Medicare Open Enrollment has begun. The Medicare Open Enrollment Period is an annual period of time when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage and/or Part D plan) and compare it against all the other plans on the market. The open enrollment period began on October 15, and ends December 7, 2019. If you have questions, the HIICAP representative can help.

HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)
Available at Canton Woods 10:00am Monday, November 4th and Monday December 2nd.

85+ Birthday Party (Reminder)
Monday November 4th at 11:00am.
This party celebrates everyone who has reached the milestone of their 85+ birthday and beyond. Be our guest for lunch. Festive birthday cupcakes and flowers provided by Wegmans on Route 31!

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!

Flu Shot Clinic:
The final flu clinic of the season is Friday, November 1st
Starting at 9:30am, and provided by Walgreens.
Please bring your insurance cards with you!!
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 a gift to Canton Woods by the Baldwinsville Public Library!

“Down Memory Lane”
With Baldwinsville
Mayor Dick Clarke
Monday, November 25th at 1:00pm
This is your time to share memories of your past!! Please join Mayor Clarke!

Make & Take Card Making
Workshop:
Friday November, 22nd 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
Monday, November 25th
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!
Dates are different this month!
Rachel Renzi licensed Massage Therapist is available Wednesdays, November 13th & 20th 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 November: Monday November 4th & 25th. Possible dates for December are Mondays the 9th & 23rd and Tuesday December 31st.

December:
Canton Woods Welcomes the Baldwinsville Community Band!
Wednesday December 4th at 7:00pm.
Please donate a New Children’s Toy for the Baldwinsville Christmas Bureau. Monetary donations will be collected for the Christmas Bureau as well. Both collected at the concert at Canton Woods.

Canton Woods Crafter’s Annual Craft Sale! This year includes additional local crafters!
In house on Friday, December 6th 10:00am-3:00pm
Open to the public with venders
Saturday, December 7th
10:00am -3:00pm

Holiday Tree Lighting Ceremony
with Sentimental Serenade
Friday, December 13th starting at 1:00pm.
See flyer in this newsletter.
2020 Newsletter Renewal Time
We are now taking renewals for the 2020 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is $4.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is $5.00. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pry promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for the newsletter, to remind yourself that the 2019 subscription is paid. This reminder will be printed several months.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your $25.00 annual user fee is due by January 1, 2020. The fee does NOT include the newsletter subscription. You will still need to pay $5.00 for your newsletter subscription.

Name: __________________________________________

Address: ________________________________________

_____________________________________________________________________________________

Phone: _________________________________________

Residency:
Town of Lysander______
Town of Van Buren______
Village of Baldwinsville Yes or No

Attention: Seniors who are not home-bound are welcome to attend the community holiday meals at the Rescue Mission!

Neighborhood Advisor/ Outreach Worker: (Monday – Friday 10:30am-4:30pm)
The Rescue Mission is again planning to deliver holiday meals to the elderly and/or homebound. Meals are available for both Thanksgiving and Christmas. Recipients must be home to receive their meal on the requested holiday. No dietary restrictions can be accommodated. Please call Nancy at 315-638-4536 to make your reservation. The deadline for a Thanksgiving meal is Tuesday, November 12th and for a Christmas meal the date is Tuesday, December 10th. You may sign up for both holidays.

Nancy Outreach/Neighborhood Advisor

B'ville Express
NOVEMBER 2019

The leaves are changing and the air is brisk. That means SNOW is right around the corner. B'ville Express does not provide rides if the Baldwinsville School are closed due to inclement weather. If schools are not closed, yet the weather is questionable, the volunteer driver will use their discretion in taking you to your appointment. If your ride with B'ville Express is cancelled, it is your responsibility to cancel any appointments for that day. When you rescheduled your appointment, please call Gina at 315-638-4536 to arrange a ride.

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!!

Happy Thanksgiving! 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 cannot believe it is November already! We have our great pork tenderloin dinner scheduled for Tuesday, November 19th; with our homemade apple crisp and applesauce and all the trimmings made by Donna. Take outs available at 5:30 pm, dinner is at 6:00 pm. We have The Harmony Kats for entertainment. Sign up is required 315-638-2171. Syracuse Books are for sale $25.00. We are signing anyone up for Meals on Wheels; no waiting list ever. If you need us, we are here to help you! Our annual fundraiser letter will be out soon, please help us to feed our seniors in the community. All donations, endowments, fundraising money we receive goes back to our program to fulfill our mission. No senior will go hungry!
Happy Thanksgiving!
Donna & Sarah

Canton Wood’s Vegetable Garden
Thank you to the Lions Club and thank you for your support!

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: Doug Clark & Marion Snow.

