

Canton Woods Newsletter

December 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

December 2016

Raffles: Don't forget to support the Senior Activity Group. Purchase tickets, 3 for \$1.00 at the front desk.

HIICAP Representative

Available at Canton Woods 10:00am Tuesday, December 6th, 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. Remember open enrollment ends on December 7, 2016. Please stop by to see Frank.

National Grid Consumer Advocate

will be available at Canton Woods on Tuesday December 13th at 11:00am. If you have any question about your National Grid bill, this is the time to get answers.

Canton Woods Tree Lighting Ceremony featuring The Village Singers

Is 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.

Presentation on Pearl Harbor Day

Thomas Henry M S, will present an interesting and informative program on Pearl Harbor. If you enjoy history join us on Wednesday, December 7th at 3:00pm.

CW Crafter's Annual Craft Sale

takes place on Friday December 9th & Saturday December 10th 10:00am-3:00pm.

Please stop by and check out our hand crafted items.

SPEAKER:

Pharmacist Danielle from B'ville's Walgreens will be here on Friday, December 9th at 11:30am.

Topic: What you should know about the Flu Season to stay well.

Syracuse Crunch Hockey Players

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

Soup Lunch!

On Thursday, December 15th starting at 11:40am. Warm up with a bowl of hot soup! We will offer two types of soup. Cost: \$2.50 a bowl.

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 signed up for tickets, CW will contact you with more details. Reminder: Musical is Saturday, December 17th. Please call CW with any questions. 638-4536.

Meals on Wheels

Happy Holidays to Everyone!
We would like to wish all our volunteers, clients, Canton Woods, Senior, our friends, our supporters a Very Merry Christmas and a Happy New Year!

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 Buren, 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: Joan Osier & Ann Samonte. 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, & Jennie Biss Testa.

Weather Related 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



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 Holidays to all our much loved seniors!

It is a joy to know you all and to help you with questions and needs. This month's emphasis is on keeping warm.

We have HEAP applications which we will be happy to help you fill out. Please check and see if you qualify. You may qualify even if you think you don't. It is worth the effort for a sizable reduction on your heat bill.

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 Christmas please call our outreach workers. This meal is for the elderly and/or homebound individuals. The recipient must be home on Christmas Day to receive the meal. In order to receive a Christmas *Dinner your reservation and information must be to Ellen or Jezanna by December 5th*. 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 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 Sense

Orders need to be in by

**Monday, December 12, 2016 by
10:30 a.m.**

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

Wednesday, December 21, 2016

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

December Projected Package: \$20.50:

1.75lbs Chicken Tenders, 1lb Boneless Ham Steaks, 1lb Breakfast Sausage, 1lb Ground Turkey, 1 Dozen Eggs, 32oz Pancake Mix, 20oz Potato Hash Browns, 14.5oz Cereal Toasted Oats, 1lb Frozen Strawberries, 12oz Mixed Vegetables, 2 Fresh Produce

SPECIALS:

7-9lbs Spiral Ham for \$18.00

2lbs Stuffed Chicken Breasts for \$7.75

5lbs American cheese for \$10.50

Pantry Box for \$9.50 Includes: Oatmeal

16oz, Baking Mix 40oz, 15oz Spaghetti

Rings, Orange Juice 64oz, 1lb White Rice,

Applesauce 15oz, Beef & Vegetable Soup

18.5oz, Mixed Vegetables 15oz, 7.25oz Mac & Cheese.

3lbs Breaded Shrimp for \$12.00

2lbs Meatloaf for \$6.00

4.5lbs Scalloped Potatoes for \$11.00



Ice Cream!

Thank you for all the Byrne Dairy Receipts.

Please keep them coming.

