

# Canton Woods Newsletter

## February 2020

### Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Visit Canton Woods on the Village of  
Baldwinsville Website

[www.baldwinsville.org](http://www.baldwinsville.org)

*Canton Woods Senior Center* was founded over 40 years ago, and grew out of the cooperation of several community groups working together. Their combined efforts and vision created Canton Woods Senior Center. This unique and dynamic senior center's continued success depends upon several entities including the three local municipalities, Onondaga County Adult and Long Term Care Services, Canton Woods Senior Center Board, Canton Woods Senior Activity Group, as well as support from generous individuals, service groups, and businesses.

*Canton Woods* is committed to its mission of helping seniors to remain active members of the community. This mission has historically been accomplished with support from the Village of Baldwinsville, the Towns of Lysander and Van Buren, cooperating through a three way municipal agreement which has been in place for several decades. Please take a moment to thank your town supervisors, the Mayor and municipal boards. Please remind them that the senior center is very important to the quality of your daily life, and let them know that you, a family member, friend or neighbor utilize and benefit from the center. Canton Woods appreciates and depends upon the municipalities continued support and cooperation.

### Neighborhood Advisor

Nancy Sullivan

### B'ville Express

Gina Carroll

*The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long Term Care Services.*

### Canton Woods Activity Group Board

Members

**President: Ed Barlow**

**Vice President: Kathy Hogan**

**Secretary: Avis Neupert**

**Treasurer: Arlene Luckette**

### February 2020

**CWSAG December Raffle Winner was Martha Fletcher. Congratulations Martha!**

### **HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)**

Available at Canton Woods 10:00am  
Monday, February 3<sup>rd</sup>.

**National Grid Consumer Advocate** will be available by calling our Neighborhood Advisor, Nancy Sullivan. If you have questions about your National Grid account, Mary Beth can help!

## Weather Closings:

1. **Canton Woods is Closed only when the Village of Baldwinsville is Closed.**
2. If Syracuse Schools are Closed. There is No PEACE Lunch.
3. Meals on Wheels is Closed if the Baldwinsville and/or Liverpool Schools are Closed.
- 4.

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.

## Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher.

Nadine will return to Canton Woods on **Monday, February 3<sup>rd</sup>.**

**From 3:00-4:30pm.** If you need help figuring out how to use the calendar, email or going online she is very familiar with Apple devices, but can help with any other devices as well. Bring your devices and questions (it's a good idea to write them down) and Nadine will try to help you!

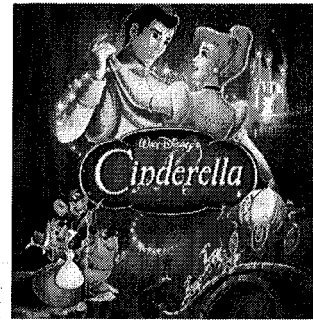
Please call in advance to schedule a 20 minute appointment. 315-638-4536.



**Friday, February 7<sup>th</sup> is wear Red Day!!**

**Wear Red for Heart Health**

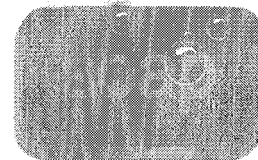
And your name will go in a drawing for a Prize!!



## Baker High School Musical 2020!!

Once again, the Baldwinsville Teacher's Association is donating tickets to our seniors for this year's musical **Cinderella**. If you would like to attend Saturday, March 7<sup>th</sup> matinee (1:00) performance please call the Center (315) 638-4536 and sign up. There is a limited number of tickets available and

**Transportation** is provided from Canton Woods!



## Bars of Soap, Rolls of Toilet Paper, Body Wash, Shampoo, Tooth Paste, Tooth Brushes, Awesome Laundry Soap (from the \$ Store), Dish Soap!!

All these Items are needed for the **Baldwinsville Community Pantry!** Please drop of NEW, unused household items (not samples) here at Canton Woods Through February 28<sup>th</sup>. Our hours are Monday-Friday 8:00am-4:30pm. Thank you!!



## Valentine's Day

**Friday, February 14<sup>th</sup>**

**Wear Pink or Red on the 14<sup>th</sup>**

And your name will go into a drawing for a Prize!

