

Canton Woods Newsletter

July 2016

Canton Woods Staff

Ruth Troy Director
Joan Ferstler Assistant Director
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: Diane Gorniak

July 2016

Hot Dog Sales!

Sponsored by CW Senior
Activity Group

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

Summer Open Rec

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

SPEAKER: Laurie Zirilli R.D.

On Friday July 8 at 11:30am.
Ms. Zirilli is a Registered Dietitian
from Onondaga County and will
speak about summer foods, healthy
choices, and farmer's markets. Ms.
Zirilli will be available to answer
questions after presentation. Please
plan to attend.

HIICAP Representative

Available at Canton Woods 10:00am
Monday, July 11th. If you have any
questions regarding what health
insurance may be the best for you, the
HiiCAP representative may be able to
help you. Please stop by to see Frank.

Ice Cream Social

Tuesday, July 12, at 6:00pm.

Cost: \$3.00

Sign up and pay by Friday, July 8 before
12:00pm.

The LaFayette Community Band

Tuesday, July 12 at 7:00pm.

Free concert!!!! Music everyone will
enjoy!!

Cannonball 5K

To benefit Canton Woods Senior Center
Saturday, July 17th, 2016. The run takes
place at Van Buren Park. Register at
www.willowhwc.com. The Cannonball
5K will kick-off the Summer Market
Festravaganza! Plan to stick around for
live music, BBQ and farmers market
vendors including local produce,
flowers, artisans and crafters!

What's new at CW BUNCO

Tuesday, July 19th at 1:00pm.

Please call and add your name to the
BUNCO list. We need at least 12
players!

Rotary Senior Picnic at Canton Woods

Wednesday, July 27 from 4:00-7:00pm.

**Free indoor picnic for Baldwinsville
Seniors.**

Please call or stop by Canton Woods to
sign up for the picnic. Deadline to sign
up is Wednesday, July 20th.

Summer Entertainment Series continues with a visit from Chef Barbara Moul. Chef will be at Canton Woods on Thursday, July 28th at 3:00pm.

Chef Moul will be preparing Summer Salads, offering Free samples, and recipes to everyone who attends. Please mark your calendar and attend! You will be glad you did!!

Art Group

Tuesdays July 12th and 26th at 2:00pm. Facilitated by retired B'ville Art Teacher, Mike Conway.

The group will accept beginner and intermediate "students" and will focus on drawing and painting. Please bring your sketch book and art supplies. Please call CW 638-4536 to sign up for the group and leave your phone number. We are looking for at least 5 "students".

Coming in August:

Canton Woods Classic Car Show

August 8th, 2016 beginning at 5pm(with a rain date of August 15th).

Thank you to the Rotary Club of Baldwinsville for refurbishing the benches they donated on the front porch.

Meals on Wheels

Hello Everyone! Summer is Here! If anyone has extra vegetables or fruit from your gardens we would gladly take them for our meals or clients; please drop them off to our kitchen or office. The donations sure help with the grocery bill and help defray our costs. Also, I can pick up the vegetables and fruit if that works out the best. If you are coming home from the hospital and need meals for a short amount of time; give us a call we can help. Our cook, Pam, makes great

homemade meals every day! We are looking for summer sub drivers, Yes! They went North! Please call 638-2171. 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: Georgia Sanderson, Wally Burgess, John Capolongo, & Elaine Smith.

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 & Georgia Sanderson.

B'ville Express

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

The long anticipated Farmers Market Coupons should arrive this month. If you are 60+ years old and meet the

income requirements you can call Canton Woods at 638-4536 and leave your name and number. You will be notified when we receive the coupons.
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, July 18, 2016 by 10:30 a.m.

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

Wednesday, 27, 2016

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

July Projected Package: \$15.50:

3.5lbs Chicken Drumsticks, 1lb Ground Beef, 1lb Tilapia Fillets, 1lb Hot Dogs, 1 dozen Eggs, 1lb Elbow Macaroni, 1lb Fresh Potato Salad, 15oz Pork & Beans, 10oz Frozen Broccoli Cuts, Canned Fruit Salad, 2 Fresh Produce.

