

November 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

October 2016

HIICAP Representative

Available at Canton Woods 10:00am Monday, November 7th, 2016. If you have any questions regarding what type of health insurance may be the best for you, the HiiCAP representative may be able to help you. Please stop by to see Frank.

85+ Birthday Party

This is a reminder note, the 85+ Party is Monday, November 7th at 11:00am.

This party celebrates everyone who has reached the milestone of their 85th Birthday. Be our guest for lunch.

Election Day Craft Sale

Tuesday November 8th
8:00am-8:00pm
Stock up on your mittens and scarfs before the cold wind blows!

National Grid Consumer

Advocate will be available at Canton Woods on Tuesday November 8th at 11:00am.

If you have any question about your National Grid bill, this is the time to get answers.

The Baldwinsville Community Band

Is scheduled to perform at Canton Woods on Wednesday, November, 9th at 7:00pm. Donations will be accepted to support the band.

Coffee with the Clerk

Dina M. Falcone, Town of Lysander clerk will visit Canton Woods on Tuesday, November 15th at 9:30am. She will provide treats, Canton Woods will provide coffee.

Topic: What services the Town Clerk's Office can provide. Dina will also answer any questions.

Hot Turkey Sandwich (\$5.00)

Senior Activity Group is sponsoring a Hot Turkey Sandwich lunch on Thursday November 10th.

Open Hand Theater will present a Musical Puppet Review! Thursday, November 17th at 3:00pm.

Turkey Shoot

Wednesday, November 23rd from 9:00am-10:30am. High score wins the Turkey!

**Chef Barbara Moul Presents
Holiday Appetizers**

Monday, November 28th at 3:15pm
Chef Moul will be preparing Holiday
Appetizers, offering FREE samples, and
recipes to everyone who attends. Please
mark your calendar and attend! You
will be glad that you did!!

Coming in December

**Canton Woods Tree Lighting
Ceremony featuring The
Village Singers**

will be held Friday, December 2nd at
3:15pm. Please plan to attend this
festive annual CW event!
Refreshments will be served. Start
your holiday season with this bright
and cheerful celebration.

**CW Crafter's Annual Craft
Sale**

Friday and Saturday, December 9th &
10th 10:00am-3:00pm

**Syracuse Crunch Hockey
Players**

At CW for a Billiards Tournament on
Tuesday, December 13th at 2:00pm
Stop by and say "Hi" to a Syracuse
Crunch Hockey Player!

Baker High School Musical!

Once again, the Baldwinsville
Teacher's Association is donating
tickets to our seniors for this year's
musical, *White Christmas*. If you
would like to attend the matinee
performance on December 17th, 2016,
please call the Center and sign up.
There are a limited number of tickets
available.

Meals on Wheels

Happy Thanksgiving to All!
We would like to wish everyone one a
wonderful Thanksgiving! We would
also like to remind you if you have
extra turkeys we will take them and
cook them up. Our clients love hot
Turkey meals. We still have Syracuse
coupon books for \$25.00. Our
fundraiser letter will be out in the mail
soon. Please help us so we can keep
feeding our seniors.

Thank you! 638-2171

Donna Metz & Pam Smith

2017 Newsletter Renewal Time

We are now taking renewals for the
2017 newsletter. If you live in the
Towns of Lysander or Van Buren,
your cost is \$4.00 for the 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 your newsletter, to remind
yourself that the 2017 subscription is
paid. This reminder will run for
several months. ALSO: If you live
outside of the Towns of Lysander or
Van Buran, your \$25.00 annual user
fee is due by January 1, 2017. This fee
does not include the newsletter
subscription. You will still 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

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: Carolyn LaTray.

Sympathy cards were sent to Shirley Payne for the passing of her son and to the family of Bill Ryan.

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 & John Capolongo.

B'ville Express

As a reminder, B'ville Express does not pick up riders if Baldwinsville Schools are closed due to inclement weather. If the weather is questionable, the volunteer driver will use their discretion with regard to whether or not to take you to your appointment. It is the responsibility of the rider to cancel any appointments for that day. When you have rescheduled your appointment, please call Ellen at either 638-4536 or 638-0097 to arrange a ride.