December Birthdays

12/1 Gary Markle, Geraldine Dembinski

12/2 Ashvin Shah

12/3 Bob Echer, Laura Kurtz

12/4 Agnes Putzer, Diane Gorniak

12/6 Pearl Van Der Water, Joyce Jewell

12/7 Jean Dembowski

12/8 Janet Wojnovich, Sandy Karaffa

12/9 Jacki Abbott

12/10 Marshall Dubuc, Bob DeMont

12/12 Edna Mosher, Maureen Conway

12/15 Dawn Diamond

12/15 Tony Lafaro

12/16 Paul Reeves

12/18 Cecelia Falter

12/20 Bea Sharp, Edna Parker

12/22 Alice Curtin, Mary Ann Rink,
Suzanne Ellis

12/23 Judy Doran, Charlie Zambito

12/24 Dominica Nuzzo, Jack Virkler, Joan
Lillquist

12/25 Cheryl Markle, Stuart McClain

12/26 Sam Corso

12/28 Diane Garafalo

12/29 Jackie Adams

12/30 Margaret Roche, Sally Donaghey

12/31 Jen Salvage

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.

Please arrive at least 15 minutes before any scheduled game or drawing numbers time. Please call CW if you have a conflict and will be a LITTLE late! Thanks for your cooperation.

Tournament Winners

Shuffleboard

10-7

1st Place: Ron Turnbull & Doug Clark
2nd Place: Larry Wood & Jerry Dingman

8 Ball

10-14

1st Place: Steve Cleland & Dave Hardy
2nd Place: Kathy Hogan & Nick Sgouris

9 Ball

10-21

1st Place: Nick Lipari
2nd Place: Jim Wyman

Wii Bowling T'ment

10-3

1st Place: George Gay & Nick Lipari
2nd Place: Kathy Hogan & Dave Hardy

10-24

1st Place: Kathy McLaggan & Nick Lipari
2nd Place: Marshall Dubuc & Ron Pratt

Corn Bag Toss

10-29

1st Place: Jim Wyman & Nick Sgouris
2nd Place: Ed Barlow & Larry Wood

Darts

10-5

1st Place: Ron Pratt & Nick Sgouris
2nd Place: Frank Lusha & Bill Mills

Party Bridge

10-12

1st Place: Francine Paracka
2nd Place: Diane Muldoon **5.**

Crafts

Another month has passed and we are working on Christmas sale items. The sale is December 9th and 10th. Thanks for all the donations that have been coming in. Hope to see you all at the Christmas Sale. A Very Merry Christmas and a Happy Holiday season to all!!!

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, December 27th at 1:00pm.**

Art Group will meet twice in

December, on Tuesday, December 6th and Tuesday December 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.

Family Feud

Wednesday, December 28th at 1:00pm. Please look for sign up lists for "families" in the Rec Room, closer to the end of the month.

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 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 December 15th. 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 December 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 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.

December 2016 Library News

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

Small Print

Home (H.Coben)

Whistler (J. Grisham)

Twelve Days of Christmas (D. Macomber)

Filthy Rich (J. Patterson)

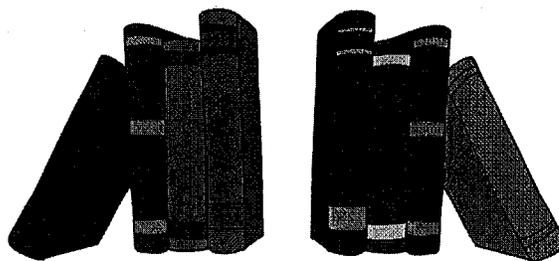
Biographies

Audrey Hepburn (W. Harris)

Elizabeth Taylor (T. Hutchinson)

His Way, Frank Sinatra (K. Kelly)

Dutch R. Reagan Bio (E. Morris)



Book Club News

November Review

When you think of butterflies we think of beautiful, fragile creatures floating through the air looking for nectar and not harming anyone on their way. In the book, In the Time of the Butterflies, four sisters join a resistance movement to oust the tyrannical ruler, Trujillo, of their country...the Dominican Republic. While these women were involved with their families, and loved life, they knew that their country and its leader were in big trouble. The sisters helped in what ways they could and were strong women who fought for their beliefs. These women eventually became known as the Mariposa's, butterflies, and were heroes throughout the Dominican Republic. However, those in power found them to be irritating and treasonous.

Three of the sisters, as well as their driver were killed for their activities.

The story is told from the point of view of the one surviving sister. The author, Julia Alvarez, is from the Dominican Republic and bases the book on the terror that her family escaped by fleeing to the United States.