SPECIALS:

2.5lbs Chicken Breast for \$4.50
21oz Beef Sandwich Steaks for \$6.00
5lbs Meatballs for \$13.00
5lbs French Fries for \$6.00
2lbs BBQ Chicken Wings for \$4.50
3lbs Breaded Shrimp for \$16.50
5lbs White Cheddar Pasta Bake for \$14.00

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.**

July Birthdays

7-1 Eleanor Shurman, Barbara Pillans
7-2 Charlie Organski
7-4 Helen Wagnor, Tina Starr, Barbara Pratt
7-5 Jean MacDowell
7-9 Janet Batar
7-13 Kathy Heintz, Fran Stoys, Dorothy Clary, Mary Post
7-14 Virginia Pickard
7-15 Marge Finnegan
7-16 Paula Machut
7-17 Rose Shyposh
7-18 Frank Testa, Dick Wrona, Bev Hewitt
7-20 DorothyNeri, Bob Kisselstien, Aaron Bradshaw
7-24 Anna Mann, Albert Brisson
7-26 Avis Neupert
7-27 Jacqueline Balch, Arthur Sochia
7-28 Patricia Gray
7-29 Mary Thomas
7-31 Marie Rawls

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

5-13

1st Place: Jim Wyman & Kathy Heintz
2nd Place: Larry Wood & Jerry Dingman

8 Ball

5-6

1st Place: Nick Lipari & Jerry Dingman
2nd Place: Steve Cleland & Dave Hardy

9 Ball

5-27

1st Place: Larry Wood
2nd Place: Sal Grella

Wii Bowling T'ment

5-2

1st Place: Larry Wood & Marshall Dubuc
2nd Place: Ronna Geddes & Kathy McLaggan

5-20

1st Place: Ronna Geddes & Ron Pratt
2nd Place: Charlie Zambito & Dennis Hoe

Corn Bag Toss

5-23

1st Place: Frank Lusha & Larry Wood
2nd Place: Nick Lipari & Jim Wyman

Party Bridge

5-11

1st Place: Pat Farneth
2nd Place: Mimi Dundon

Bridge Tournament

6-14-16

N-S

1st Barb Wiggins & Jean Purdy
2nd Grover Boose & Patty Hunt

E-W

1st Larry Wood & Jack Schmidel
2nd Ernie Pratt & Pat Farneth

Crafts

Happy 4th of July! Does it seem possible? Our ladies are so busy even working on holiday projects. We made a trip to St. Joseph's again with more lap robes and baby caps. No other news from this area. Keep the donations coming! Thank You!

Wii Bowling

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

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 classes will start up again in the Fall of 2016. 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 July 21st. 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

June Review

The Rosie Project, Graeme Simson. Nine of us were present and we all enjoyed this read. It was different from what we normally read, it was a definitely a laugh out loud.

The Wife Project was Don Tillman's attempt to locate the perfect wife. He is rather a strange individual with peculiar habits. There is a follow up book Rosie's Effect.

Next meeting is July 19th at 2:00pm. We will read The Life We Bury by Allen Eskee. Supposedly another interesting read

July 2016 Library News

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

Small Print:

The Last Mile (D. Baldacci)

Girl's Guide to Moving One (D. Macomber)

Most Wanted (I. Scottoline)

Nest (C. Sweeney)

Biographies:

A Memoir (B. Bush)

Without a Doubt (M. Clark)

What Falls Away (M. Farrow)

Robert Frost, Poetry and Prose (R. Frost)

PRESIDENT'S CORNER

I would like to congratulate all the new officers and thank everyone for their support last year. Without everyone's help this job could not be done. I would like to thank everyone for their support in this election. July 12th we will be having an Ice Cream Social at 6:00pm and the Lafayette Community Band at 7:00pm. You must sign up for the Ice Cream Social by July 8th by 12:00pm. The cost is \$3.00 and must be paid in advance.

