

Canton Woods Newsletter

June 2016

Canton Woods Staff

Ruth Troy Director
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Phone 638-4536
www.baldwinsville.org

Neighborhood Advisors

Ellen Stevens & Jezanna Osier

B'ville Express Coordinator

Ellen Stevens

Canton Woods Activity Group

Board Members

President: Ed Barlow
Vice President: Kathy Hogan
Secretary: Avis Neupert
Treasurer: Arlene Luckette

June 2016

Hot Dog Sales are back this summer!

Tuesdays at 11:30am, Hot Dogs or Coney's \$2.25 each

Summer Open Rec starting June 6!

Open Rec Monday's 6:00pm-7:45pm.

"Let's Talk Central New York Nature"

At Canton Woods Thursday, June 2nd at 3:00pm. Please join us for a discussion regarding animals that help nature and gardens, bees and honey, and small garden resources and beauty!

HIICAP Representative

Available at Canton Woods 10:00am Monday, June 6th.

Strawberry Shortcake Sale

Enjoy this seasonal favorite at 11:30am on Tuesday June 14th.

Cost: \$3.00 per serving.

Sign up and pre-pay by 12:00pm on June 10th.

National Grid Consumer

Advocate

Visits Canton Woods Tuesday, June 14th at 11:00am.

If you have any questions about your National Grid account this is your opportunity to get answers. Our advocate is taking July & August off and will return in September.

Burger & Chips Lunch (\$4.00)

Thursday, June 16th at 11:50am.

News Channel 3 Chief

Meteorologist Wayne Mahar

Wednesday, June 22nd at 12:15pm-1:00pm.

Mr. Mahar will be at Canton Woods to discuss Central New York weather! You won't want to miss this interesting and informative dialogue.

Golf Outing

Sponsored by the Senior Activity Group Thursday, June 23rd at 8:45am.

Shotgun start-includes 9 holes of golf with cart, lunch at Canton Woods after golfing (2 meats Hamburgers or Hot Dogs, salads and drinks).

Cost: \$20.00 payable when registering. Please register on or before June 16th.

Reiki Presentation

Thursday, June 23rd at 2:30pm-3:30pm.
Sushila Shah is a Level III Reiki Master who practices in Baldwinsville. She will be joined by Dr. Geeta SanGani a practicing Endocrinologist and Internal Medicine physician. Ms. Shah will provide basic information about Reiki Energy and Dr. SanGani will speak about the "Science behind Reiki". Please contact Canton Woods at 638-4536 to let us know you plan to attend. Thank you!

Theresa Golden, Assessor for Towns of Lysander and Van Buren coming to Canton Woods

Wednesday, June 29th at 3:00pm.
Ms. Golden will discuss the STAR (Basic & Enhanced), Exemption 2016 New Legislation.

Summer Entertainment Series FREE

Music by Howie Bartolo on
Thursday June 30th at 3:00pm.
Contemporary Favorites, Tunes you will remember and enjoy! This Concert is sponsored by MVP.

Coming in July:

July 12 the Lafayette Community Band Performs at Canton Woods at 7:00pm.

Cannonball 5K

To benefit Canton Woods Senior Center Saturday July 17th, 2016. The run takes place at Van Buren Park.

Rotary Senior Picnic at Canton Woods

Wednesday, July 27th from 4:00-7:00pm.
Reservations required by July 20th. Call 638-4536

Meals on Wheels

Hello Everyone! June is here already! Please hydrate with this hot weather coming. If you are home from the hospital and need a meal for a few days please give us a call; we are here to provide that help to you. July 7th we will be at the Baldwinsville Diner for their Thursday Night car show. Please stop by and say "hi". We are the recipients of the 50/50 that night. The event is from 5:00-8:00pm. We still are doing the bottle drive at The Bottle Redemption Center located in Top's Plaza.

Thank you!

Donna Metz & Pam Smith

Sunshine Lady

Janet Wojnovich is the Sunshine Lady for Canton Woods. If you know anyone who should have a card sent to them due to illness, etc. please call Janet at 638-2957.

Get Well and Thinking of You Cards sent to: Masue Bernholtz, Sally Kiteveles, Jane Venette, Sal Grella. A Sympathy card was sent to: Mary DeLawyer for the passing of her sister, Cliff Reynolds for the passing of his son, also, sympathy cards were sent to the families of Mary Springer and Bill Gates.