Sympathy Cards were to Theresa Huegel for the passing of her grandfather, and to the families of Dee Nuzzo and John Roziock. 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, Ron Turnbull, Jack Virklar, 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, November 7th before 10:30am.
Food Sense pick-up date is Wednesday, November, 20th starting at 11:00am. We need all orders picked up promptly.

**FOOD SENSE: November Package**

Cost: $20.50

2lbs Turkey Pan Roast, 1lb Ground Sausage, 1lb Pollack Fillets, 22oz Homestyle Stuffing, 32oz Mashed Potatoes, 15oz Sweet Potatoes, 14oz Cranberry Sauce, 15oz Canned Corn, 22oz Apple Pie, 2 Fresh Produce.

**November Specials:**

9lbs (ave) Whole Turkeys for $12.00
2lbs Stuffed Pork Chops for $8.00
4lbs Chicken Nuggets for $5.00
2lbs Meatballs for $12.50
Produce Box for $12.50 includes celery sleeve, 2lbs onions, 1lb carrots, 5lbs white potatoes, butternut squash, 6 sweet potatoes.
2.5lbs Onion Rings for $6.00
6lbs Macaroni & Cheese for $11.00

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!

**November Birthdays:**

11/2 Doug Clark
11/3 Kathy Momper
11/5 Norman Gee, Larry Wood
11/10 Ray Rice, Tom Machut
11/18 Estelle Checchallah
11/19 Ed Barlow, Ron Pratt, Janice Arlukiewicz
11/21 Ron Lillquist
11/22 Cecilia Stryminski
11/23 Margaret Wojciechowski
11/25 Ralph Seeber, Constance Rinalli, Charlie Baca
11/26 Dee Zuhlke, Winifred Milliman

**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**

9-13

1st Place: Ed Barlow & Ron Pratt
2nd Place: Kathy Hogan & Nunzio Lipari

9-Ball

9-27

1st Place: Nunzio Lipari
2nd Place: Ron Pratt

**Corn Bag Toss T’ment**

9-20

1st Place: Jim Wyman & Ed Barlow
2nd Place: Ron Pratt & Nunzio Lipari

**Shuffleboard T’ment**

9-6

1st Place: Ed Barlow & Larry Wood
2nd Place: Jim Wyman & Kathy Hogan

Thank You Veterans

Veterans Day - November 11
Wii Bowling T’ment
9-9
1st Place: Kathy Hogan & Marshall Dubuc
2nd Place: Ed Barlow & Larry Wood
9-23
1st Place: Kathy Hogan & Ron Pratt
2nd Place: Tom Spagnola & Dave Hardy

Darts T’ment

Party Bridge
9-11
1st Place: Anne Stocco
2nd Place: Francine Paracka

Bridge Tournament
10-8-19
N-S
1st Place: Barb Harvie & Evie Nelson
2nd Place: Patty Hunt & Grover Boose
E-W
1st Place: Judy McVity & Ernie Pratt
2nd Place: Joyce O’Keefe & Marianne Aman

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
CRAFT SALE Friday, December 6th & Saturday, December 7th from 10:00am-3:00pm.
We are so excited for this year’s craft fair. New items will be sold and there will be two raffles. The craft group has worked very hard to update some of our items. This is just the first step. Each year we are hoping to improve with new items and hopefully appeal to a wider audience. Don’t forget to look for the coupons in this newsletter to help you purchase your items. Edwina
Craft Coordinator

Art Group dates for November are
Tuesday, November 12th and Tuesday,
November 26th 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!

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

Kripalu “Chair Optional” Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher
Classes held Monday mornings at 10:30am.
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 10:30am.
Just bring your supplies, relax and enjoy the company of others while coloring!

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 in 2020. 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.

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

Small Print:
Vicious Circle (C.J. Box)
Silent Patient (A. Michaelides)
Dark Side (D. Steel)
Nickel Boys (C. Whitehead)

Audio Books:
Scorpion’s Gate (R.A. Clarke)
Gone Girl (G. Flynn)

Phantom: Chainfire Trilogy, Part 2 (T. Goodking)
Sexton Blake (R. A. Clarke)

Thank you for your support of our Apple Crisp Sale!!!

Book Club News
The Huntress, by Katie Holmes

I hate to admit that I didn’t read the novel, but I was roaming around Great Britain and as much as I tried, reading on a bus is not ideal. I am going to rely on my group to give me their opinions to write this article. A few did not read the story. They found another book about WWII, Nazi’s and spies very overwhelming. There were three narrations and it was so wordy that it was hard for some to continue. Those who read it did have some difficulty keeping Nina and Jordon straight.

Nina was an interesting character who was based on the night witches who were the Russian female pilots during WWII who dropped bombs during the night.

