

Canton Woods Newsletter

August 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

The sale is every Tuesday at 11:30am.
Hot Dogs or Coney's \$2.25 each,
while supplies last.

Canton Woods

Classic Car Show

August 8th, 2016 beginning at 5pm
(Rain Date August 15th) No Open Rec
during the Car Show.

HIICAP Representative

Available at Canton Woods 10:00am
Monday, August 1st. If you have any
questions regarding what health
insurance may be the best for you, the
HiCAP representative may be able to
help you. Please stop by to see Frank.

Skippy Ice Cream Truck

On Thursday August 11th at 1:00pm.
The Hearth -Premier Senior Living is
treating CW seniors to an ice cream treat
from the Skippy Ice Cream Truck.

Summer Entertainment Series

Enjoy music by George Leija at Canton
Woods on Thursday, August 18th at
11:00am.
Tunes from the 1950's to Today!

Special PEACE Lunch

Thursday, August 18th at 12:00pm
Menu: Spiedie's Marinated Grilled
Chicken, Fresh Spinach Salad,
Strawberry Angel Food Cake Delight,
Fresh Corn on the Cob.
Cost: \$2.75 Donation
Sign-up Deadline: Friday, August 12th
by 12:00pm.

SPEAKER: Lynn Brown

from Elderwood at Liverpool
Friday, August 19th at 11:30am.

Art Group will meet on

Tuesdays August 9th and 23rd
at 2:00pm. This group is 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 at 638-4536 to sign up
for the group and leave your phone
number.

**Coming in September:
Summer Entertainment Series**
continues with a visit from **Eddie Fagan**
on September, 15th at 3:00pm.

**Canton Woods Version of "Antique
Road Show"**

Monday, September 19th from
1:30pm to 3:30pm.

A small Fee will be asked for each
appraisal.

Appraisers will be Ed Becker & Robert
Bacon from Fayetteville.

**Coffee with the Mayor of
Baldwinsville, Richard Clarke.** In
September; details to follow.

Meals on Wheels

Hello Everyone!

We hope everyone is staying cool!
Meals on Wheels now has a wish list
of some much needed items: dish
towels, big bowls with lids, printer
paper, aprons. We also would like to
give a big thank you to everyone for
supporting us all year with generous
donations. Also, we would LOVE all
your extra vegetables.

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: Ralph Seeber

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

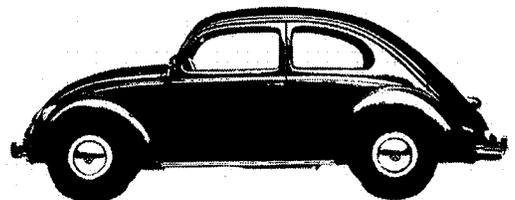
If you are currently registered as a
B'ville Express rider, you should also be
registered with Centro for Onondaga
Senior Call-A-Ride (OSCAR). OSCAR
will provide up to 2 round trips or 4 one-
way trips per month. The program is
offered to locations outside the Call-A-
Bus service area and within Onondaga
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**

Summer is almost half over. We hope
that you are enjoying the beautiful
weather. We distributed Farmer's
Market coupons in July. If you qualify
and missed out, it is possible we might
receive a second distribution. Call us
and let us know if you are interested in
receiving them.

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, August 15, 2016 by
10:30 a.m.**

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

Wednesday, August 24, 2016

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

August Projected Package: \$15.50:

11lb Pork Kabobs, 12oz Salisbury Patties,
11b Breaded Fish Fillets, 10oz Deli
Sliced Turkey, 5oz Tuna Fish, 11b Fresh
Cole Slaw, 7.25 Macaroni & Cheese,
Frozen Corn, 15oz Spaghetti Rings,
11oz Mandarin Oranges, 2 Fresh
Produce.

