



Hello Canton Woods

It is hard to believe, December 2020 has arrived! This has been a year of challenges, and a true test of patience and perseverance. We have begun a gradual and slow transition to indoor programs. Please understand that things will be different. Programs offered will be limited and for small groups. **The schedule is subject to change without notice.** Working together and cooperating will help us bring you together at the center.

**To bring you into the center safely we will follow important safety guidelines.**

- **MASKS MUST BE WORN AT ALL TIMES!**
- **Adhere to Social Distancing**
- You **MUST** sign up in advance to attend a program at the center. The number of people in the building at any given time will be limited.
- Programs will have a start time and end time. Do not arrive more than 15 minutes prior to the start time. You will not be permitted to stay and congregate when your program has ended.
- **As you enter the center;**
- You will answer COVID health screening questions.
- You will have your temperature taken.
- There is a participation waiver that needs to be signed.
- No food is permitted in the building and the center will not be providing any food.
- The center will not provide any drinks. You may bring your own individual drink that is not to be shared.
- No shared objects.
- Hand washing is encouraged and sanitizer is available and recommended when you cannot wash your hands.
- **Always consider your individual circumstances when deciding if you should participate in programs at the center.**

**IF YOU CANNOT FOLLOW THESE GUIDELINES WE ASK THAT YOU NOT ATTEND PROGRAMS AT THE CENTER AT THIS TIME!**

The holiday season has been effected by the pandemic. This is usually a time for large gatherings and festivities. This year we all need to find joy in the simpler and smaller moments of the holiday. Plan safe holiday activities this year by celebrating with your immediate family or friend circle. Create Christmas fun at home, bake and decorate just a few cookies, enjoy a cup of hot cocoa and watch your favorite holiday movies or listen to your favorite songs of the season.

The Village of Baldwinsville is going to be a bright spot for all of us. Mayor Clarke is encouraging folks who are able to add a little extra light to their holiday displays. Baldwinsville will shine brightly during the holiday season. This small effort will do wonders to lift many spirits and bring holiday cheer. Take a drive or walk around the village and enjoy the lights. The Village Tree is on display so be sure to take a look. You can see the tree in the square or see it on Facebook. Many Baldwinsville homes and businesses are decked with beautiful wreaths from our wreath sale!

Canton Woods Christmas tree and front porch are dressed up for the season too!

**On Friday December 18 at 2pm drive up to our front porch for a holiday treat and greet!**  
**("Snow date "is Monday December 21 at 2pm).**

It is true, many traditions have changed in 2020, but my wish for you and your loved ones remains,

***Have a happy and healthy holiday season!***

*Ruth*

We continue to connect with you in many different ways. If you would like to be added to the **senior email list** please email [rtroy@baldwinsville.org](mailto:rtroy@baldwinsville.org).

The Center is offering a drive/ walk up take away lunch through the Onondaga County senior nutrition program and PEACE Inc. The lunch is every **Monday, Wednesday, and Friday** at 11:30am. Call the center 315 638- 4536 for a menu and to make a reservation!

Food Sense has returned! The Food Bank of CNY Food Sense program helps stretch your food buying dollars. This program is open to everyone. The order deadline for December is **Monday, December 7** by 10:30am. Call the center for more information (315) 638-4536.

December 2020 is here and what an unusual year it has been. One I hope is never repeated!! As I believe everyone else feels, too. 2020 was a good year in a few ways, one was my grandson, Gregory, was born and I will have a great niece or nephew soon. Births are one of the few high points of 2020. Another is the COVID 19 vaccine is closer to being distributed. And it is Christmas time!! Please celebrate safely, enjoy time together however you can, it's important. I have been trying a movie review conversation on Cwsag web page. I have been picking a movie from the Turner Classic Movie channel listings. Ask people to watch either on the TCM channel or another way and then the next day discuss your thoughts on the movie. Look at the Cwsag web page to find out the movies in December. Please join in!!  
Hope you have a happy and healthy holiday season! *Joanie*

Virtual Ugly Christmas Sweater Party! Please send us your Ugly Christmas Sweater pictures!  
[Jferstler@baldwinsville.org](mailto:Jferstler@baldwinsville.org) Can't wait to see them!