While reading the book, it would've been nice to have a little bit of background about Hispanic Caribbean countries. This was the time of Batista and Castro in Cuba. Those of us who read it didn't enjoy it and most of us decided that we would not have the bravery or the commitment necessary to pursue the overthrow of Trujillo.

November 25, 2010, marked the fiftieth anniversary of the murder of the Mirabal sisters. Patria, Minerva, and Maria Teresa, known in the underground by their code name, las Mariposas (the Butterflies), were killed on November 25, 1960. In 1999, the United Nations declared the day of their murder International Day for the Elimination of Violence Against Woman, a day that marks the beginning of the sixteen-day worldwide observance of

human rights, ending with December 10, Human Rights Day. Three young women from one small island have become international symbols of freedom for women and men everywhere.

Next meeting will be December 20th at 2:00pm. The book will be A Man Called Ove, by Fredrik Backman.

PRESIDENT'S CORNER

Season's Greetings! Christmas is almost here and where has the year gone. Hope everyone has a happy and safe Christmas. Don't forget the Christmas tree lighting on December 2nd at 3:00. We have really increased our Pinochle players. Also, our Wii Bowling is going great and everyone is having a lot of fun. This has been a great year for Canton Woods Senior Center. Many new opportunities have been introduced this year and several changes have been made. The Center has been very busy; we have had a lot of events and activities going on. Sometimes we didn't have enough room for them all. Our Pine Tree is now in Baldwin Canal Square. Stop by and take a look. Hope to see everyone throughout the Holiday Season. Have a Merry Christmas and Happy New Year!

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

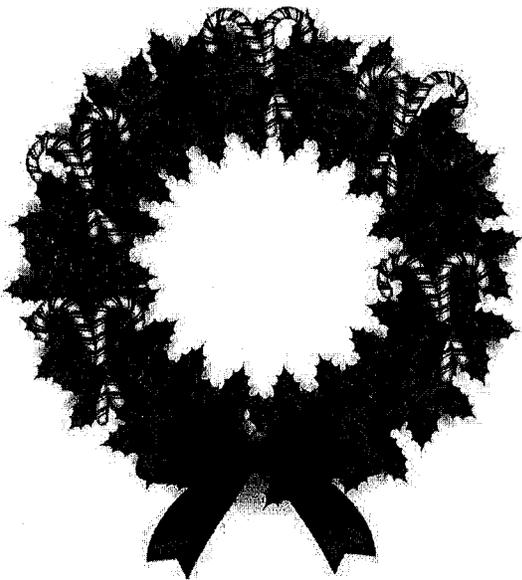
Assistant Director

Happy December!!! Happy Holidays and Happy New Year!!

Thanks to the B'ville Community Band for a great performance!

Please look at the newsletter and calendar to see what is going on at CW during December. I put in Family Feud again, in hopes that we can get at least 3 families to play. It was a lot of fun the one time that we played. I will put up family lists prior to the game so people can sign up for their own" family". Let's really try to get this activity going. Bunco is taking off, but we still could use a few more players. Thursdays is now the day for Arm Chair Aerobics, please come and participate. It is a great low impact work out!!! And we have Scrabble players again, come and join the group. Thank you and we are looking forward to a Busy 2017.

Joanie



Director's Note:

December is a joyful and festive month at Canton Woods and throughout the Baldwinsville community. There are many opportunities to take part in seasonal activities. We start the season with our Annual Tree Lighting Ceremony. Sing along with the Village Singers at 3pm on Friday December 2nd, and of course enjoy a few holiday treats. We gather outside to light our tree at 4:30pm. This month please read your newsletter and calendar carefully. Due to the holidays, some activities and programs may be on different days and at different times than our regular schedule. On December 7th Canton Woods will welcome Thomas Henry, MS who will present a very interesting and informative history program on Pearl Harbor. The program is FREE and starts at 3:00pm. The Syracuse Crunch will visit on Tuesday December 13th at 2pm. The Crunch players will have a friendly game of pool with our seniors. This is always a fun gathering. As you plan your holiday charitable giving, consider a contribution to Canton Woods. Your tax deductible donations help bring exciting programs and services to the Center. Every gift is appreciated. Take a moment to tell your town supervisor how much you enjoy Canton Woods.

