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

December 2019

CWSAG October Raffle Winner was
Ralph Seiber!!!!
Halloween Party winners were
Sunya Wood & Theresa Pelose!!

Holiday Ugly Sweater Days are Monday,
December 16th and Monday, December 23rd.
Please join in the Holiday Cheer and wear your
holiday sweaters!!!

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 December 2nd.

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!

Canton Woods Welcomes the
Baldwinsville Community Band!
On 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 additional vendors Saturday, December 7th 10:00am -3:00pm

Holiday Tree Lighting Ceremony with Sentimental Serenade’s Stranded!
Friday, December 13th starting at 1:00pm.
The holiday music will continue with performances by our own very talented Gloria Love and Richard Brown. Refreshments and Tree lighting too!

“Down Memory Lane”
With Baldwinsville
Mayor Dick Clarke
Monday, December 16th at 1:00pm
This is your time to share memories of your past!! Please join Mayor Clarke!

Phoenix Middle School
Holiday Vocal Concert at Canton Woods
On Thursday, December 19th at 11:00 am.

Weather Closings:
1. Canton Woods is Closed only when the Village of Baldwinsville is Closed.
2. If Syracuse Schools are Closed. There is No PEACE Lunch.
3. Meals on Wheels is Closed if the Baldwinsville and/or Liverpool Schools are 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.

Make & Take Card Making Workshop:
Friday, December 20th from 1:30-4:00pm.
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!

Last Minute Christmas Cards & Thank you Cards

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, January 6th 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, December 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 December are Mondays the 9th & 23rd and Tuesday December 31st. Tentative January Dates: Monday, January, 13th and Tuesday, January, 28th.

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 pay 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 2020 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. Non-residents also 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 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 Christmas meal is Tuesday, December 10th. I want to thank everyone for their patience in the delay of my HEAP training. I am now ready to assist you with applications. HEAP is a federally funded home energy assistance program that helps income eligible individuals pay for heating expenses. Please feel free to contact me at 315-638-4536 to make arrangements for help with the process or to ask any questions you may have. I can also provide information about what documents are needed for your application. I look forward to helping our Baldwinsville seniors with those high heating costs caused by our cold central New York winters.
Nancy Outreach/Neighborhood Advisor

B'ville Express December 2019
Thanksgiving has come and gone along with the beautiful autumn leaves, reading us for the winter holidays, and
.....SNOW!!! We had snow early this year causing school delays already! 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 HOLIDAYS!! Gina

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: Joyce Cico & Mary Loffredo.
Sympathy Cards were sent to families of Mary Lou DeBlois, Laura Call, & Dorothy Vader. Please remember our Canton Woods folks who are in our area care facilities: David Appleman, Dick Blackburn, Eileen Butera, Edgar Chapellier, Bev Collins, Ron Turnbull, Jack Virklr, 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.

Happy Hanukkah

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

MOW: Happy Holidays From All of us at Meals on Wheels! A blessed holiday with to all of you from all of us! A great big Thank-You to all of our generous donors throughout the year; it has been so heartwarming that this community is thoughtful and caring. We like to wish everyone Merry Christmas and Happy New Year.

Donna & Sarah
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
*If you place an order for December 2019, your name will be put into a drawing for a free Package!!*
Food Sense order deadline is Monday, December 9th before 10:30am. Food Sense pick-up date is Wednesday, December, 18th starting at 11:00am. We need all orders picked up promptly.

**FOOD SENSE: December Package**
**Cost:** $20.50
1.75lbs Pork Tenderloin, 2lbs Chicken Tenders, 1lb Ground Turkey, 7oz Breakfast Sausage, 32oz Pancake Mix, 1doz Fresh Eggs, 46oz Orange Juice, 12.25oz Honey-Nut Cereal, 10 Hash Browns, 11b Frozen Berry Mix, 2 Fresh Produce.