**New segment for the Newsletter: Quotes that Matter!!!**

"And the Grinch, with his Grinch feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little more!" Dr. Seuss.

"Christmas waves a magic wand over the world and behold everything is softer and more beautiful."  
Norman Vincent Peale.

"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month" Harlan Miller.

Please direct any questions about Canton Woods Travel, **Belle Tours LLC** to Jacki Abbott 315-415-0040.

**BINGO** returns to Canton Woods on Fridays 1:00pm -3:00pm. Call the center in advance to sign up each time you want to play and for more details on how to participate, space is limited. Must wear masks properly at all times. No food allowed.

**Tai Chi** is meeting on Tuesday and Thursday mornings at 8:00am - 9:00am. Call to sign up.

**The Falls Prevention** class is being held indoors with masks, social distancing, and limited participants on Tuesday and Thursday mornings 9:30am-10:30am through December 17. Please call the center to register for a spot each time you want to participate. Space is limited. The class will be shown at the Center via DVD featuring our instructor, Julie Hall, beginning in January. Call ahead.

Yvonne Martin has posted a **Chair Yoga** session for her Chair Yoga people. If you are interested, we can help you find Yvonne's session. It is posted on The Village of Baldwinsville Website. Also, Yvonne offers twice weekly Zoom classes via [upstate.oasisnet.org](http://upstate.oasisnet.org). Oasis has eliminated the membership fee, and there is a fee for the class approx. \$5./class. Contact Oasis for more information. 315-464-6555.

**The Canton Woods Art Group** will meet Tuesday, December 8th and Tuesday, December 22nd at 2:00pm via Zoom. If you wish to receive an invitation to the Zoom meeting please call the center in advance.

## SUCCESS

The one thing that has been Positive during this time of staying home, social distancing, and just being careful of our health is that we have a lot of time to clean out cupboards, clean up the attic, and or organize our closet. That's beneficial for those of us here in the craft group of Canton Woods. We have become the recipients of so much yarn and craft items knitting needles, felt, silk flower ribbon, and other craft supplies that we are bursting at the seams.

On November 18<sup>th</sup> we held our very first yarn giveaway. Canton Woods big room was set up with tables full of yarn for the taking. The only stipulation was that the yarn needed to be used for charitable projects. We were thrilled to see how much left the building. A huge THANK YOU to Joan, Ruth and my sister Maureen for their invaluable help with set up and break down. Thank you to the custodial staff. Also, hats off to Bob DeMont who donated his wife's stash, and I do mean stash!

However, we still have a great more to share. We are planning a Craft Supply giveaway in January. The date is Monday, January 25<sup>th</sup> from 1:00-3:00pm. Please call 315-638-4536 to make an appointment. It is definitely going to be a bigger event. We are going to add felt, ribbon, plastic canvas, fabric, buttons, and other items that we just won't be using. (no embroidery floss, we got wiped out!) We are giving these things away with the understanding that you will be making items either for yourself or charity, or use for teaching. Because these things are donated to us, we would ask that you not use any of our materials to make a profit.

Hope to see you in January...all Covid Mandates will be followed. Edwina Hay

Where the Wind Leads by Vinh Chung Is an inspirational memoir of the Vietnamese boat people. Four years after the Vietnam war ended a family of ten finds it necessary to leave their comfortable life in Vietnam for a better future elsewhere. This story documents the hazardous trip out of Vietnam to their success here in the United States. During their flight they encountered dishonest government officials, suspicious and cruel saviors, leaky boats, extreme weather, starvation, and pirates. It was only through the efforts of a fledgling organization called World Vision that they were able to be saved at sea and have their path cleared to come to the United States.