**Make Heart Health a priority this Valentine's Day!**

Friday, February 14<sup>th</sup> at 11:15am  
Canton Woods welcomes

**SPEAKER: Dr. Hani Kozman from Upstate Cardiology**

**Topic: Heart Health**

Dr. Kozman has office hours right here in Baldwinsville and will be our February speaker Dr. Kozman will talk about heart issues and concerns! Bring your questions for Dr. Kozman. Please plan to attend.

**Make & Take Card Making**

**Workshop:**

**Friday, February 21<sup>st</sup> from 1:30-4:00pm.**

Pat "Sky" Howard & Ann Wilburn are offering a workshop that includes packages of greeting card supplies to purchase (for approximately \$2.00). A completed, beautifully decorated greeting card or two of your own creation will be all yours at the end of the workshop!

**Massage Therapy at Canton Woods!**

Rachel Renzi licensed Massage Therapist is available **Wednesdays, February 5<sup>th</sup> & 19<sup>th</sup> from 2:30 – 4:00pm.** 10 minute massages are available for \$1.00 per minute (she will do 5 minute massages for \$5.00) payable to her. Please sign up for your time slot at the front desk or call 315-638-4536.

**Benefits of Chair Massage:**

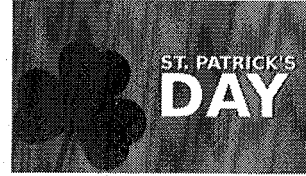
- Reduced pain and stiffness in joints and muscles
- Increased and improved circulation
- Physical and emotional support

To be comfortable while in the chair be sure to wear something that doesn't restrict movement, but be sure not to wear anything too loose either. The only other rule is to breathe and relax.

**Pitch**

**Upcoming Pitch Games: Dates for February** are Monday February 3<sup>rd</sup> and Tuesday February 25<sup>th</sup>.

Tentative March Dates: Monday, March 2<sup>nd</sup> & Monday, March 16<sup>th</sup> and Tuesday, March 31<sup>st</sup>



**Save the Date:**

**Celebrate St. Patrick's Day!**

Tuesday, March 17<sup>th</sup> at 11:30am the Rince Na Sonas Irish Dancers will perform Irish step dance!

**Neighborhood Advisor/ Outreach Worker: (Monday –Friday 10:30am-4:30pm)**

**February 2020**

February is the shortest month, but can seem like the longest depending on how the weather is treating us. We want you to stay warm!

There is still time to apply for HEAP (Home Energy Assistance Program). This federally funded program helps income eligible households with their heating expenses. Outreach workers have scheduled at various locations around the community to assist in completing applications. I am also available to meet with you in your home or at the senior center.

In addition to HEAP, I have information on other income stretching programs. If you are interested in learning more, please feel free to call me at 315-638-4536.

Nancy Outreach/Neighborhood Advisor

*B'ville Express* February 2020

**DO YOU NEED A RIDE TO A DOCTORS APPOINTMENT?** The *B'ville Express* can help!! The *B'ville Express* provides free rides for seniors to medical appointments, pharmacy, bank and Canton Woods Senior Center. Seniors 60 and older that reside in the Town of Van Buren or Town of Lysander can register for the *B'ville Express* by calling Gina @ 315-638-4536

## **B'ville Express**

Winter has finally arrived, bringing with it snow covered roads and bad driving conditions. *B'ville Express* does not provide rides if the Baldwinsville Schools are closed due to inclement weather. If schools are not closed, yet the weather is questionable, the volunteer driver will use their own discretion in taking you to your appointment. When Baldwinsville schools have a delay, any morning transportation with *B'ville Express* will be cancelled. If your ride with *B'ville Express* is cancelled, it is your responsibility to cancel any appointments for that day. When you have rescheduled your appointment, please call Gina at 315-638-4536 to arrange a ride.

### **DO YOU NEED TRANSPORTATION?**

The *B'ville Express* can help!! The *B'ville Express* provides free rides for seniors to simple medical appointments, pharmacy, bank, quick grocery shopping trips, and Canton Woods Senior Center. Seniors 60 years of age and older that reside in the Towns of Van Buren or the Town of Lysander can register for the *B'ville Express* by calling Gina @ 315-638-4536.