**December Specials:**
2.5lbs Spiral Ham for $7.75
2lbs Stuffed Chicken for $7.50
5lbs American Cheese for $14.00
2lbs Meatloaf for $6.25
Pantry Box for $9.50 includes: 7.25oz Mac & Cheese, 18oz Oatmeal, 28oz Crushed Tomatoes, 15oz Mixed Vegetables, 5oz Tuna Fish, 64oz Apple Juice, 15oz Beef Ravioli, 18oz Peanut Butter, 19oz Strawberry Spread, 20oz Pineapple Tidbits.
5lbs French Fries for $4.25
3lbs Stuffed Shells for $5.75

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!**

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**December Birthdays:**
12/1 Gary Markle, Geraldine Dembinski
12/2 Ashvin Shah
12/3 Bob Echer
12/4 Agnes Putzer, Diane Ayotte
12/6 Pearl Van Der Water, Joyce Jewell
12/8 Janet Wojnovich
12/9 Jacki Abbott, John Michalski
12/10 Marshall Dubuc, Bob DeMont
12/12 Maureen Conway
12/16 Paul Reeves
12/20 Bea Sharp, Edna Parker
12/22 Mary Ann Rink, Suzanne Ellis
12/23 Charles Zambito, Judy Doran
12/24 Jack Virkler, Joan Lillquist, Anne Langstaff
12/26 Sam Corso
12/27 Ella Harmer
12/31 Jen Salvage

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
10-11
1st Place: Ed Barlow & Marshall Dubuc
2nd Place: Jim Wyman & Bill Mills

9-Ball
10-18
1st Place: Nunzio Lipari
2nd Place: Larry Wood

Corn Bag Toss T’ment
10-4
1st Place: Frank Lushia & Dave Hardy
2nd Place: Ed Barlow & Kathy Heintz

Shuffleboard T’ment

Wii Bowling T’ment
10-7
1st Place: Kathy Hogan & Jan Wojo
2nd Place: Nunzio Lipari & Tom Spagnola
10-28
1st Place: Kathy Hogan & Ed Barlow
2nd Place: Nunzio Lipari & Marshall Dubuc

Darts T’ment
10-25
1st Place: Ed Barlow & Kathy Hogan
2nd Place: Marshall Dubuc & Bill Mills

Party Bridge
10-9
1st Place: Wanda Killgallen
2nd Place: Diane Muldoon

Bridge Tournament
11-12-19
N-S
1st Place: Madeline Kelly & Florence Baur
2nd Place: Patty Hunt & Grover Boose
E-W
1st Place: Evie Nelson & Barb Harvie
2nd Place: Marianne Aman & Jack Schmidel

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.
Shortly after you receive this newsletter the Craft Fair will be over and I will be able to let you know how successful it was. At this point we are still working feverishly to get some of the new items done. You will be getting more information in the January newsletter.
If you have donations, please, if you can, hold off bringing them to the center until after December 15. At this point, we are jammed to the rafters since our Christmas Fair items have taken up quite a bit of space. Your donations are always appreciated and needed but we just don’t have room. After the Craft Fair and inventory there will be more room. Thank you for your understanding. We are in the process of changing the room around to be more effective with the space we have.
If you would like to socialize and work on a charitable craft at the same time, please join us. We meet on Thursdays 10-1, bring your lunch or a snack.
Édwina
Craft Coordinator

Art Group dates for December are Tuesday, December 3rd and Tuesday, December 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!
Zumba Gold!
Wednesdays at 9:30am. Zumba Gold lets you move to the beat at your own speed.
Please check our calendar for upcoming dates.

Kripalu “Chair Optional” Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher
Classes held Monday mornings at 10:30am.
Please check our calendar for upcoming dates.

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. DVD exercise for the winter.

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
We plan to resume classes in the Spring.

Free Legal Services
Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be February 4th, 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.

December 2019 Library News

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

Small Print:
One Good Deed (D. Balducci)
The Inn (J. Patterson)
Killer Instinct (J. Patterson)
Bullskye (J. Patterson)

Audio Books:
Past Tense (L. Child)
I’ve Got You Under My Skin (M. H. Clark)
Curious (J. Evanovich)
Notorious Nineteen (J. Evanovich)