Please remember our Canton Woods folks who are in our area care facilities: Theresa Stagnitta, Ken Klotz, Peggy Vodek, Skip Collins, Jackie Adams, David Appleman, Theresa DeShane, Lois Reid, Edgar Chapellier, Eileen Murray, Charlie Organski, and Dick Sanderson.

**B'ville Express
Save the Date!!
B'ville Express Driver
Appreciation Lunch
Thursday June 9th from 12:00-
2:00pm at Canton Woods.**

If you are currently registered as a B'ville Express rider, you should also be registered with Centro for Onondaga Senior Call-A-Ride (OSCAR). OSCAR will provide up to 2 round trips or 4 one-way trips per month. The program is offered to locations outside the Call-A-Bus service area and within Onondaga County, Monday through Friday from 7:00 a.m. to 7:00 p.m. If you are not currently registered and need an application, please call Canton Woods and we will provide you with one. Thank you. **Ellen**

**Outreach/Neighborhood
Advisor**

Yeah for Summer! It's the season that helps us through the year so that we can endure winter.

We are very grateful to our vendors and guests who participated in our Annual Health and Wellness event. It was a great success.

Congratulations to Carol and Larry Barnett who won the raffle drawing from the Hearth Senior Home.

As a reminder, your outreach workers are always available to help you with your questions and paperwork.

Ellen & Jezanna, Outreach Workers

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

Food Sense

Orders need to be in by
**Monday, June 13th, 2016 by
10:30 a.m.**

Pick up between 11:30 a.m. & 2:00 p.m.

Wednesday, June 22nd, 2016

Please pick up promptly. We do not have freezer space to hold orders.

June Projected Package: \$15.50:

1lb Chicken Kabobs, 12oz Salisbury Patties, 15oz Kielbasa, 1lb Ground Turkey, 5oz Tuna Fish, 16oz Fresh Macaroni Salad, 28 Steak Fries, 15oz Spaghetti Rings, 10oz Frozen Mixed Vegetables, 11oz Mandarin Oranges, 2 Fresh Produce.

SPECIALS:

1.5lbs BBQ Pork Ribs for \$5.25

2lbs Beef Patties for \$9.00

5lbs Tilapia Fillets for \$12.50

2.5lbs Onion Rings for \$5.50

5lbs Chicken Drumsticks for \$4.25

6lbs Macaroni & Cheese for \$10.00

12/8 Hot Pocket Sandwiches for \$17.00

Food Bank of CNY

Tracey Clark from the Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call Tracey at 437-1899 ext. 224 to set up an appointment or contact CW's Outreach Workers Jezanna or Ellen at 638-4536.



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. on Monday, Wednesday, and Friday at Canton Woods for a small donation. Thanks for your cooperation. The **Monthly Menu is available at reception desk.**

June Birthdays

6-1 Nancy Lasher, Jim Conger
6-2 Helen Maloney, Skip Collins
6-3 Betty Blair, Pat Woods, Margaret (Marie) Johnson
6-5 Bob Salmonson, Theresa Fenton
6-6 Joyce Sweeting
6-7 Richard Sheldon
6-9 June Davis, Jim Pitts
6-11 Sue Williams
6-14 Myrtle Sugar
6-16 Wally Burgess
6-18 Marion Britton, Bruce Barnes, Donna Mae Russell, Don Russell
6-20 Edgar Falter
6-22 Richard Corcuera
6-25 Margaret Newcomb
6-28 Irving Nordheim, Elaine Smith, Nick Peluso, James Cavale, Richard Stryminski
6-29 Shirley Jaquith
6-30 Tony Giambrone

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. 638-4536.

Birthday Breakfast

Canal Walk Café is offering each senior on our birthday list a FREE 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 Walk Café 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.

