

Canton Woods Newsletter

September 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

September 2016

Hot Dog Sales!

Sponsored by CW Senior
Activity Group

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

HIICAP Representative

Available at Canton Woods 10:00am
Monday, September 12, 2016. 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.

National Grid Representative

Tuesday, September 13th at 11:00am.
If you have any question about your
National Grid bill, this is the time to get
answers.

Special Hot Dog Sale

Hoffman Hot Dogs

Thursday, September 8th at 11:55am.
Cost: \$2.25 per dog.

SPEAKER: Laurie Zirilli, Registered
Dietitian will present on Friday,
September 9th at 11:30am.

Topic: Proper Hydration

Summer Entertainment Series Continues with

Music by Eddie Fagan

Thursday, September 15th at 3:00pm
All your sing-a-long favorites!
Sponsored by Hearth Premier Senior
Living!

Canton Woods Own version of

**"Antique Road Show" Bring
your collectable or favorite
heirloom**

Monday, September 19th
1:30-3:30PM

Small Fee charged for each
appraisal

Appraisers Ed Becker &
Robert Bacon from Fayetteville
will be on hand!

Coffee with the Mayor of

Baldwinsville

is scheduled for
Tuesday, September 20th at 9:30am.
Mayor Clarke will be here to tell us the
news of Baldwinsville and to answer
your questions.

End of Summer Burger Bash!

Thursday, September 22nd.

Time: 11:30am

Cost is \$2.00 per burger.

Flu Shot Clinic:

Friday, September 30th 9:00-11:00am

Given by Rite Aid Pharmacy, please

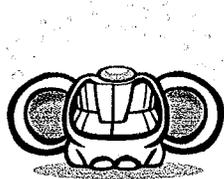
bring your insurance cards and call

ahead to put your name on the list.

Walk-ins will be accepted.

September is National Senior Center Month

Coming in October:



Limburger Cheese Party!

Thursday October 13, 2016

Time: 11:30 am

Please sign up by Friday,

September 30, 2016.

Cost: \$6.00 per person

Please sign up and pay early so we can order the cheese in plenty of time for the Party! Thank you to Barnes Memorials and MVP Healthcare for their donations to the Limburger Cheese Party!

Flu Shot Clinics on October 14th and October 28th.

Halloween Party on Monday, October 31st.

Meals on Wheels

Happy Fall Everyone! Fall is here! It's time to think about winter coming.

We are selling our Syracuse coupon books now in our office for \$25.00.

We have limited quantities. They make a great Christmas present! Once again we will accept garden vegetables, apples, and any produce is appreciated.

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: Nancy Lasher, Betty Blair, Era Gauger, Wally Burgess, Elaine Smith, Anne Ayotte, Gail Gillette, Linda Long.

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, Dick Sanderson, Anne Ayotte, & John Copolongo.

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

Enjoy the last days of summer! It's time to think about your yearly vaccinations to stay healthy during the winter season.

Canton Woods will be making flu vaccinations available on Fridays in September and October from 9:00-11:00am. (Check calendar) The shots will be administered by pharmacy representatives from Rite Aid and Walgreens drug stores. Please call ahead to have your name put on the flu shot list. Don't forget to bring your insurance information with you.

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.

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.

Food Sense

Orders need to be in by

Monday, September 19, 2016 by 10:30 a.m.

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

Wednesday, September 28th, 2016

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

September Projected Package: \$20.50:

2.5 lbs Chicken Breasts, 1lb Meatballs, 1lb Swai Fillets, 1lb Italian Sausage, 12oz Veal Patties, 8oz Mozzarella Cheese, 13oz Cheese Ravioli, 11oz Rice w/ Vegetables, 15oz Diced Tomatoes, 15oz Applesauce, 2 Fresh Produce..

SPECIALS:

2lbs Stuffed Pork Chops for \$7.50.

2lbs Meatloaf for \$7.00

2.5lbs Onion Rings for \$5.50

Pantry Box for \$10.00 Includes: pancake mix, cereal, elbow pasta, spaghetti sauce, canned crushed tomatoes, apple juice, peanut butter, jelly, and mandarin oranges.

3lbs Breaded Shrimp for \$13.50

5 lbs Macaroni & Beef for \$9.00

10lbs Boneless Chicken Chunks 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.

Food Bank

of Central New York

WE WORK FOR FOOD.

