Canton Woods Newsletter
October 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

October 2019

CWSAG August Raffle Winner was
Janet Wojnowich!!!!

HIICAP Representative (Health
Insurance Information and Counseling
Assistance Program provided by
Onondaga County)
Available at Canton Woods 10:00am Monday,
October 7th.

National Grid Consumer Advocate will
be available by calling our Neighborhood
advisor, Nancy Sullivan. If you have questions
about your National Grid account, Mary Beth
can help!

Zumba Gold!
Wednesdays at 9:30am. Zumba Gold lets you
move to the beat at your own speed.
See Flyer in this newsletter

Limburger Cheese Party
October 10th 11:30am
(Look for flyer in this newsletter)
Pinochle is at 12:30pm that day Only!

Flu Shot Clinic:
The next flu clinic of the season is
Friday, October 11th
Starting at 9:30am, and provided by Walgreens.
Please bring your insurance cards with you!!
There is one more clinic set for November 1 at
9:30am.

SPEAKER: Friday, October 11th at
11:15am.
James Ciaccio will be here to speak about
Gen Care Senior Emergency Room at
Community General Hospital.
Why Seniors should pick this emergency room for
their care!
Tuesday, October 22\textsuperscript{nd} at 4:00pm
\textit{Apple Crisp} Sale to benefit CW SAG & CW Library. Enjoy this favorite fall treat! All information is on the flyer in this newsletter.

\section*{Happy Halloween Party}
Wednesday, October 30\textsuperscript{th} at 11:00am
Sponsored by CWSAG! More information on flyer in newsletter.

\section*{Make & Take Card Making Workshop:}
\textbf{Friday October 25\textsuperscript{th}} 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!

\section*{Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B’ville Family & Consumer Science Teacher.}
Nadine will return to Canton Woods on \textbf{Tuesday, October 22\textsuperscript{nd}} 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.

\section*{Massage Therapy at Canton Woods!}
Rachel Renzi licensed Massage Therapist is available \textbf{Wednesdays, October 2\textsuperscript{nd}, 16\textsuperscript{th} & 30\textsuperscript{th}} 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.

\section*{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.

\section*{Pitch}
\textbf{Upcoming Pitch Games:} Dates for October: Monday October 21\textsuperscript{st} & Tuesday October 29\textsuperscript{th}. \textbf{Possible dates for November are Monday 18\textsuperscript{th} and Tuesday 26\textsuperscript{th}.}
November:

85+ Birthday Party
Monday, November 4th at 11:00am
See Flyer in this newsletter

Bare Bones Trombone Quartet returns to Canton Woods!
On Thursday, November 7th at 3:30pm. Bare Bones plays everything from Bach to Basie in an audience friendly fashion. This concert is brought to Canton Woods by the Baldwinsville Public Library!

Neighborhood Advisor/Outreach Worker: (Monday – Friday 10:30am-4:30pm)
It is time again to think about keeping warm over those cold winter months. Some of you who have gotten HEAP in the past may have already received your recertification letters. If you need help with those feel free to call and make an appointment for me to assist you. Those of you who get SNAP benefits you will automatically be enrolled. If you are a new applicant, you will be able to apply in the middle of November and I will be happy to help you as well at that time. Just call for an appointment so I will be free to give you the time and attention you deserve. Our goal is to keep you all safe and warm so if at any time over the winter you have concerns or problems with your heating call and I will be glad to help in any way I can.
Nancy Outreach/Neighborhood Advisor

B'ville Express
OCTOBER 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 to hear from some of 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 for coming to the barbecue it was great and a lot of fun. In October we will be doing a paint and sip at the paint cafe on Oswego Rd right in town you can bring your own bottle at your own risk, we will provide snacks. It is Oct. 13 at 1-4. We will have the pictures displayed and signup at Meals on Wheels. Any questions please call us. Nov 19th, 5:00pm our famous pork roast dinner, potatoes, salad, bread, homemade applesauce, green beans and Apple Crisp $8.00 sign up ahead of time 315-638-2171. 2020 Syracuse books will be here
on Friday sold out last year! Come early!
Happy Halloween!
Stay Safe! Donna & Sarah

Canton Wood’s Vegetable Garden
The Baldwinsville Lions Club has partnered with Canton Woods to grow 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: Dick Potempo.
Sympathy Cards were sent to the family of
Theresa DeShane.
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,
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 Thursday,
October, 10th before 10:30am.
Food Sense pick-up date is Wednesday,
October, 23rd starting at 11:00am. We need all
orders picked up promptly.