World Vision today is described as a Christian humanitarian organization helping children and their families overcome poverty and injustice. In 1979 the organization was struggling with their identity and this is related in the book. Some of us were nervous at first because of the religious overtures, but found it was well-tempered .

One member of group gave us a history lesson about how those who lived in Southeast Asia often felt disconnected. After WW I that area of the world , Cambodia, North and South Vietnam and Laos, was configured by European men who did not take into consideration the importance of ancestral worship which is discussed and very important to the Chinese. People were moved and resettled to places far away from where they felt an attachment. The Vietnam War saw the result of this when alliances of the VietCong and Viet Minh formed because of loyalty to an original area or country. We learned from the book how important the Mekong Delta was to the economy of the Vietnam.

We saw through the experiences told how hard the family worked to reach the goals they had. We had a general discussion on how hard many immigrants work once they get here in the US, Many are willing to do things that make Americans scoff. We asked what are the motivating factors of those immigrants. Everyone in the family achieved advanced degrees and are all very successful. Why did they feel compelled to do this?

Everyone really enjoyed the book, but wanted something a little more upbeat for Christmas. After much research and discussion we picked **Seven Days of Us** by Francesca Hornak. A family is forced to stay together during the holidays because one of them ( hang on) has been exposed to a contagious disease. This was from a recommendation list so let's see how it compares to our real situation.

Next meeting DECEMBER 15 at 2. All COVID-19 precautions will be followed. All must wear masks.. We will meet in the large activity room and be 6 ft. apart. Because the room echoes it is a bit hard to hear so I am going to see if I can get a white board or easel so I can write down salient points.

---  
Edwina  
CW Book Club

### Adventures on the Appalachian Trail

Recently members of Canton Woods Senior Center had the opportunity to hear Steve Crowe talk and show photos of his adventures on the Appalachian Trail. There was even a display of the equipment he used along the way. He was so well-prepared and informative; and those in attendance really enjoyed his presentation.

After his talk, he hiked more of the trail and posted on Facebook that he left "trail magic" on behalf of our very own Canton Woods.

He has just contacted me to tell me he is in the process of writing a book. While it is meant for family and friends, he has invited those who are interested to look into his "work in progress" on his blog by going to <https://longslowhike.blogstopt.com> I encourage anyone who loves and appreciates the great outdoors to hike over to his blog and give it a read. You won't be disappointed. The best part is if there is enough interest he may publish his book. I think it would be great to know that you could contribute!

**Down Memory Lane with Mayor Clarke.** Mayor Clarke will gather with you for the same friendly visit and to reminisce, via Zoom! Down Memory Lane will be meeting every Monday at 4pm. ***Call the center if you wish to receive the invitation to this Zoom gathering!*** Mayor Clarke can also be seen on Home Heart and Community Facebook live stream, every week (Wednesday morning) and shares information about the Village including the senior center. You will find other local leaders on this site as well.

**CW Library has several New Books coming in early December!** We also have many new to us audio tapes!!! Simply call the center 315-638-4536 to inquire about new books. We will arrange to meet you outside in the parking lot to deliver your book requests.

**Puzzle Exchange Day! December 7<sup>th</sup> from 1:00-3:00pm** puzzles will be organized by size and available to pick up. Please call the Center 315-638-4536 to book a time to browse the puzzles. We will accept puzzles at this time as well.

Jan Wojnovich, CW's Sunshine Lady, continues to send out cards. If you know of any senior who is ill or has a close family member that has passed please call Jan at 315-638-2957 or call CW at 315-638-4536.

**FYI from Ed Barlow:** check your driver's license to see if it expired. The DMV isn't sending out notifications in a timely manner. Renewal can be done on line.

**Neighborhood Advisor**

I hope everyone was able to have an enjoyable Thanksgiving in spite of all the necessary rules and restrictions. We are now in full swing for HEAP applications. Anyone who would like assistance with their application can call me to arrange an appointment. You will need to bring a copy of your heating bill, proof of all income, Identification (ex. Social security card driver's license, birth certificate) and proof of housing cost (mortgage or rent payment). You will also need to wear a mask and social distance while in the building. Have a merry holiday season!