*B'ville Express* is closed and will not schedule any rides when Canton Woods Senior Center is closed for any holidays. The center will be closed on 2/17/20 for President's Day. Please keep this in mind when scheduling any appointments you have.

Happy Valentine's Day!!

Gina

*The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long Term Care Services.*



### **MOW:**

We cannot believe it is February already and we hope winter just passes by. We are collecting canned food at our office for our clients to put in our blizzard packages for the days that we do have to be closed; you can drop them off anytime.

Don't forget our fashion show is May 2<sup>nd</sup>. Tickets will be on sale in March, and we will have a Father's Day breakfast in June. Please remember all donations help us feed our seniors in our community. Remember your loved one on Valentine's Day!

Happy Valentine's Day!

**Donna & Sarah**

### **Sunshine Lady**

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who isn't feeling well, had a hospital stay, or has had a family member pass away. Please call Janet at 315-638-2957 or Please let the Staff or Office Volunteers know too!!

Get Well Wishes/ Thinking of You were sent to: Shirley Rode, Leslie Kassel, Sympathy Cards were sent to family of Ernie Pratt, Cora Weller, & John Sopper. Please remember our Canton Woods folks who are in our area care facilities: David Appleman, Diane Allen, Dick Blackburn, Eileen Butera, Edgar Chapellier, Bev Collins, and Jack Virkler.

## 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. (please be here by 11:45am) on Monday, Wednesday, and Friday at Canton Woods for a small donation. Thanks for your cooperation. The **Monthly Menu is available at the reception desk.**

## February Birthdays:

2/1 Ruth Fitzmorris  
2/5 Mary Jean Purdy  
2/6 Linda Russel  
2/14 Sarah Lee, Ellen Stevens, Dominic Carfagna  
2/16 Barbara Pacheck  
2/23 Shirley Dubuc  
2/26 Ethel Frost  
2/27 Jennie Biss-Testa

**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, (315) 638-4536.

## Birthday Breakfast

**Canal Side Café & Bistro** is offering each senior on Canton Woods birthday list \$5.00 off a 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 Side Café & Bistro** for your continued support of our seniors!

## Food Bank of CNY

The Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

## Food Sense

**Food Sense order deadline is Monday, February 10<sup>th</sup> before 10:30am.**

Food Sense pick-up date is Wednesday, February 19<sup>th</sup>, starting at 11:00am. We need all orders picked up promptly.

## FOOD SENSE: February Package

**Cost: \$20.50**

Pork Tenderloin 1.7lbs avg, Chicken Thighs 3.5lbs avg, 1lb Fish Sticks, 1lb Ground Beef, 13oz Polish Sausage, 13oz Pierogies, 8oz Cheddar Cheese, 1lb White Rice, 1lb Broccoli Florets, 15oz Applesauce, 2 Fresh Produce.

## February Specials:

2.5lbs Boneless Chicken for \$5.50

17oz Lobster Bites for \$4.50

5lbs American Cheese for \$12.00

2lbs Meatloaf for \$6.50

Produce Box for \$15.00 includes: 5 apples, 5 oranges, 5lbs potatoes, 1 pineapple, 1 pint grape tomatoes, 1 cucumber, 1 bag salad mix, 1lb carrots.

5lbs French Fries for \$4.50

Hot Pockets (12) 8oz Ham & Cheese for \$20.00.

Please pick up promptly around 11:00am, but before **12:30pm.**

## Ice Cream!

Thank you for all the Byrne Dairy Receipts.