If you are currently registered as a rider, you should also be registered with Centro for Onondaga Senior Call a Ride (OSCAR). OSCAR will provide up to two 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 7:00a.m. - 7:00p.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

Happy Thanksgiving

It is time to think about keeping warm throughout the upcoming cold weather. We will be assisting with HEAP applications for eligible Seniors after November 15th. Call the center to talk to Ellen or Jezanna to schedule an appointment to apply.

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.

Rescue Mission Meal Delivery

If you are interested in a free home delivery meal on Thanksgiving or Christmas please call our outreach workers. This meal is for the elderly and/or homebound individuals. The recipient must be home on Thanksgiving Day and/or Christmas Day to receive the meal. Deadlines are as follows: Thanksgiving your reservation and information must be to Ellen or Jezanna by November 7th and by December 5th for Christmas. Please call 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.**

Food Sense

Orders need to be in by
**Monday, November 7th, 2016 by
10:30 a.m.**

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

Wednesday, November 16th, 2016

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

November Projected Package: \$20.50:

2lbs Turkey Pan Roast, 1.87lbs (avg)
Pork Tenderloin, 1lb Swai Fish Fillets,
32oz Fresh Mashed Potatoes, 22oz Fresh
Turkey Stuffing, 15oz Turkey Gravy,
15oz Sweet Potatoes, 15oz Canned
Corn, 12oz Mixed Frozen Vegetables,
2ct Pie Shells, 2 Fresh Produce.

SPECIALS:

Whole Turkey 10-12lbs for \$16.50
Pork Roast 2lbs for \$7.00
Onions Rings 2.5lbs for \$4.50
Produce Combo Box 10lbs for \$10.00
Breaded Fish Fillets 3lbs for \$6.50
Italian Meatballs 5lbs for \$13.00
Macaroni & Cheese 6lbs for \$11.50

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.



November Birthdays

11/2 Doug Clark, Margaret Brzostek
11/3 Loretta Gnau, Doris Horan, Kathy
Momper,
11/4 Ruth Williams, Margorie Dence
11/5 Norman Gee, Larry Wood
11/6 Illah Mae Denzer
11/7 Sylvia Scharlatt
11/8 Judith Murray
11/9 Erwin Dunn, Marcel Pouliot
11/10 Ray Rice, Tom Machut
11/13 Harriet Cooper
11/14 Helen Butler
11/18 Estelle Checallah
11/19 Ed Barlow, Ron Pratt
11/21 Ron Lillquist
11/22 Cecilia Stryminski
11/25 Ralph Seeber, Constance
Ranalli, Charlie Baca
11/26 Dee Zuhlke, Winifred Milliman
12/29 Roberta Gates

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!

Ice Cream!

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

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

9-9

1st Place: Jerry Dingman & Larry Wood

2nd Place: Kathy Hogan & Jim Wyman

8 Ball

9-2

1st Place: Steve Cleland & Jack Schmidel

2nd Place: Frank Lusha & Sal Grella

9 Ball

9-16

1st Place: Larry Wood

2nd Place: Marshall Dubuc

Wii Bowling T'ment

9-12

1st Place: Marshall Dubuc & Ronna Geddes

2nd Place: Kathy Hogan & Bill Mills

9-26

1st Place: Kathy Hogan & Diane Schneider

2nd Place: Cliff Reynolds & Nick Lipari

Corn Bag Toss

9-30

1st Place: Kathy Heintz & Nick Sgouris

2nd Place: Jim Wyman & Charlie Zambito

Darts

9-23

1st Place: Marshall Dubuc & Sal Grella

2nd Place: Nick Lipari & Bill Mills

Party Bridge

9-14

1st Place: Sue Schweitzer

2nd Place: Francine Paracka

Bridge Tournament

10-11-16

N-S

1st Marie Sturge & Shirley Herman

2nd Gene Rock & Bob Sheehan

E-W

1st Denise Millane & Judy McVity

2nd Larry Wood & Jack Schmidel

Crafts

Here it is November already; there will be a craft sale on Election Day, November 8th and also December 9th and 10th. It doesn't seem possible that it is craft sale time again. We have had donations and we thank all for them. It keeps our ladies busy and we have many new ideas. Stop by our Craft Sales and see us and don't forget to vote.

