drive
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 amounts to Canton Woods Senior Center account.
Thank you for participating in these fund raisings efforts.

Assistant Director:
September is here!! As I have said in the past, Fall is my favorite time of the year!
It is also, the time of the year when our regular exercise programs start up again so you will want to check this newsletter and calendar to find the days and times of your favorite exercise programs. It is almost like a New Year’s Resolution: to start to exercise again!!
For those who have come to our exercise programs, thanks for participation in the “hot” weather! September is Senior Center Month, and our Walk for the Woods is Saturday, September 21st. The flyer is in this newsletter. Please plan to walk with us or pledge someone who is walking. Your financial support is always appreciated. Please, look for other special events in September.
Thanks Joanie
DIRECTOR’S NOTE:
It was a picture perfect summer evening for Canton Woods 10th Annual Car Show! Over 45 beautiful classic cars and trucks participated in the show. Thank you to the car owners, local merchants, volunteers, visitors, and everyone who contributed to the success of this annual summer tradition. The Canton Woods Car Show is a fund raiser and Canton Woods truly appreciates the support and generosity of the Baldwinsville community. See you all next year!

Thank you to The Rotary Club of Baldwinsville who recently hosted a fantastic summer picnic at Canton Woods for the seniors of Baldwinsville. This annual picnic is an evening of tasty food and good fun.

It is hard to believe September has arrived. September is National Senior Center Month! The theme for 2019 is Senior Centers: The Key to Aging Well! Look at the range of programs and activities offered at Canton Woods. You can choose from several wellness programs including Falls Prevention and our most recent addition Zumba Gold! National Senior Center Month is a great time to visit your senior center, a great time to support Canton Woods.

Canton Woods Senior Center has been serving the seniors of Baldwinsville for over 40 years! If you have ever considered making a donation to Canton Woods, September is a very appropriate month. You can make a direct donation to Canton Woods. The donation form is in this newsletter. You can also support the center by joining the Walk for the Woods 2019!

Every September we tie up our walking shoes and Walk for the Woods! This is a fun and easy fund raiser. This year’s Walk is set for Saturday September 21 at 9:00am. The Walk is a pleasant walk through our neighborhood beginning at Canton Woods and stopping to say hello to our neighbors at McHarrie Life, (Syracuse Home). The registration form for the walk is in this newsletter and on the Village of Baldwinsville website at www.baldwinsville.org. Join us or pledge someone who is walking.

Be sure to read your newsletter so you do not miss out on the fun during this busy month!

Happy Fall!
Ruth

Senior Words of Wisdom!
Don’t compare your life to others. You have no idea what their journey is all about.

If a relationship has to be a secret, you shouldn’t be in it.

Take a deep breath. It calms the mind.

Happy Grandparents Day