Please keep them coming. **Note: We can't use gas receipts!**

## **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!**

### **Tournament Winners**

#### **8 Ball**

12-20

1<sup>st</sup> Place: Nunzio Lipari & Nick Peluso

2<sup>nd</sup> Place: Jim Wyman & Ed Barlow

#### **9-Ball**

12-27

1<sup>st</sup> Place: Jim Wyman

2<sup>nd</sup> Place: Ron Pratt

### **Corn Bag Toss T'ment**

12-30

1<sup>st</sup> Place: Jan Wojo & Bill Mills

2<sup>nd</sup> Place: Nunzio Lipari & Kathy Heintz

### **Shuffleboard T'ment**

### **Wii Bowling T'ment**

12-116

1<sup>st</sup> Place: Larry Wood & Kelly Seeber

2<sup>nd</sup> Place: Ed Barlow & Joan Ferstler

### **Darts T'ment**

12-8

1<sup>st</sup> Place: Marshall Dubuc & Charlie Zambito

2<sup>nd</sup> Place: Frank Lushia & Dave Hardy

### **Party Bridge**

### **Bridge Tournament**

1-14-20

N-S

1<sup>st</sup> Place: Barb Harvie & Evie Nelson

2<sup>nd</sup> Place: Grover Boose & Patty Hunt

E-W

1<sup>st</sup> Place: Larry Wood & Jack Schmidel

Tied 2<sup>nd</sup> Place: Estelle Checrallah & Sue Schweitzer

Janet Tarr & Mary Ann Comfort

Marianne Aman & Joyce O'Keefe

## **Wii Bowling**

The Wii Bowling Tournament is tons of fun!!

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.

## **Crafty Corner**

With new patterns on hand and renewed enthusiasm the craft group is preparing for a new year. Fingerless mittens, head warmers, ear flap hats, messy bun hats, potholders, mittens and baby ponchos top the list.

The store room is slowly getting organized and I am excited that maybe, just maybe, some needed renovation of the room will give us the opportunity to utilize it more efficiently.

We welcome any new members who want to create items for charity. Join us on Tuesdays 10-1 at Canton Woods.

Edwina

Craft Coordinator

**Art Group** dates for February are Tuesday, February 4<sup>th</sup> and Tuesday, February 18<sup>th</sup> at 2:00pm. The 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month will be Art Group Tuesdays, as able. This group is facilitated by retired B'Ville Art Teacher, Mike Conway.

The group welcomes beginner and intermediate "students" and will focus on drawing and painting. Please bring your sketch book and art supplies. New participants welcome!

## **Zumba Gold!**

Wednesdays at 9:30am. Zumba Gold lets you move to the beat at your own speed.

Please check our calendar for upcoming dates.

## **Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher**

Classes held Monday mornings at 10:30am.

Please check our calendar for upcoming dates.

*New flyer in this newsletter!*

## 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.

## C. W. 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. DVD featuring the instructor leading the exercise for the winter.

**UNO:** Mondays at 10:00 am.

Please encourage your friends to come and play!

**Scrabble:** Mondays at 1:00pm! Have fun playing this classic game.

## Blood Pressure Screening

The Center offers blood pressure screening from 9:30 a.m. -10:30 a.m. on Friday. Please look at the calendar for the exact dates and times.

## AARP Defensive Driving Class

*We plan to resume classes in the Spring.*

## Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be February 4<sup>th</sup>, 2020. Call the center to make an appointment (315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

## Sharing Memories Writing Program!

**Every Wednesday** at 1:00pm. The writing group is facilitated by Tina Trainham. Tina has all the supplies you need, so just come with your memories.

## February 2020 Library News

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

### Small Print:

Giver of Stars (J. Moyes)

Dutch House (A. Patchett)

19<sup>th</sup> Christmas (J. Patterson)

Criss Cross (J. Patterson)

### Westerns:

The Westerners (D. Brown)

From Where the Sun Now Stands (W. Henry)

Silver Canyon (L. L'amour)

Riders of High Rock (L. L'amour)

### Book Club News

**Miracle Creek:** A twisty legal thriller that shows how far parents will go for their kids. The novel unfolds over four days of trial testimony, and each chapter follows different characters who were present on the night of the explosion, including Elizabeth, Pak and Young Yoo and their teenage daughter, Mary; a doctor named Matt who was undergoing HBOT for infertility and his Korean American wife, Janine; and Teresa, who survived the explosion with her daughter Rosa. Because of the shifts in omniscience, it quickly becomes clear that all of these characters are either withholding information or lying about something they believe will have no effect on the trial's outcome and that becomes the plot of the book. "Miracle Creek" is a deeply moving story about parents and the lengths they will go for their children. Several characters reflect on the challenges of caring for special-needs children with remarkable, occasionally brutal honesty.

Next meeting is February 18<sup>th</sup> at 2:00pm.