FOOD SENSE: October Package
Cost: $20.50
1.75 Pork Tenderloin, 1.8lbs avg Chicken
Drumsticks, 12oz Salisbury Steaks, 1lb Cod
Fillets, 10oz Sliced Turkey, 13oz Pierogis, 2lbs
French Fries, 8oz Cheddar Cheese, 7oz Chicken
Pot Pie, 1lb Frozen Carrots, 2 Fresh Produce.

October Specials:
2.5lbs BBQ Ribs for $7.50
2lbs Stuffed Chicken for $7.50
2lbs Meatloaf for $6.25
Protein Box for $13.50 includes 2.5 boneless
chicken breast, 1lb Italian sausage, 1lb fish
sticks, 1lb ground beef, and 1lb bologna
5lbs American Cheese for $11.50
2lbs Mozzarella Sticks for $6.00
Hot Pockets Philly Steak & Cheese 12 for
$20.50.
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!
October Birthdays
10/3 Shirley Eisenhauer
10/4 Frank Foster
10/7 Marilyn Hebert, Patricia Cooper
10/9 Joan Haley, Michael Doran
10/11 Cora Weller
10/13 Doris Bulova
10/17 Robert Wood
10/18 Tom Holodak
10/19 Susan Schweitzer
10/20 Lucille Czajkowski
10/24 Deb Black
10/26 Toni Traeger, Elizabeth Gutches
10/27 Sunny Ivey
10/31 Margaret Cochrane

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!

Tournament Winners
8 Ball
8-9
1st: Place: Dave Au & Jack Schmidel
2nd Place: Kathy Heintz & Paula Cordes

9-Ball
8-16
1st Place: Dave Au
2nd Place: Jim Wyman

Corn Bag Toss T’ment
8-30
1st Place: Charlie Zambito & Jan Wojo
2nd Place: Ron Pratt & Nunzio Lipari

Shuffleboard T’ment

Wii Bowling T’ment
8-12
1st Place: Kathy Heintz & Marshall Dubuc
2nd Place: Paula Cordes & Gloria Saccone
8-26
1st Place: Marshall Dubuc & Doug Clark
2nd Place: Kathy Hogan & Dave Hardy

Darts T’ment
8-2
1st Place: Ed Barlow & Frank Lushia
2nd Place: Marshall Dubuc & Ron Pratt

Party Bridge
813
1st Place: Sue Schweitzer
2nd Place: Rosemary Ross

Bridge Tournament
9-10-19
N-S
1st Place: Judy McVity & Doris Eidel
2nd Place: Evie Nelson & Barb Harvie
E-W
1st Place: Mariann Aman & Joyce O'Keefe
2nd Place: Estelle Checcalla & 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.
Crafty Corner
WE LOVE DONATIONS! This past month we have received some very generous donations... Fabric, yarn, sewing machine, patterns, thread, quilting supplies, ribbon, and all sorts of goodies that make it like Christmas when the members of the group to through the items. However, the one big item we really need and hasn't been donated is the additional room needed to store everything. While I am doing my best to organize the storage room, I need to do some changes so the space is utilized to its maximum efficiency. THANK YOU TO ALL OF YOU...

Our present members are working to make red, white, and blue lap robes which will be sent to St. Joe's Hospital. Thank you to the people who make them and deliver them to the hospital. Fall is here so the cutest little pumpkin hats are headed off to adorn the heads of newborns...

The craft group like to include a little something for the MEALS ON WHEELS recipients every so often... a little surprise will be included with their meals around holiday time. A couple folks are working on that project.

Earlier this year a request was made for adult bibs...I took that idea and came up with a more fashionable idea which called the Bosom Buddy scarf... for the male version it looks more like a vest. At this point we are concentrating on the scarves so two of our seamstresses are creating those. These will be available at the craft fair.