SPECIALS:

2lb Package Stuffed Chicken Breasts for
\$7.50

1.5 package BBQ Pork Ribs for \$5.50

2lb Beef Patties for \$6.00

2.5 lbs. Sweet Potato Fries for \$6.00

5lb American cheese for \$10.50

5lb Chicken Tenders for \$8.00

12 Pepperoni Hot Pockets for \$17.50

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.**

August Birthdays

8-2 Theresa DeLine, Ann Wilburn

8-4 Shirley Payne, Linda Claxton

8-5 Louise Pendock

8-6 Louise Dwyer

8-7 Erma Frushell

8-10 Eileen Murray, Annabelle Daniels,
Lorraine Langford

8-11 Natalino Piccoli, Kay Betts

8-12 Robert Minnoe

8-14 Betty Gauthier

8-15 David Appleman, Doug Appleman,
Beverly Juno, Diane Canino

8-16 Bob Lasher

8-17 Clarence MaCrea

8-18 Frederick Melvin, Anne Marie
Ayotte

8-20 Lois Reed

8-21 Jim Buswell, John Weeks

8-22 Kathy Kulba, Frank Lusha

8-23 David Ayotte

8-24 Sally Kiteveles

8-25 Betty Taft

8-26 Edward Ramin, Eleanor Dorzbacher

8-31 Bernie Kurtz

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
6-10

1st Place: Larry Wood & Dave Hardy
2nd Place: Kathy Hogan & Charlie Zambito

8 Ball
6-3

1st Place: Nick Lipari & Ed Barlow
2nd Place: Ron Pratt & Dave Hardy

9 Ball
6-24

1st Place: Ron Pratt
2nd Place: Jim Wyman

Wii Bowling T'ment
6-6

1st Place: Nick Lipari & Ronna Geddes
2nd Place: Dennis Hoe & Kathy Hogan

6-17

1st Place: Kathy Hogan & Jim Wyman
2nd Place: Charlie Zambito & Kathy McLaggan

Corn Bag Toss
6-20

1st Place: Marshall Dubuc & Kathy Heintz
2nd Place: Ron Pratt & Jim Wyman

Dart's
6-15

1st Place: Kathy Hogan & Dennis Hoe
2nd Place: Frank Lusha & Ron Pratt

Party Bridge
6-8

1st Place: Carol Miller
2nd Place: Marlene Engledrum
Great Game: Party Bridge
6-29
Sue Schweitzer 5060

Bridge Tournament
7-12-16

N-S
1st Jan & Bill Beall
2nd Marie Sturge & Shirley Singer
E-W
1st Margaret Rozwod & Ellie Schmidel
2nd Sue Schweitzer & Estelle Checrallah

Crafts

Here we are another month! Our dates have been set for the December Sale and hope to see you all there. The ladies hands are so busy making things for the sale. More lap robes and baby caps have been sent to St. Joseph's Hospital. We hope all are enjoying our very hot summer and way too soon Labor Day weekend will be here. Have a happy and safe one.

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.

Bunco

We are looking for Bunco players! Bunco is on the Calendar for Tuesday August 16th at 1:00pm. Please call and sign up to play. Bunco can be played with 8 players, but it is more fun with 12 or more!

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 9:15 a.m. Charges are payable to instructor. Class will resume on September 13.

Sweatin' to the Oldies

Free Class!! Tuesday and Thursdays at 9:15 a.m. 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 August.

Aurora Meeting

Aurora meets the 3rd Thursday of each month at 12:30 p.m. This month the meeting is on August 18th. 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

July Review

The Life We Bury by Allen Eskers.

We all really enjoyed this crime stopper. The characters were very interesting. We all liked how Jeremy, an autistic teenager, was portrayed. It was interesting how he helped to solve the riddle.

There were at least four different stories with "lives that were buried" that eventually tied together. Joe Talbert, a college student, interviews a stranger for a college assignment. Carl is a Vietnam veteran who was convicted of a serious crime and is dying of cancer. These are the beginning of lives that are buried. There are many twist and turns with an unexpected ending.

For his first published book, this was an excellent read.

Next month read: Fates and Furies by Lauren Groff.

2015 National Book Award Finalist Book Club's next meeting is August 16, 2016 at 2:00pm.

Edwina, where are You??