The romance in the story seemed to be unnecessary to the plot. The wordy, romantic “purple prose” in the middle bogged down the plot, yet gets wrapped up on the very last page.

Members discussed characters and how they inter-related.

Water is used to symbolize danger in the story. Each character has a special fear and water is one of them. It is interesting to read the explanations of a post war father. He did not want his daughter to go to college. He planned for here to take over his antique store.

One reviewer says “Readers should expect to give up weekend plans once they start the novel.” That was the same comment made by one of the members of the group.
Our book for the Month is non-fiction Killers of the Flower Moon, by David Grann, Start reading and join the lively discussion. Next meeting is November, 19th at 2:00 pm. Your facilitator, Edwina Hay

PRESIDENT’S CORNER
Winter is almost here and I hope everyone got their flu shots and are doing well. Things are getting back to normal here now that we are closer to the Holiday Season. Please read your newsletter and calendar for upcoming events. Thank you to all who helped and attended our Annual Limburger Cheese Party. It was a wonderful smelly party!! On December, 13th, we will be having our Tree Lighting ceremony, and Holiday musical performances. So please plan to attend to get the Season started. Have a nice Thanksgiving!!
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 December 6, 2019 at 11:30 a.m.

News from the VP
Hi Everyone,
I hope you all had a great time on Halloween. We here at the senior center did. November already! I’m sure looking forward to Thanksgiving dinner. Pitch is really taking off. You need to know how to play and score if you need any help—Please let me know. I will be happy to help. See you soon!
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 November
50/50 Raffle
Tickets 3/$1.00
Drawing Monday, November 25th 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:
Happy Veteran’s Day
Happy Thanksgiving
I encourage all card players, pool players, dart’s players, corn bag players, Wii bowling players to join our activities. As always, if the game is a tournament, there is no money involved. All tournament winners are posted in the newsletters. Congrats to all winners. Please, appreciate our Veterans with a kind word or deed on Veteran’s Day!! Vote on Election Day, and Give thanks for all your blessings on Thanksgiving Day!!
Thanks Joanie

In addition to community support, the center depends upon the continued support from the local municipalities. As the Towns of Lysander and Van Buren prepare their budgets for 2020, you may wish to remind your Town Supervisors and representatives of how important Canton Woods is to you and how much you benefit from such an active, dynamic senior center! Let your supervisor know you are thankful for Canton Woods!

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

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

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

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

Senior Words of Wisdom!
Be eccentric now. Don’t wait for old age to wear purple.

No one is in charge of your happiness but you.

Frame every so-called disaster with these works “In five years, will this matter?”
Weather Closings:
1. If Syracuse Schools are Closed. There is No PEACE Lunch.
2. Meals on Wheels is Closed if the Baldwinsville and/or Liverpool Schools are Closed.
3. Canton Woods is Closed only when the Village of Baldwinsville is Closed.

B'ville Express will NOT pick up riders if the Baldwinsville Schools are closed. It will be the responsibility of the rider to cancel any appointments for that day.

---

**Apple Pie Bites**

1. Place Pillsbury Crescent rolls on baking sheet lined with parchment paper.
2. Spread a mixture of brown sugar & apple pie spice on the crescent rolls.
3. Spread a few pecans onto each crescent roll.
4. Place a slice of apple (dipped in melted butter) on the wide end of each crescent roll.
5. Roll them up.
6. Bake 12-15 minutes on 375 until golden brown.

---

**Happy Thanksgiving**

---

**CW Craft Sale Coupon!**

Bring this coupon with you when you shop at the Canton Woods Craft Sale on Friday, December 6th and Saturday December 7th from 10:00am-3:00pm

Spend $10.00 at the Canton Woods Craft Table and get $1.00 off your purchase.

Spend $20.00 at the Canton Woods Craft Table and get $2.00 off your purchase.

---

**Heavenly Love**

Tender and Gentle this wonderful stray
With a grab at my heart — she came to stay. Where did you come from my kissy friend? From Heaven of course, who else would God send?

“I came to be sure you are never alone.
I’ll give you kisses, love…you give me a bone.”

She smells like fresh laundry, climbs up in your chair.
Barks at intruders—even if no one is there.

She’ll nuzzle her little wet nose in your ears. Her abundant kisses bring joyful tears. She knows when your sad and nestles tight.

You would never know she has only 3 legs. She jumps and climbs with no sense of dread. Up on the couch, down on the floor… Run through the kitchen and out the door.

She chases the birds, the squirrels and dry leaves. She snoops in the bushes, til they make her sneeze. Then back she comes running into your lap All prepared to take a long warm nap.

*Carolyn LaTray, A Writers Group Participant*