CRAFT FAIR INFORMATION...yes, it will be here sooner than you know...
Friday, December 6th and Saturday, December 7th from 10:00am-3:00pm.

The CRAFT FAIR...AND MORE... is a fund raiser for the senior center and we are hoping over the next few years to give it a fresher, newer look to appeal to more people. We have a 2-3 new vendors with items that will be reasonably priced. There will be a raffle for some donated items. We will have our own version of a DOLLAR TREE. New items include the scarves mentioned above, car seat ponchos for babies, tree skirts, yard art, stuffed animals, as well as the standard items of hats, mittens, and scarves. LOOK FOR COUPONS IN THE NOVEMBER NEWSLETTER.

Thank you to everyone who makes items for the craft fair...members of the center benefit from your hard work and dedication.

SEARCHING FOR NEW MEMBERS...if you can wield a knitting needle, loom, crochet needle, sewing needle or paint brushes; we need you. If you do beading, woodworking, or ceramics; we need you. We need fresh ideas and creative minds.. join us on Tuesdays from 10:00am-1:00pm.

Edwina
Craft Coordinator

Art Group dates for October are Tuesday, October 1st and Tuesday, October 15th 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.
The fall session has started, join in.
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. 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.
Adult Coloring: Mondays at 9:30 am. Just bring your supplies, relax and enjoy the company of others while coloring!

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

Blood Pressure Screening
The Center offers blood pressure screening from 9:30 am - 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 10:00 am - 4:30 pm. 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 1:00 pm. The writing group is facilitated by Tina Trainham. Tina has all the supplies you need, so just come with your memories.

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

On October 22, you can enjoy Apple Crisp and support Canton Woods Library! See the flyer in this newsletter.

Small Print:
Winter Stroll (E. Hildebrand)
Vendetta in Death (J. D. Robb)
Fast & Loose (S. Woods)

Biographies:
Settle for More (M. Kelly)
Hell to Pay (B. Olson)
Wisdom of Our Fathers (T. Russart)

Book Club News
Where the Crawdads Sing by Delia Owens
In answer to my question “how did you like the book” It was an overwhelming “loved it”. We had a discussion on how celebrities now have their own book clubs and how they do so well because we are sucked into their celebrity.

What made the book so enjoyable...
It was a love story
It was a murder mystery.
It was a character study with wonderful character development.

There was a story of fireflies and their mating behavior and how it relates to the story.

It was a story of survival and we relate to whether or not we could survive under the circumstances of the main character.

The book was an easy read and had a great flow. It is easy to see how this is a best seller for weeks.

Our book for the Month is The Huntress by Kate Quinn. Start reading and join the lively discussion.

Next meeting is October, 15th at 2:00 pm.
Your facilitator, Edwina Hay
PRESIDENT'S CORNER
Well we can figure that winter is right around the corner. It has really been a busy month around here. We always welcome more bingo players. Please come and play bingo on Wednesdays and Fridays at 1:00pm. Also, I would ask you to please clean up after yourselves, wash coffee cups etc. We will be having a Halloween Party on October 30th at 11:00am. Everyone in full costume will have their names put into a drawing for a nice Gift Card. This is a great fun day and hope everyone has a great month! And, Please support out Apple Crisp fundraiser on October 22nd at 4:00pm.
Your President, Ed Barlow

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.

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
Happy October- Happy Halloween
Just a few things today.
We have a great time at 8 Ball and 9 Ball and Corn Bag Tournaments. We could sure use some more players. Any interested sign up at the front desk and any of our games are open to all – come in and practice pool anytime.
Thanks all, your VP Kathy

Canton Woods Senior Activity Group
Raffle/Auction
For October
50/50 Raffle
Tickets 3/$1.00
Drawing Monday, October 30th 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:
It is definitely getting colder. The leaves are turning and Halloween is in the air. Halloween will be celebrated here at Canton Woods on Wednesday, October 30th. The Halloween party is for our Senior friends only. Please wear a costume to be entered into a drawing for a gift card. With the cold weather coming please remember our Weather Closing notices, they will be posted in the November newsletter and, as always, be super careful in the winter weather. Please stay home if the weather is too bad. I encourage everyone to get out and see the beautiful colors of Fall, enjoy the winter squash and pumpkins and all the Scary Halloween decorations!! Thanksgiving and Christmas are right around the corner!
Thanks Joanie