September Birthdays

9-2 Anna More, Margaret Swieton
9-3 Ivy DePan
9-4 Delores Cerio
9-6 Tony Murphy
9-7 Jean Barlow
9-8 Mary Ann Reinham, Patricia Racha
9-11 Rick Maynard
9-12 Nancy Moynihan
9-13 Mary Bateman, Bert Collins, Aline Thompson, Helen Regan
9-15 Dick Sanderson, Jane Jasinski, Jane Venette, Theresa Stagnitta, Mary Lou DeBlois
9-18 Betty Michalski, Carol Levy
9-19 James Ferrell
9-20 Earnest Brayton
9-21 Zora Meloling, Carl Torello, Maryann Davis
9-24 Gil LaVallee, Shirley Rode
9-28 Mary DeLawyer, Flo Galloway
9-29 Bev Derosier

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

7-8

1st Place: Ron Pratt & Sal Grella

2nd Place: Dave Hardy & Charlie Zambito

8 Ball

7-1

1st Place: Nick Lipari & Dave Hardy

2nd Place: Frank Lusha & Dennis Hoe

9 Ball

7-15

1st Place: Nick Lipari

2nd Place: Larry Wood

Wii Bowling T'ment

7-11

1st Place: Larry Wood & Marshall Dubuc

2nd Place: Jim Wyman & Nick Lipari

7-25

1st Place: Larry Wood & Dennis Hoe

2nd Place: Kathy Heintz & Dave Hardy

Corn Bag Toss

7-29

1st Place: Jim Wyman & Kathy Heintz

2nd Place: Marshall Dubuc & Nick Sgouris

Dart's

7-22

1st Place: Nick Lipari & Joan Ferstler

2nd Place: Sal Grella & Ron Pratt

Party Bridge

7-13

1st Place: Pat Farneth

2nd Place: Margaret Rozwod

Bridge Tournament

8-9-16

N-S

1st RuthAnn Morris & Mary Ann
Aman

2nd Gene Brock & Joyce O'Keefe

E-W

1st Ernie Pratt & Pat Farneth

2nd Jack Schmidel & Larry Wood

Crafts

Our Craft Group will be holding a simple craft sale during the November Election Day, November 8th, to benefit the Senior Activity Group. We are looking for donations of knitted mittens of all sizes and knitted or crocheted winter hats of all sizes. If you need yarn, we have lots. We meet Tuesday mornings, just stop by, or call the center for assistance. 638-4536.

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 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! **PLEASE** call the day before or very early on the day of Bunco and get your name on the list so we can plan on how many players we have. Thanks **Bunco is Tuesday, September 27th.**

Art Group will meet twice in September on Tuesdays September 6th, and September 20th 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. New "students" are welcome.

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. Class will resume on **September 13th.**

Sweatin' to the Oldies

Free Class!! Tuesday and Thursdays at 9:15am during the summer; just stop in and exercise. September 1st & 6th only.

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. The instructor is a licensed physical therapist. Classes will resume **September 13th.**

Arm Chair Aerobics

Class 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 class will be held September 8th. 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.

Aurora Meeting

Aurora meets the 3rd Thursday of each month at 12:30 p.m. This month the meeting is on September 15th. 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 November 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.

September 2016 Library News Please Help Us!!

If you picked up 3 books from a Barnes & Nobles bag on Wednesday, August 10, 2016, PLEASE RETURN THEM!!! These new books were purchased for everyone's enjoyment. The titles of these books are:

Power Play by Danielle Steel
Standup Guy by Stuart Woods
Dishonorable Intentions by Stuart Woods.

Book Club News

August Review

This month we read Fates and Furies by Lauren Groff. This is a "story of marriage as parallel myths- flaring with passion and betrayal, with redemption and retribution, with the sort of heart breaking, head-slapping secrets."

This is the story in which two people can live together and live inside each other, or fall away from each other, or betray each other.

The general consensus, except for one person, was not overly thrilled with this book. Many of us could not finish this book, those of us who did found the second part Furies a more comfortable read. Generally, we would not recommend it. The book had the "morning edition" NPR books.com book club pick!

Our next read, a good book, Marriage of Opposites, by Alice Hoffman. We hope Edwina feels better we will see her in September.

Next meeting Book Club meeting is Tuesday, September 20, 2016 at 2:00pm.

PRESIDENT'S CORNER

This has been a great summer, if you like HOT weather! Don't worry, winter will be here soon! The Great New York State Fair is in full swing, which means summer is almost over. Have a great Fall. We have had great classes in the past for the Falls Prevention Classes. We have had many people that have really improved their balance and lower body strength. We have another class starting in September. So keep watching your newsletter for information on Falls Prevention (starting Sept. 13) and all the other classes that resume in the Fall.

Your President, *Ed Barlow*

Business Meeting

The Canton Woods Business Meeting will be held on October 7, 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
Carol Mercer's name was added to the Memorial Plaque. Thank you for your donations.

Ice Cream!

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

Assistant Director

Back to School time! And time for some of our regular programming to start up again, so please read your newsletter and calendar. Just a reminder, if you want to join a group activity, most of the time you need to call ahead and get your name on the list of players. Most games need a certain number of players to work; therefore calling in ahead of the game will help our receptionists know how many plan to play. We need Bunco & Scrabble players and folks that like the adult coloring hobby that is so big right now! Thanks to all our volunteers who help to keep Canton Woods strong and healthy!!

Joanie

Director's Note: Canton Woods Car Show was awesome! It was a perfect summer evening. Forty gorgeous and very shiny cars graced the grounds of Canton Woods. As always, the Baldwinsville Community was incredibly generous. DJ Thomas Fox provided the tunes for the event courtesy of Evans Chevrolet. Hudson and Mowins treated all the car owners to ice cream and many merchants donated to our raffles. The show was truly a success because of community support and the hard work of dedicated volunteers. Thank you!