Tournament Winners

Shuffleboard

4-8

1st Place: Larry Wood & Ronna Geddes

2nd Place: Kathy Hogan & Kathy Heintz

8 Ball

4-1

1st Place: Ed Barlow & Jerry Dingman

2nd Place: Jim Wyman & Joan Ferstler

9 Ball

4-15

1st Place: Frank Lusha

2nd Place: Nick Lipari

Wii Bowling T'ment

4-4

1st Place: George Gay & Kathy Hogan

2nd Place: Ron Pratt & Ed Barlow

4-22

1st Place: Nick Lipari & Kathy Heintz

2nd Place: Larry Wood & Ed Barlow

Corn Bag Toss

4-29

1st Place: Ronna Geddes & Kathy Heintz

2nd Place: Nick Lipari & Charlie Zambito

Darts

4-18

1st Place: Kathy Hogan & Ron Pratt

2nd Place: Frank Lusha & Ronna Geddes

Party Bridge

4-13

1st Place: Sharon Seguin

2nd Place: Ellie Schmidel

Family Feud

4-25

1st Place Family: Arlene Lockette,
Marshall Dubuc, Charlie Zambito, &
Kathy McLaggen

Bridge Tournament

5-10-16

N-S

1st Marianne Aman & Ruthann Morris
2nd Grover Boose & Patty Hunt

E-W

1st Ann Sticco & Kay Coogan
tie
Marie Sturge & Shirley Herman

Crafts

Here, it is June already; looks like we have to make another trip to the hospital with lap robes and baby caps. So you see we are busy. We are also thinking about the holidays—only 6 months away. Hope you ladies all had a wonderful Mother's Day. Dad's Day is coming up next month, so have a great one. Thanks again for your donations.

Wii Bowling

The Wii Bowling Tournament is bigger than ever. **Now twice a Month!** 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.

Family Feud

If you are a fan of the TV show *Family Feud*, come and try out the Canton Woods version at 1:00pm. See calendar for date.

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.

Active Older Adult Exercise Classes

This aerobics class is a workout for seniors every Tuesday and Thursday morning at 9:15a.m. Charges are payable to instructor. Classes resume in the fall.

Sweatin' to the Oldies

Free Class!! Tuesdays and Thursday at 9:15am during the summer; just stop in and exercise.

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. The instructor is a licensed physical therapist. Classes will resume in the fall.

Arm Chair Aerobics

Is held Tuesdays and Thursdays at 10:30 a.m. Join the group at any time. This class is FREE.

Blood Pressure Screening

The Center offers blood pressure screening from 10:00 a.m. -11:00 a.m. on Friday. Please look at the calendar for the exact dates and times.

AARP Defensive Driving Class

AARP is Thursday, June 16th
10:00 a.m. – 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. Each person taking the class needs to submit a check to Canton Woods, payable to AARP for the appropriate amount as soon as possible. Your check holds your spot for the class. The instructor will cash the checks after the class. Bring your valid NY State driver's license. No Class in July or August.

Aurora Meeting

Aurora meets the 3rd Thursday of each month at 12:30 p.m. This month the meeting is on June 16th. For more information call the Center.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be in September 2016. Call the center to make an appointment 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

Book Club News

May Review

Edwina Hay

At what point does a person decide that death is better than the life he or she is living? Is it selfish to want to end the pain and agony one must endure every day just to simply breathe? Do we owe the ones we love our life no matter what condition we are in? When are we being selfish? When are those who demand we live despite our condition being selfish? These questions are the focal point of the novel we read this month entitled **YOU BEFORE ME**.

At first, the book seems very predictable, without much plot; however as the story progresses, the reader is drawn into pondering the questions above. After living a very fulfilling, exciting life the main character is the victim of a tragic accident that leaves him completely dependent on others to take care of even his most basic needs. His quality of life is greatly diminished. A hired companion, a woman with her own problems, is bent on making him realize that his life is worth living, and she has six months to do it. Because of her efforts and wanting to know the ultimate decision readers continue to read and are exposed to the struggles and emotions of those who

love the man in the wheelchair, but hate his decision to commit physician assisted suicide. We all enjoyed the book, and its plot did generate good discussion by debating the questions above.

Our book for June 21 is **THE ROSIE PROJECT** by Graeme Simsion. We will meet at 2 o'clock in the library at Canton Woods. For those of you who are really enthusiastic about reading, our book for July will be **THE LIFE WE BURY** by Allen Eskens.

June 2016 Library News

Please "Check Out" our new arrivals in the Library!!