Book Club News
This month we read Killers of the Flower Moon by David Grann.
In American history, around the turn of the century, Osage Indians were moved by the federal government to a territory in Oklahoma. Unknown to the federal government, this territory was rich in oil and the Indians were the benefactors since it was now on land that was theirs. Because they were considered too ignorant to take care of the riches procured, the Indians were assigned white guardians to take care of their finances…and so the corruption, sickness, and death began.
The corruption, the murders, and the disregard for the respect of a human being was shocking… Indians of the Osage Tribe were treated less than animals. This non-fiction
book makes us mad for what was done to the Native Americas in our history, yet it hasn't really improved. This book echoes some of the atrocities done today to the many disappearing indigenous people. The fact that Indians were seen as sub-human gave whites the right to deprive them of oil rights they had been promised. The whole state and federal government were all involved in the conspiracy. This particular case was the first implementation of what we know today as the FBI. J. Edgar Hoover utilized a systematic approach to collecting evidence and the building case and the conspiracy is revealed. Yet nothing is ever done to resolve. There was no real conclusion to the crimes committed and the events are treated just as a matter of fact.

Next meeting is December, 17th at 2:00pm. The December book is Sold on a Monday, by Kristina McMorris. Your facilitator, Edwina Hay

**PRESIDENT'S CORNER**
Season's Greetings! Christmas is almost here and where has the year gone? Hope everyone has a happy and safe Christmas! Don’t forget the Christmas Tree Lighting on December 13th, musical entertainment starting at 1:00pm. Another great year is almost over for Canton Woods. 2020 will be just as great if not more so. Hope to see everyone throughout the Holiday Season. Have a Merry Christmas and Happy New Year!!
Your President, Ed Jarlow

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**
Happy December!
Well November is over and we are on our way to Christmas.
I hope everyone had a good Thanksgiving.
Still lots of room for Wii bowling and all the other activities we have going on here. Come join us for an afternoon of fun.
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 December
$30 NYS Scratch Off Lottery Tickets
Tickets 3/$1.00

**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:
Wishing you a wonderful holiday season!!
Please join us for our regular programing and special events in December!!
Happy 2020 everyone!!
Thanks Joanie

Pinochle 2020
Pinochle participation is down, partly because some players are spending the winter in the south!!! I am willing to entertain a refresher class on how to play pinochle to increase the number of tables. If you used to play pinochle some time in your past, and would like a refresher class please let me know. I’m not a great player, but I can try. The game came back to me after many years of not playing and I am sure it will for you too!! Joanie

Director’s Note:
December is a joyful and festive month at Canton Woods and throughout the Baldwinsville community. There are many opportunities to take part in seasonal activities. We start the season with a concert by Baldwinsville’s own Community Band on Wednesday December 4 at 7pm. Canton Woods Annual Tree Lighting celebration is Friday December 13th. This is a fun filled afternoon of holiday festivities! Sentimental Serenade will perform Stranded at 1pm, followed by holiday music presented by our own very talented Gloria Love and Richard Brown, and of course holiday treats. To top off the afternoon we gather outside to light our tree!
On Thursday December 19 at 11:00 am, music students from Phoenix Middle School will perform a holiday concert at Canton Woods. This month please read your newsletter and calendar carefully. Due to the holidays, some activities and programs may be on different days and at different times then our regular schedule.

As you plan your holiday charitable giving, consider a contribution to Canton Woods. Your tax deductible donations help bring exciting programs and services to the Center. Every gift is appreciated!

Have a very Happy and Healthy Holiday Season!
Ruth

Senior Words of Wisdom!
Don’t audit life. Show up and make the most of it now.

Growing old beats the alternative—dying young.

Get outside every day. Miracles are waiting everywhere.
No-Bake Waffle Dippers
Ingredients:
Waffle Cookies, Bittersweet Chocolate, Shredded Coconut

1. Dip store bought waffle cookies halfway in melted bittersweet chocolate. Place on a lined cookie sheet and sprinkle with toasted shredded coconut while wet. Let sit!

Winter Days
By a former CW Senior

Looking out my window
I see leaves falling from the trees.
Reminding me that soon will be appearing
Snowflakes in the skies.

And I should be preparing myself
And not be taken by surprise.
When I was young, just a kid so to speak,
This sight was pleasing to behold.

But years and like have distanced me
From what I am about to see
The sight I so enjoyed in youth
That made me leap and jump with joy.

Thinking of the fun to come
As I’d be running to the door
To catch a flake or two,
Before they fell, hit the ground, and were no more.

Today I shutter to think
That the flakes I loved so much in youth.
Have become a nuisance as I age.
Confining me inside these walls
Til spring again will set me free
To enjoy my world
I’ve come to know now
Not then.

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.