The February book is "**The Gown**" by **Jennifer Robson** – a historical novel about the ladies who made the current Queen Elizabeth's wedding dress!

Your facilitator, *Edwina Hay*

Edwina will be cruising the Caribbean so you can complain about her selection...haha

## PRESIDENT'S CORNER

So far we have had pretty good weather, but hang on because winter will soon be here!

The Center has been pretty busy. Come on down and join our exercise classes. Check your newsletter for times. We have all kinds of card games to play. Just sign up and enjoy yourselves.

We have had some new volunteers to help out. Bill Mills has volunteered to take care of our flowers in the lunch room and is doing a great job.

Nick Peluso has volunteered to keep our pool tables clean and covered. He is enjoying himself in the job.

Dave Ayotte is taking care of the raffle each month. If you think of anything you would like to do for a raffle, please let him know.

If you see these men thank them for their help. If anyone would like to do some jobs, let me know.

Your President, *Ed Barlow*

**CWSAG is now selling cans of Pepsi, Diet Pepsi and bottles of Water for \$1.00. See Ed or the receptionist to purchase.**

**NOTICE: Whenever CWSAG has a meeting; we are hoping that seniors attend these meetings. For this reason, the Rec Room is closed during this time. This is happening only 6 times a year for about 20 minutes. Thank you for your cooperation and attendance.**

### Business Meeting

The Canton Woods SAG Business Meeting will be held on February 7<sup>th</sup>, 2020 at 11:30 a.m.



## News from the VP

### Happy February

So didn't January go fast!! I hope you all had a great January and we will see you at Pitch, Wii Bowling and all our other activities.

Please come and play along with us!!

Happy Valentine's Day to you all!

Your VP *Kathy*



## Canton Woods Senior

### Activity Group

### Raffle/Auction

### For February

**\$30 NYS Scratch Off Lottery Tickets**

**Tickets 3/\$1.00**

## Don't Forget

### Bottle & Can Fund Drive

Your nickels will add up to help your Center. There are now two ways to contribute! The Senior Activity Group has an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Group.

In addition to the collection program at the center, you and your family members may now return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fund raisings efforts.



### **Assistant Director:**

February is here!! One step closer to Spring!! Please watch the TV in the morning for all the weather announcements! If the weather is too "wintery", please stay home. We don't want anyone to fall or have a car accident. Please read the newsletter and calendar to see any special events coming up. How about trying something new!! Recently, we have had a few seniors come in to try something new and they are happy they did. Call with any questions and stay safe!

Thanks *Joanie*

**Director's Note:** February is National Heart Health Month. If you didn't quite keep your New Year's resolution to improve your health, this is a second chance. Small changes can make a big difference in your health and wellness. Canton Woods is helping with the goal of living healthier in 2020!

Combine healthy eating with increased hydration, and exercise. If you have not worked on increasing your hydration, now is the time to start.

Canton Woods offers a full range of fitness options from Aerobics to Zumba! Find the fitness class that meets your needs and start moving!

Kick off Healthy Heart Month, on Friday February 7th, wear red to support Women's Heart Health. This is a nationwide program. Wear your red to Canton Woods on Friday February 7th, and your name will be placed in a raffle for a prize.

On Valentine's Day February 14<sup>th</sup> Canton Woods welcomes area cardiologist, Dr. Hani Kozman. Bring your questions and learn some heart healthy lifestyle choices.

*Happy Valentine's Day!*

*Ruth*

*Senior Words of Wisdom!*

Believe in Miracles

Time heals almost everything. Give time time.

All that truly matters in the end is that you loved.

### ***Chocolate Martini***

2tbsp Chocolate syrup, plus more for drizzling

4oz Baileys

4oz chocolate liqueur

4oz Smirnoff Vodka

Ice

Shaved chocolate for garnish

Pour chocolate syrup onto a shallow plate. Dip rim of martini glasses into chocolate syrup to coat rims. Drizzle the inside of each glass with chocolate syrup.

Combine Bailey's chocolate liqueur, and vodka in a large cocktail shaker. Fill with ice and shake until thoroughly chilled, about 20 seconds. Divide evenly between glasses. Top with shaved chocolate. Serve.