Small Print:

Off the Grid (C.J. Box)

Private Parts (J. Patterson)

Brotherhood In Death (J. D. Robb)

Property of a Noblewoman (D. Steel)

Audio Books:

Divine Justice (D. Baldacci)

Hell's Corner (D. Baldacci)

The Great Fire (S. Hazzard)

Sail (J. Patterson)

PRESIDENT'S CORNER

Hi everyone, spring is in the air. It has been a mild winter this year. I hope everyone can get out and enjoy the warm weather. We will be having Open Rec starting June 6th from 6:00-7:45pm. So come on down and enjoy yourself. Don't forget our Strawberry Fest June 14th. You need to sign up by June 10th and pay \$3.00 with the receptionist. We have a lot of programs going on here and I hope you read your newsletter so you can come down and use our facility. If anyone is interested in working on a committee, please leave your name and phone number and the committee you wish to work on at the front desk. FYI: The thermostats have been adjusted for the summer at 72 degrees. If you tend to get cold, please bring a sweater to

wear when you are here at the center.
Have a great and safe Spring.
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

Business Meeting

The Canton Woods Business Meeting will be held on June 3, 2016 at 11:30 a.m. or as needed.

Ice Cream!

Thank you for all the Byrne Dairy Receipts.
Please keep them coming.

Assistant Director

Recently, Chef Barbara Moul came to Canton Woods for a wonderful presentation on desserts. Chef Moul is willing to offer a make and take cooking class for a fee to any interested senior. We need to have at least 5 students. If you are interested in this class please call the center and we will add you to the list. It will be a wonderful experience, I'm sure. Thank you to all our entertainers we had in May, great shows!! Please read your newsletter and calendar so that you do not miss any fun activity we are having here at Canton Woods!!!

Thank you *Joanie*

Director's Note: Summer is just around the corner. I have a few seasonal reminders. The Air Conditioning will be on at the Center daily throughout the summer and early fall. If you are easily chilled please be sure to bring a sweater. As outdoor temperatures rise, remember we are often in very close quarters, it is necessary to practice good hygiene. For your own health, and as a courtesy to your peers, it is important to bathe frequently, wear clean clothing and apply deodorant daily. Thank you for your cooperation.

June is another busy month at Canton Woods. There is a variety of special events as well as the full range of regularly scheduled activities. Be sure to read the newsletter so you do not miss any of the activities. A few special events planned for June include; "Let's Talk CNY Nature" at 3:00pm on Thursday June 2, Chief Meteorologist Wayne Mahar will speak at Canton Woods 12:15pm on Wednesday June 22, and the Summer Entertainment series continues with Howie Bartolo at 3:00pm on June 30. Looking ahead to July, Canton Woods is excited to partner with the **Cannonball Run 5K!** The race is July 17th at Van Buren Park finishing off with a jump in the pool at the end of the race! Folks are welcome to run or walk the course. Summer Market Festravaganza begins immediately following the race. Plan to stick around for live music, BBQ, and Farmer's Market, artisans and crafters. Canton Woods is going to benefit from the proceeds of this race. If you run, register at www.willowhwc.com. Support Canton Woods Senior Center and your own wellness!

Rotary Club of Baldwinsville is once again sponsoring a picnic for the senior residents of Baldwinsville. The picnic is set for Wednesday, July 27th from 4:00pm- 7:00pm. Reservations required, call the Center by July 20th. You know

that the Center is very busy. There are also many fun and free activities throughout the Village during the summer months. Check the Village Website, and the Messenger.

Happy Father's Day!

Ruth

Ask the Physical Therapist... Heart Disease

Interesting Facts about Heart Disease:

- Also known as coronary heart disease; occurs when there is a narrowing of the small blood vessels that supply blood and oxygen to the heart
- Heart Disease is the leading cause of death in the United States for men and women
- Caused by buildup of plaque in the arteries to your heart causing narrowing and eventually leading to a heart attack

Risk Factors:

CAN'T CHANGE:

- Age: Risk increases with age
- Gender: Men have a higher risk than women who are pre-menopause. After menopause, the risk for women and men is equal.
- Genes: If your parents or other close relatives have heart disease, you are at higher risk

CAN CHANGE:

- Diabetes and High Blood Pressure
- Lifestyle: Smoking, Substance Abuse, Being Overweight, Lack of exercise

HOW WILL PHYSICAL THERAPY HELP ME?

- A physical therapist will advise you in the best way to begin and maintain a comprehensive exercise program. It is recommended that you

get at least 30 minutes of moderate exercise on at least 5 days of the week.