It is hard to believe September has arrived. September is National Senior Center Month! This year's theme is **Find Balance at your Center!** Look at the range of programs and activities offered at Canton Woods. You can choose from several wellness programs including Falls Prevention. National Senior Center Month is a great time to visit your senior center, a great time to support Canton Woods. If you have ever considered making a donation to Canton Woods, September is a very appropriate month. You can make a direct donation to Canton Woods. The donation form is in this newsletter. You can also support the center by joining the *Walk for the Woods 2016!*

Every September we tie up our walking shoes and *Walk for the Woods!* This is a fun and easy fund raiser. This year's Walk is set for Saturday September 17 at 9:00am. The Walk is a pleasant walk through our neighborhood beginning at Canton Woods and stopping to say hello to our neighbors at McHarrie Life, (Syracuse Home). The registration form for the walk is in this newsletter and on the village of Baldwinsville website at www.baldwinsville.org. Join us or pledge someone who is walking.

Happy Fall!

Ruth

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Walk for the Woods 2016!

Canton Woods Senior Center

76 Canton St. Baldwinsville

Celebrating National Senior Center Month

Walk for the Woods 2016!

Wheel for the Woods! Wag for the Woods!

Promoting Wellness at any age!

All proceeds benefit Canton Woods Senior Center

Walk Saturday September 17th

Beginning at the Center at 9:00am (rain or shine)

(You are welcome to bring your dog, please sign a pet participation form)

Registration Form

Name: _____

Address: _____

Phone: _____ Email: _____

Registration fee \$10.00 _____ Registration fee for pets \$5.00 _____

Pledges

Name:

telephone

Pledge amount

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Please collect pledges/ donations prior to the *Walk for the Woods 2016*. Make checks payable to:
Canton Woods Senior Center. Thank you for supporting our Center!

CANTON WOODS

September 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Calendar subject to change. 315-638-4536			8 Tai Chi 1 9 Open Bowling at Lakeview 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle	10 BP Screening 2 12:45 8 Ball T'ment 12 BINGO No PEACE LUNCH	3
4	Happy Labor Day 5 The Center is Closed	8 Tai Chi 6 9:15 Sw. to Oldies 9:30 Canasta & Rummikub 10 Crafts 10:30 Arm Chair Aerobics 11:30 \$2.25 Hot Dog 12:15 Dup Bridge 1 Scrabble 2 Art Group	9 Mah Jong 7 & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	8 Tai Chi 8 9 Open Bowling at Lakeview 9:30 Canasta & Rummikub 10-4:30 Defensive Driving 10:30 Arm Chair Aerobics 11:55 Hot Dog Sales 12 Pinochle	10 BP Screening 9 11:30 SPEAKER: Laurie Zirilli RD Topic: Hydration 12 PEACE Lunch 12:45 Shuffleboard T'ment 1 BINGO	10
11	9 Mah Jong & Rummikub 12 10 HiCAP Representative 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO	8 Tai Chi 13 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 11 Nat'l Grid Representative 11:30 \$2.25 Hot Dog 12:15 Dup Bridge T'ment 1 Scrabble	9 Mah Jong & Rummikub 14 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge T'ment 1 BINGO	8 Tai Chi 15 9 Open Bowling at Lakeview 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Falls Class 10:30 Arm Chair Aerobics 12 Pinochle 12:30 Aurora Meeting 3 Summer Entertainment Series Music by Eddie Fagan	10 BP Screening 16 12 PEACE Lunch 12:45 9 Ball T'ment 1 BINGO	17 W a i k
18	9 Mah Jong & Rummikub 19 12 PEACE Lunch 1 Pitch 1:30 CW Version of "Antique Roadshow".	8 Tai Chi 20 9:15 AOA Exercise 9:30 Coffee w/ The Mayor 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 11:30 \$2.25 Hot Dog 12:15 Dup Bridge 1 Scrabble 2 Art Group 2 Book Club	9 Mah Jong & Rummikub 21 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	8 Tai Chi 22 9 Open Bowling at Lakeview 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Falls Class 10:30 Arm Chair Aerobics 11:30 \$2.00 Hamburger Bash!! 12 Pinochle TRIP	10 BP Screening 23 12 PEACE Lunch 12:45 Dart's T'ment 1 BINGO	24
25	9 Mah Jong & Rummikub 26 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO	8 Tai Chi 27 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 11:30 \$2.25 Hot Dog 12:15 Dup Bridge 1 Scrabble 1 Bunco	9 Mah Jong & Rummikub 28 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	8 Tai Chi 29 9 Open Bowling at Lakeview 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Falls Class 10:30 Arm Chair Aerobics 12 Pinochle	10 BP Screening 30 9-11 Flu Shot Clinic 12 PEACE Lunch 12:45 Corn Bag T'ment 1 BINGO	