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, November 29th at 1:00pm.**

Art Group will meet twice in November, on Tuesday, November 1st and Tuesday November 15th 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.

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. FREE! The instructor is a licensed physical therapist.

Arm Chair Aerobics

Class is held Tuesdays and Thursdays at 10:30 a.m. Join the group at any time. This class is FREE. **We are encouraging participation in this class.** If you participated in the past or if you are considering joining the group; please plan to attend.

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 November 10th. 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 or money order to Canton Woods, payable to AARP for the appropriate amount as soon as possible. Your check holds your spot for 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 November 17th. 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 are in January 2017. 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.



November 2016 Library News

Please welcome Joshua Ruel from the iSchool at Syracuse University. Joshua will be working with us through November to upgrade our library to an online system. Joshua is cataloging our books so you will be able to find them more easily and see exactly what is in the entire library! We will be teaching you how to use this system when most of the items are cataloged. The staff will check out books for you in an easier, faster way. This system will allow us to keep better records of our books and enable you to choose from the entire collection. Joshua and I look forward to working with you. Say "Hello" if you see Josh in the Library!!

Book Club News

October Review

The Guest Room, by Chris Bohajalian... This book is full of violence, murder and suspense. While not for the faint of heart, this book was well written and some of us did not want to put it down. There are some parts of the plot that bothered us. We didn't like it that the family brought their nine year old daughter back to a house where a murder has been committed. The wife was not concerned that a double murder had happened in house; she was more concerned that her husband almost slept with a prostitute. The author did a great job drawing us in and exposed us to the workings of the sex-slaves industry and its consequences. We sympathize with the victims of the story and it appears that everyone in the novel is a victim at one time or another. A few of us were disturbed by the ending...not because it was not believable but because we are romantics at heart and wanted the plot to be tied up in a neat package.

Those who found this book by this author entertaining should try The Midwives, or The Sandcastle Girls. His latest novel Double Bind is the book selected of the Onondaga County read.

Our next read is in the Time of Butterflies by Julia Alvarez. Next meeting is Tuesday, November 15th at 2:00pm.



PRESIDENT'S CORNER

Fall is here and I hope everyone got their flu shots and are doing well. Things are getting back to normal here now; the summer heat is over. Please read your newsletter and calendar for upcoming events. On December 2nd, we will be having our Tree Lighting ceremony. Please check your newsletter for more details or call the center. Have a nice Thanksgiving!
Your President, *fd Barlow*

Business Meeting

The Canton Woods Business Meeting will be held on December 2nd, 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

Assistant Director

The Holidays are almost here. It doesn't seem possible. Hope everyone enjoys Thanksgiving with those you care about. We have lots of veterans here at CW, so please remember them in your thoughts on Veteran's Day. Please be mindful of the weather; the snow and cold will be here before you know it, and before you know it Santa will be here too! Enjoy the season everyone!! Thank you!!

Joanie

Weather Closings:

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



Looking for Scrabble Players!!!

Call Joan if interested- 638-4536



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Director's Note: What a gorgeous fall! November is another busy month; please note we are closed for holidays on November 11, November 24 and November 25. Some of our regularly scheduled activities may be affected by the holiday closings. Be sure to read your newsletter so you do not miss your favorite activities or any special events. On November 7th Canton Woods will celebrate with all of our folks who are 85 or older at a special Birthday Party. Reservations were required.

On Election Day November 8th, our daily schedule is changed. Be sure to read the newsletter. None of our regularly scheduled programs will take place in the dining room. We will however have a craft sale during the election. This is a chance for you to support the craft group and buy handmade items for the holiday giving. The Baldwinsville Community Band will bring a patriotic performance to the Center on Wednesday November 9th at 7pm. This is a special tribute to our Veterans. The concert is free and open to the public.

On November 15th, the Lysander Town Clerk will visit Canton Woods for Coffee with the Clerk. Dina Falcone will explain what services are available through the Town Clerk's Office. Stop by at 9:30 am, to say hello and ask any questions you may have for the Town Clerk.