- A recent study showed that heart attack patients who participated in a formal exercise program decreased their death rate by 20-25% after their first heart attack.
- Exercise will increase your overall activity tolerance, reduce body weight, reduce blood pressure, reduce bad (LDL and total) and increase good (HDL) cholesterol, and increase insulin sensitivity
- Best options for moderate exercise include walking briskly, yard and household work, cycling and swimming.
- If you've never exercised and have some of the above risk factors for cardiac disease, ALWAYS consult a medical professional before beginning a program.

***This monthly column is maintained by the physical therapists at Onondaga Physical Therapy. If you have a question for them, you can reach them in person at 19 East Genesee Street, across from the B'ville Diner, by phone at 315-635-5000 or online at www.onondagapt.com or www.facebook.com/onondagapt.

CANTON WOODS

June 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	
			9 Mah Jong 1 & Rummikub 9:30 Open Bowling 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	8 Tai Chi 3 9 Open Bowling 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle 3 "Let's Talk B'ville Nature & Gardens"	10 BP Screening 3 11:30 CWSAG Business Meeting 12 PEACE Lunch 12:45 8 Ball T'ment 1 BINGO	4
5	9 Mah Jong & Rummikub 6 9 Walking Group 10 HiCAP Representative 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO 6-7:45 Open Rec	8 Tai Chi 7 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10 Crafts 10:30 Arm Chair Aerobics 11:30 \$2.25 Hot Dog Sales 12:15 Dup Bridge 1 Scrabble	9 Mah Jong & Rummikub 8 9:30 Open Bowling 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 12:45 Cribbage T'ment 1 BINGO	8 Tai Chi 9 9 Open Bowling 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle 1 Bunko	10 BP Screening 12 PEACE Lunch 12:45 Shuffleboard T'ment 1 BINGO	11
12	9 Mah Jong & Rummikub 13 9 Walking Group 12 PEACE Lunch 1 Pitch 6-7:45 Open Rec	8 Tai Chi 14 9:15 Sw. Oldies 9:30 Canasta & Rummikub 10 Crafts 10:30 Arm Chair Aerobics. 11 Nat'l Grid Rep. 11:30 \$2.25 Hot Dog Sales 11:30 Strawberry Fest 12:15 Dup Bridge 1 Scrabble	9 Mah Jong & Rummikub 15 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 12:45 Dart's T'ment 1 BINGO	8 Tai Chi 16 9 Open Bowling 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10-4:30 AARP Driving 10:30 Arm Chair Aerobics 11:50 \$4.00 Burger & Chips Lunch 12 Pinochle 12:30 Aurora Meeting TRIP	10 BP Screening 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO	18
19	9 Mah Jong & Rummikub 20 9 Walking Group 12 PEACE Lunch 1 Bingo 1 Corn Bag Toss 6-7:45 Open Rec	8 Tai Chi 21 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10 Crafts 10:30 Arm Chair Aerobics 11:30 \$2.25 Hot Dog Sales 12:15 Dup Bridge 1 Scrabble 2 Book Club	9 Mah Jong & Rummikub 22 10-12 Adult Coloring 12 PEACE Lunch 12:15 -1 News Channel 3 Weatherman Wayne Mahar 12:30 Party Bridge 1 BINGO	8 Tai Chi 23 9 Open Bowling 9 Golf Outing 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10 MVP Meeting 10:30 Arm Chair Aerobics 12 Pinochle 2:30-3:30 Reiki Presentation	10 BP Screening 12 PEACE Lunch 12:45 9 Ball T'ment 1 BINGO	25
26	9 Mah Jong & Rummikub 27 9 Walking Group 12 PEACE Lunch 1 Pitch 6-7:45 Open Rec	8 Tai Chi 28 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10 Crafts 10:30 Arm Chair Aerobics 11:30 \$2.25 Hot Dog Sales 12:15 Dup Bridge 1 Scrabble Primary	9 Mah Jong & Rummikub 29 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1 Family Feud 3 Theresa Golden Town of Lysander & Van Buren Assessor STAR Legislation.	8 Tai Chi 30 9 Open Bowling 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle 3 Summer Entertainment Series Music by Howie Bartolo	Calendar Subject to Change.	

(315) 638-4536