Town of Lysander

Joseph P. Saraceni
Phone: 315-857-0281

Town of Van Buren

Claude E. Sykes – Supervisor
Phone (315) 635-.3009

Mayor of Baldwinsville

Richard Clarke
(315) 635-3521

Have a Happy and Healthy Holiday Season!

Ruth

A Friendly Reminder

A reminder for those of you who are participating in the Canton Woods hydration program; increasing your water intake as you enjoy your new Canton Woods/ Excellus Blue Cross water bottle! We are proud of your efforts. Each of us is striving to drink more water realizing the positive impact on our health.

It is time to turn in your daily water intake chart! Please stop by the front desk to fill out a brief post hydration program survey. This will help us to evaluate total program progress.

Remember it is not about perfection but progress!

Oh Christmas Tree

By a Canton Woods Senior

O Christmas tree, O Christmas tree
Where are your lovely branches?
When I pulled you through the door
Most of you landed on the floor
It broke my heart to see you there
And then to see my tree so bare...

Right then and there I made up my mind
That on the floor no more to find
Needles, needles, everywhere
And half a tree so sad to and bare.
I'll buy me one that lasts and lasts
And then I will be filled with joy
To spend some time with my new
Found toy...

O Christmas tree, O Christmas tree
Your branches never shed
And that leaves me much more time
To snuggle in my nice warm bed!



CANTON WOODS

December 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Calendar subject to change. 315-638-4536			8 Tai Chi 1 9 Open Bowling at Lakeview 9:15 AOA Exercise 10 Crafts 10 Falls Class 10:30 Arm Chair Aerobics 9:30 Canasta & Rummikub 12 Pinochle	10 BP Screening 2 12 PEACE Lunch 12:45 Darts T'ment 1 BINGO 1MVP Meeting 3:15 Tree Lighting Ceremony with the Village Singers	3
4	9 Mah Jong & Rummikub 12 PEACE Lunch 1 Pitch 5	8 Tai Chi 6 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 HiiCAP Representative 10 Crafts 10 Falls Class 12:15 Dup Bridge 1 Scrabble 2 Art Group	9 Mah Jong & Rummikub 7 10-12 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 3 Thomas Henry Presentation on Pearl Harbor Day	8 Tai Chi 8 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 9 11:30 SPEAKER: Danielle from Walgreens with Tips for the Flu Season 12 PEACE Lunch 12:45 8 Ball T'ment 1 BINGO Craft Sale	10 c r a f t s
11	9 Mah Jong & Rummikub 12 PEACE Lunch 1 BINGO 12:45 Corn Bag Toss T'ment 12	8 Tai Chi 13 9:15 AOA Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 11 Nat'l Grid Representative 12:15 Dup Bridge T'ment 1 Scrabble 2 Syracuse Crunch Hockey Pool T'ment	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 10-4:30 AARP Defensive Driving 10 Falls Class 10:30 Arm Chair Aerobics 11:40 \$2.50 Soup Lunch 12 Pinochle 12:30 Aurora Meeting	10 BP Screening 16 12 PEACE Lunch 12:45 9 Ball T'ment 1 BINGO	17 M u s i c a l
18	9 Mah Jong & Rummikub 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO 19	8 Tai Chi 20 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class 12:15 Dup Bridge 1 Scrabble 2 Book Club 2 Art Group	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 9:30 Canasta & Rummikub 10 Falls Class 10:30 Arm Chair Aerobics 12 Pinochle	Merry Christmas Center is Closed 23	24
25	Merry Christmas Center is Closed 26	8 Tai Chi 27 9:30 Canasta & Rummikub 10 Crafts 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 1 Family Feud	8 Tai Chi 29 9 Open Bowling at Lakeview 9:30 Canasta & Rummikub 10:30 Arm Chair Aerobics 12 Pinochle	10 BP Screening 30 12 PEACE Lunch 12:45 Shuffleboard T'ment 1 BINGO	31