***Nancy Sullivan Neighborhood Advisor***

**B'ville Express**

The *B'ville Express* is still closed down due to the COVID-19. We encourage you to register for the OSCAR program, provided by CENTRO. To register for OSCAR, or to reserve a ride, call the OSCAR program at 315-442-3434. If you are having any type of procedure, please call the B'ville Express as I do have access to a free ride program for procedures only. Happy Holidays!!

*Gina, B'ville Express Transportation Coordinator*

**2021 Newsletter Renewal Time**

We are now taking renewals for the 2021 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$4.00 for 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 call the Center 315-638-4536 we will meet you. 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 2021 subscription is paid. This reminder will be printed several months.

Name: \_\_\_\_\_


Address: \_\_\_\_\_  
\_\_\_\_\_

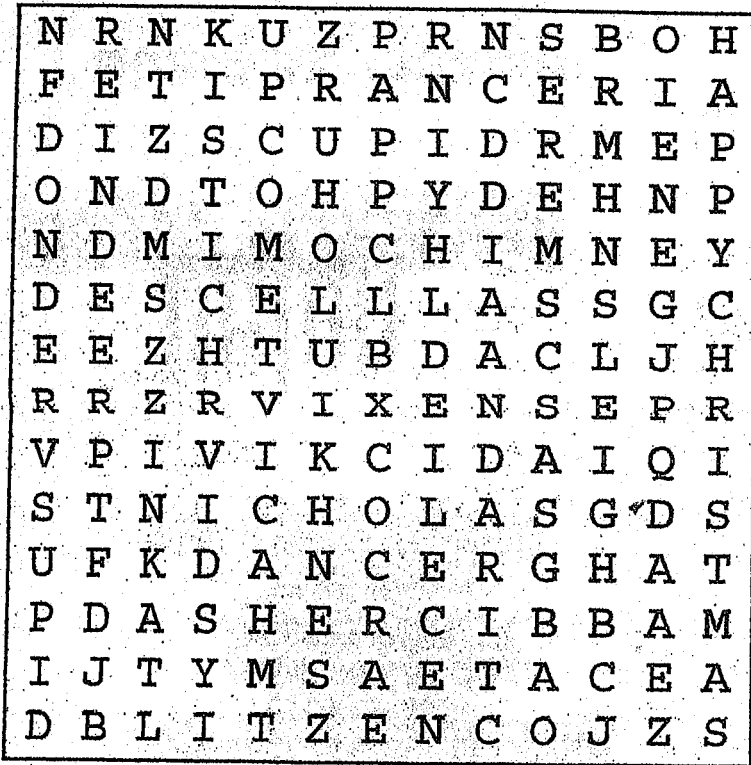
Phone: \_\_\_\_\_

Residency:  
Town of Lysander \_\_\_\_\_  
Town of Van Buren \_\_\_\_\_  
Village of Baldwinsville Yes or No