August 2016 Library News

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

Small Print:

As Time Goes By (M. H. Clark)

Fool Me Once (H. Coben)

Obsession (N. Roberts)

Family Jewels (S. Woods)

Large Print:

Family Tree (B. Delinsky)

The Preachers Daughter (B. Lewis)

Summer of the Midnight Sun (T. Peterson)

The Trial (L. Thompson)

PRESIDENT'S CORNER

This has been a real busy month here at the Center. We have had our Strawberry Fest and Ice Cream Social with the Lafayette Band. Everyone had a really enjoyable time. Our golf outing people had their event and everyone had a great time. We had 5 foursomes again this year. We had a great lunch when we got back, with Pam and Joan making potato salad and baked beans. Frank Lusha was on the grill making his hot dogs and hamburgers. We played captain and crew; it was a great time for everyone to get together and get to know each other. This summer just seems to be flying by. There is already talk of the New York State Fair next month.

Hope everyone enjoys the summer and stays safe. Please come to the Canton Woods 7th Annual Car Show.

Your President, *Ed Barlow*

Business Meeting

The Canton Woods Business Meeting will be held on August 5, 2016 at 11:30 a.m. or as needed.

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

Ice Cream!

Thank you for all the Byrne Dairy Receipts.

Please keep them coming.

Assistant Director

Hi everyone! Happy August. Enjoy the rest of this very hot summer. Please drink plenty of fluids and stay in the AC if it is way too hot. Please come to Canton Woods to get cool if you don't have AC. Please check the newsletter and calendar for special events in August! Like the Car Show!!! Hope to see everyone at the Car Show on August 8th!!!! Say a prayer for good weather! P.S. We need Scrabble players and Bunco players!!! *Joanie*

Canton Woods Own version of

"Antique Road Show"

Monday, September 19th

1:30-3:30PM

Small Fee charged for each appraisal

Appraisers Ed Becker &

Robert Bacon from

Fayetteville will be on hand!

Director's Note: The first Cannonball 5 K, held at Van Buren Park, went very well. Thank you to everyone who ran and to the many Canton Woods volunteers who helped with the event. A special thanks to Michel Tax & Accounting Services and Overhead Door Company for sponsoring the race T-shirt and medal. A portion of the proceeds of this race will be donated to Canton Woods Senior Center.

We are in the middle of a very busy summer at Canton Woods. This month we look forward to Canton Woods Classic Car show. This is our 7th year and it is always a fun filled event. Come on out on August 8th there will be a DJ providing music, food concessions, raffles, and of course an assortment of beautiful classic cars.

Our Summer Entertainment Series continues with local favorite George Leija. George will return to Canton Woods on Thursday August 18th at 11:00am. The concert is **FREE**, and sponsored by Kay Brosh, Independent Insurance Consultant. Make a reservation and stay for lunch at 12:00pm. The menu includes spiedie marinated grilled chicken, fresh spinach salad, fresh corn on the cob, and strawberry angel food cake delight! Two, exciting, new additions to Canton Woods regular schedule are off to a great start! The Art Group, facilitated by recently retired Art Teacher Mike Conway, met for the first time in July. They will gather again on August 9th and 23rd at 2pm. Take advantage of this time to express your creativity in the company other creative folks.

The Bunco players will roll the dice again on August 16th at 1pm. Get in on the action and the laughter! Call the Center 638-4536 and let us know you will be joining the game.

Our new fountain with bottle fill station has been installed. This bottle fill station was made possible by a Community

Health Award from Excellus Blue Cross Blue Shield. The next step is hydration education. **On Friday, September 9th at 11:30am Registered Dietitian Laurie Zirilli** will visit Canton Woods and provide helpful information on the importance of proper hydration as well as how to improve your hydration. You may have missed the Cannonball run, but you have not missed **the Walk for the Woods!** **The Walk for the Woods 2016** steps out on Saturday September 17th at 9:00am. This is a very quick walk and all proceeds benefit Canton Woods. The registration form is available in this newsletter and at www.baldwinsville.org. See you at the **Walk for the Woods 2016!**

Canton Woods has a student intern joining our center for the academic year. Please welcome Elaine Sartwell to Canton Woods. Elaine is a Social Work student from Syracuse University. She is a Baldwinsville resident and has a great deal of experience in human services. We look forward to having Elaine here at Canton Woods.

Happy Summer!

Ruth

Ask the Physical Therapist...

Is on vacation. Look for more in Sept.

***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.