Your President, *fd 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 August 5, 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

Happy 4th of July! Summer is really here. Please be careful with the hot weather. The air conditioning is on at C.W. so make sure you bring a sweater if you tend to get cold. **Arm Chair Aerobics** is a great time to do some low impact exercise, please come and join

the group!! And, please read the calendar so you don't miss anything that is going on. Thank you *Joanie*

Director's Note: You may know that Stewart's Shops has opened in Baldwinsville. Maybe you have already discovered their delicious ice cream? As part of their Grand Opening celebration, Stewart's Shops donated \$1000.00 to Canton Woods Senior Center and to the Baldwinsville Community Scholarship Foundation. Thank you Stewart's Shops and welcome to Baldwinsville!

July is the height of summer in Central New York and Canton Woods is no exception. The month begins on a very high note. On July 1, Baldwinsville's own Eleanor Schurman will celebrate her 106th Birthday! If you would like to add your best wishes to Eleanor's Birthday Greetings, ask the front desk for her address. I am sure Eleanor would love to hear from friends at Canton Woods on this special occasion. On July 13th stop by Ray Middle School, and take advantage of a Community Resource fair. "**Community Services on the Road**" is sponsored by Assemblyman Bill Magnarelli, and will be held from noon until 6 p.m. on Wednesday, July 13 at Ray Middle School, 7650 Van Buren Road in Baldwinsville. Come by and say hello, Canton Woods will be participating.

The Cannon Ball 5K run is set for July 17th at Van Buren Park. Canton Woods is to benefit from this race. If you or a member of your family would like to participate, register at www.willowhwc.com. Immediately following the race there is a Summer Market Festravaganza. There will be live music, BBQ and farmers market including produce, flowers, artisans and crafters.

The Rotary club of Baldwinsville is generously hosting a Summer Picnic for Baldwinsville area seniors at Canton Woods from 4-7pm on Wednesday July 27. You must make a reservation by July 20th. Sign up at the front desk or call the Center 638-4536.

Chef Barbara Moul returns to Canton Woods at 3pm on Thursday July 28th. At this visit Chef Moul will prepare and share tasty and refreshing summer salads. This is always a treat. Looking ahead to August, Canton Woods Classic Car show is slated for Monday August 8th. This is a favorite seasonal event. Put the date in your calendar. You will enjoy Classic Cars, music and summer foods.

The Center will be closed on Monday July 4th in observance of Independence Day. Have a safe and happy 4th of July!

Ruth

Ask the Physical Therapist...

Medial and Lateral Epicondylitis: Which one is which?

Medial Epicondylitis

How Does it Happen?

- Repetitive stress on forearm muscles, such as with golfing, gardening or house cleaning.
- Excessive gripping or squeezing.
- Continued re-injury increases scar tissue which limits motion and flexibility and also predisposes the elbow to further injury.

Signs & Symptoms

- Pain occurs on the inner elbow bone (medial epicondyle) where

all the forearm muscles that flex the wrist attach.

- The pain is often aggravated with repetitive wrist bending and/or hand squeezing.
- Medial Epicondylitis commonly affects Golfers, but one must not have to golf to become affected.
- Inflammation to this attachment point is called Medial Epicondylitis - a type of tendonitis.

Lateral Epicondylitis

How Does it Happen?

- Repetitive stress on forearm muscles, such as with playing tennis, gardening or house cleaning.
- Excessive lifting with wrist while palm is downward facing.
- Continued re-injury increases scar tissue which limits motion and flexibility and predisposes the elbow to further injury.

Signs & Symptoms

- Pain occurs on the outer elbow bone (later epicondyle) where the forearm muscles that extend the wrist attach
- The pain is often aggravated with bending the wrist as with the backhand swing of a tennis player

***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.

Turning the Clock Back

Oh, if only I were young again
With no time to spare
Doing all the things I did
Morning, noon and night without a
care

The holiday rush that consumed me then
Would be more meaningful....
If only I were young again
Knowing it would all soon end
And the life I thought I'd never have,
Happened...

The days gave way to endless hours
With naught to do but think
And wish that I were young again and BUSY!