**CHRISTMAS**  
**WORD SCRAMBLE**

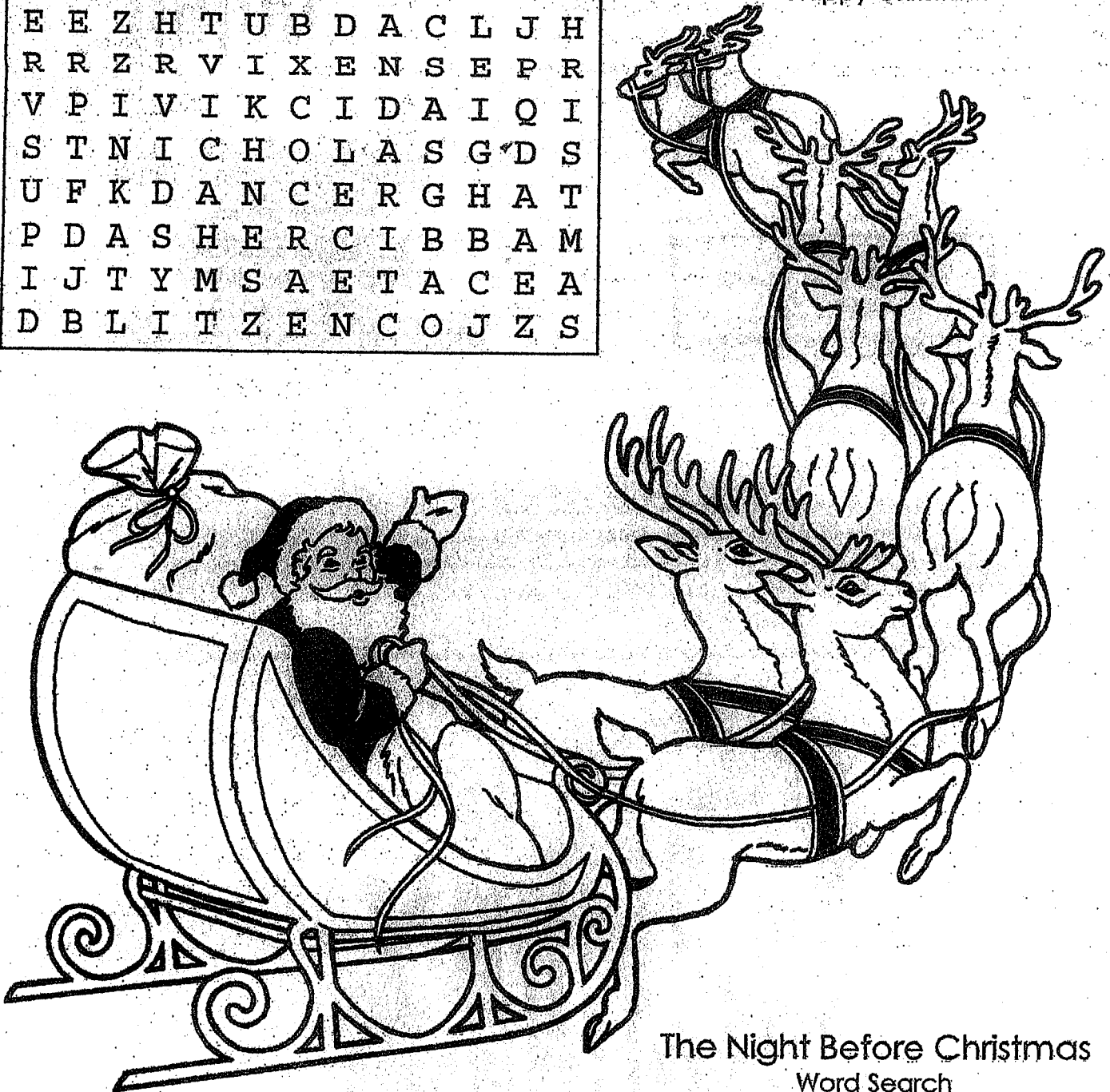
SLHGEI \_\_\_\_\_  
 REITNW \_\_\_\_\_  
 EISTOLTEM \_\_\_\_\_  
 LLYJO \_\_\_\_\_  
 NEGLJI LSLEB \_\_\_\_\_  
 ANTAS \_\_\_\_\_  
 EVSLE \_\_\_\_\_  
 YDCAN ECNA \_\_\_\_\_  
 LONSEFKWA \_\_\_\_\_  
 GANEL \_\_\_\_\_  
 ONEL \_\_\_\_\_  
 DNEREIER \_\_\_\_\_  
 HLOYL \_\_\_\_\_





Find these words in the puzzle.

- |                  |              |
|------------------|--------------|
| chimney          | St. Nicholas |
| Vixen            | Donder       |
| Blitzen          | Comet        |
| Cupid            | Dasher       |
| Dancer           | reindeer     |
| sleigh           | Prancer      |
| Happy Christmas. |              |



The Night Before Christmas  
Word Search