The Open Hand Theater is coming to Canton Woods for the first time. Open Hand Theater is the home of many interesting masks and puppets. They are bringing a Musical Puppet Review to Canton Woods on Thursday November 17th at 3:00pm!

Baldwinsville is a very generous community. Thanksgiving is a perfect time to express how grateful Canton Woods is for the community's gifts and continued support. As we prepare to celebrate Thanksgiving with family and

friends it is important to take a moment to say thank you to local businesses, churches, civic organizations and private citizens who donate to Canton Woods throughout the year. Your gifts help us to serve the senior residents of Greater Baldwinsville.

In addition to community support, the center depends upon the continued support from the local municipalities. As the Towns of Lysander and Van Buren prepare their budgets for 2016, you may wish to remind your Town Supervisors and Town representatives of how important Canton Woods is to you and how much you benefit from such an active, dynamic senior center! Let your supervisor know you are thankful for Canton Woods!

Town of Lysander

Joseph P. Saraceni

Email: supervisor@townoflysander.org

Phone: 315-857-0281

Town of Van Buren

Claude E. Sykes – Supervisor

Phone (315) 635-.3009

Email:

supervisor@townofvanburen.com

Mayor of Baldwinsville

Richard Clarke

(315) 635-3521

Happy Thanksgiving!

Ruth

CANTON WOODS

November 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
	Calendar subject to change. 315-638-4536	8 Tai Chi 1 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 12:15 Dup Bridge 1 Scrabble 2 Art Group	9 Mah Jong 2 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO	8 Tai Chi 3 9 Open Bowling at Lakeview 9:15 AOA Exercise 10 Crafts 10 Falls Class 10:30 A-C Aerobics 9:30 Canasta & Rummikub 12 Pinochle	10 BP Screening 4 12 PEACE Lunch 12:45 8 Ball T'ment 1 BINGO
6	9 Mah Jong & Rummikub 10 HiCAP Representative 11 85+ Birthday Party 12 PEACE Lunch 12:45 Dart T'ment 1 BINGO	8 Election Day 9:30 Canasta & Rummikub 10 Crafts 11 Nat'l Grid Representative CRAFT SALE	9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge T'ment 1 BINGO 7 Baldwinsville Community Band Concert	8 Tai Chi 10 9 Open Bowling at Lakeview 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Falls Class 10-4:30 AARP Defensive Driving 10:30 Arm Chair Aerobics 11:55 Hot Turkey Sandwich Sale for \$5. 12 Pinochle TRIP	11 Veteran's Day The Center is Closed
13	9 Mah Jong & Rummikub 12 PEACE Lunch 1 Pitch	8 Tai Chi 15 9:15 AOA Exercise 9:30 Canasta & Rummikub 9:30 Coffee with Lysander Clerk, Dina M. Falcone 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 12:15 Dup Bridge T'ment 1 Scrabble 2 Book Club 2 Art Group	9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 12:45 Shuffleboard T'ment 1 BINGO	8 Tai Chi 17 9 Open Bowling at Lakeview 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Falls Class 10:30 Arm Chair Aerobics 12 Pinochle 3 Open Hand Theater , Puppet Musical Review TRIP	18 10 BP Screening 12 PEACE Lunch 12:45 9 Ball T'ment 1 BINGO
20	9 Mah Jong & Rummikub 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO	8 Tai Chi 22 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 12:15 Dup Bridge 1 Scrabble	9 Mah Jong & Rummikub 9-10:30 Turkey Shoot 10-12 Adult Coloring 10:30 PEACE Brunch 12 BINGO 12:30 Party Bridge	24 Happy Thanksgiving The Center is Closed	25 The Center is Closed
27	9 Mah Jong & Rummikub 12 PEACE Lunch 1 Pitch 3:15 Chef Barbara Moul presents Holiday Appetizers	8 Tai Chi 29 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 12:15 Dup Bridge 1 Scrabble 1 Bunco	9 Mah Jong & Rummikub 10-12 Adult Coloring 12 PEACE Lunch 1 BINGO		