By a fellow CW Senior

CANTON WOODS

July 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	
					1	2
					10:30 PEACE Brunch 12:45 8 Ball T'ment 12 BINGO	
3	4 Independence Day The Center is Closed	5 8 Tai Chi 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	6 9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	7 8 Tai Chi 9 Open Bowling at Lakeview 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle TRIP	8 10 BP Screening 11:30 SPEAKER Laurie Zirilli RD Summer Foods 12 PEACE Lunch 12:45 Shuffleboard T'ment 1 BINGO	9
10	11 9 Mah Jong & Rummikub 10 HiCAP Representative 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO 6-7:45 Open Rec	12 8 Tai Chi 9:15 Sw. Oldies 9:30 Canasta & Rummikub 10 Crafts 10:30 Arm Chair Aerobics. 11:30 \$2.25 Hot Dog Sales 12:15 Dup Bridge T'ment 1 Scrabble 2 Art Group 6 Ice Cream Social 7 Lafayette Community Band	13 9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge T'ment 1 BINGO	14 8 Tai Chi 9 Open Bowling at Lakeview 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle	15 10 BP Screening 12 PEACE Lunch 12:45 9 Ball T'ment 1 BINGO	16
17	18 9 Mah Jong & Rummikub 12 PEACE Lunch 1 Pitch 6-7:45 Open Rec	19 8 Tai Chi 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 1 Bunco 2 Book Club	20 9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	21 8 Tai Chi 9 Open Bowling at Lakeview 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10 MVP Meeting 10:30 Arm Chair Aerobics 12 Pinochle 1 Aurora Meeting	22 10 BP Screening 12 PEACE Lunch 12:45 Dart's T'ment 1 BINGO	23
24 3 1	25 9 Mah Jong & Rummikub 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO 6-7:45 Open Rec	26 8 Tai Chi 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 Art Group	27 9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1 Family Feud 4-7 Rotary Senior Picnic at Canton Woods	28 8 Tai Chi 9 Open Bowling at Lakeview 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle 3 Summer Entertainment Series Chef Barbara Moul Summer Salads TRIP	29 10 BP Screening 12 PEACE Lunch 12:45 Corn Bag Toss T'ment 1 BINGO	30

(315) 638-4536



JULY 17, 2016

**Van Buren Park
Baldwinsville, NY**

A road course that will end with a jump in the Van Buren Pool. A perfect way to finish this challenging summertime race!

Also, the Cannonball 5K will kick-off the **Summer Market Festravaganza**

that begins immediately following the race.

Plan on sticking around for live music, BBQ

and farmers market vendors including

local produce, flowers, artisans and crafters!



**JUMP
IN THE
POOL**

To benefit Canton Woods
Senior Center in
Baldwinsville, NY

Register at www.willowhwc.com

Click on *Race Events* for all the details.

Canton Woods



FREE



SUMMER ENTERTAINMENT SERIES 2016!

Music puts the sizzle to your summer!

Thursdays

July 28 3:00pm

Chef Barbara Maul

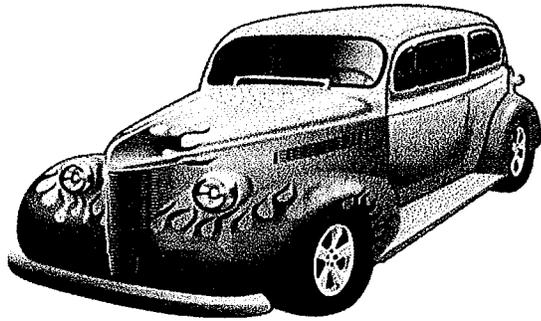
August 18 11:00am

George Leija

September 15 3:00pm

Eddie Fagan

Series Sponsors: CW Senior Activity Group, UnitedHealthcare, MVP Health Care, The Hearth, and Kay Brosh, Independent Insurance Consultant



Canton Woods 7th Annual Car Show
August 8th 5:00pm-8pm

Canton Woods 76 Canton St.
Baldwinsville, N.Y. 13027 638-4536

The evening will include: Beautiful Cars & Trucks,
Food For Sale, Prizes, Raffles & Fun!

Music by D. J. Thomas Fox

brought to you by Evans Chevrolet

Entry forms available at Canton Woods -- Entry fee \$10. for each car entered.

Car Show winners to be announced at 7:20pm

Categories for Car Show: Oldest entry, Fans Favorite,

Canton Woods President Choice

Rain Date: Monday August 15, 2016

Please come and enjoy the family event at Canton Woods!