Director’s Note: I want to send a huge THANK YOU! to everyone who participated in or pledged to Walk for the Woods 2019! We also want to send a THANK YOU! to the sponsors of Walk for the Woods 2019! Aetna, Michel Tax and Accounting Services, MVP Health Care, Overhead Door and Syracuse Home Health and Rehabilitation. Walk for the Woods is one of Canton Woods major fund raising events. You all contributed to the success of the walk and we had fun too!

Several people contributed to Canton Woods in honor of National Senior Center Month. We truly appreciate all your donations. Canton Woods also received a generous gift from The Word of Life, Assembly of God. The Baldwinsville community continues to demonstrate incredibly strong support for our mission of helping seniors remain active members of the community!

Flu season is here. Please be sure to get your flu shot. There will be 2 more clinics at Canton Woods this fall on Friday October 11, and Friday November 1 at 9:30am.

October is time for the Annual Limburger Cheese Party! Limburger Lovers plan to join us at Canton Woods on October 10 at 11:30am. Check the flyer in this newsletter for more details.

Fall is the start of the municipal budget process. Canton Woods operates under a three way municipal agreement between the Towns of Lysander and Van Buren and the Village of Baldwinsville. Canton Woods is grateful for the continued support of our local municipalities. Let your municipal representatives know how much you appreciate Canton Woods and benefit from the programs and services available at the Center. It is important to remind your representatives that the Senior Center is a valuable community resource and that you value the positive impact Canton Woods has in your life.

Town of Lysander
Joseph P. Saraceni-Supervisor
Email: supervisor@townoflysander.org
Phone: (315) 857-0281

Town of Van Buren
Claude E. Sykes-Supervisor
Email: supervisor@townofvanburen.com
Phone (315) 635-3009

Mayor of Baldwinsville
Richard Clarke
dclarke@baldwinsville.org
Phone (315) 635-3521

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!

What doesn’t kill you really does make you stronger.

When it comes to going after what you love in life, don’t take no for an answer.

Over prepare, then, go with the flow.
My Favorite Holiday

Like most kids I loved the holidays. Filling up my Easter basket with the hidden eggs around the house; and eating way too much turkey and fixings on Thanksgiving. Then Christmas; picking out a tree at the Christmas tree farm and then spending hours decorating it along with the rest of the house. The, of course, waking up early on Christmas morning and shaking the boxes under the tree before our parents got up. The patriotic holidays were really good too; putting up our flag outside, going to the different parades and marching in the Memorial Day Parade when I was a girl scout.

Those holidays were all wonderful and I have great memories of them, but my favorite of all was Halloween. It was the one night of the year you could dress up and become someone else and spend the evening with your friends collecting candy from all the neighbors.

My earliest memory is of my Dad taking my pre-school brother and my kindergarten self out trick or treating while my Mom stayed home and passed out the candy. I remember we were dressed as Mickey and Minnie mouse that year. By the time I was in the first grade or second grade my brother and I went out alone with our friends. It was after all B’veille in the late 1950’s and early 1960’s and you didn’t have to worry about anything happening to your kids. There was no curfew or trick or treating times... you could go most of the night to any home where the light was still on.

We all had our favorite houses to go to; in my neighborhood it was the “Ford” house. They were an elderly couple who owned a huge home surrounded by their apple orchard. They would invite all of us kids into their living room where they would serve us fresh apple cider and donuts. Then we would line up and pick the type of apple we wanted...a candy apple or carmel apple and they would make it right there in front of you. We would all leave their home thanking them and eating our apples as we walked down the street.

Today I still look forward to Halloween; I spend the weeks before Halloween picking out the candies that I enjoyed as a child. The costumes are all store bought today; and they have to trick or treat with their parents coming up the driveway with them. They are all happy with the candy and seem to be having a wonderful time but I think back to my trick or treating days and I am happy to have grown up in a different time where aloud to be kids and explore their world without any fear.

A writer’s group participant!