



Hello Canton Woods!

April, spring has arrived! With spring comes hope and new beginnings. I know you are all wondering when the center will reopen. We will move forward slowly, but we hope to begin to move forward soon! When we begin a gradual and slow transition to indoor programs please understand that things will be different. Programs offered will be limited and for small groups. We will also use the outdoor spaces whenever possible. Working together and cooperating will help us bring you together at the center. **Please be patient. We are getting close!** Call the center Monday – Friday with any questions or concerns and check the **Village of Baldwinsville website www.baldwinsville.org for updates.**

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.
- Additional guidelines may be deemed necessary.
- **IF YOU CANNOT FOLLOW THESE GUIDELINES WE ASK THAT YOU NOT ATTEND PROGRAMS AT THE CENTER AT THIS TIME!**

We strongly encourage everyone to get the COVID-19 vaccine. If you would like the vaccine and are having difficulty arranging an appointment, please call the center. We are happy to help. If for any reason, you are uncertain about receiving the vaccine. We recommend you contact your primary care doctor with your questions or concerns. *Happy Spring! Ruth*

Canton Woods Easter Treat Drive Thru! From the Canton Woods Senior Activity Committee!

Thursday April 1 at 2:00pm!



Winners of March's Wear Green drawing are; first prize, Betty Sykes, second prize Nunzio Lapari, and third prize, Ed Barlow. Thanks to all that participated!

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 more information and to make a reservation!

Food Sense is available each month! The Food Bank of CNY Food Sense program helps stretch your food buying dollars. This program is open to everyone. The order deadline for April is **Monday, April 19th by 10:30am**. Call the center for more information (315) 638-4536.

Upstate University Hospital's Mammography Van to visit Canton Woods on **Tuesday, May 11, 2021**. Screening appointments are available 10 am – 3pm. The 45 foot van is equipped with a state of the art 3D digital mammogram system, private exam and dressing room and a waiting room. To be eligible for a mammogram on the van, women should be 40 years and older, not have had a mammogram in the past 12months and not be experiencing breast problems. For more information or to schedule an appointment, call 315 464-2582 or request an appointment online at <http://www.upstate.edu/mobile-mammography/>

Happy Spring, warm weather will bring happy faces to everyone, I hope!! Get out and enjoy the good weather. Remember, rain washes all the dirt away, well, as long as there isn't too much!! Since we haven't had a real newsletter in a year, I am reestablishing the birthday list. So the only way your birthday is going to be recorded in the newsletter is if you contact us. We will be compiling the list in April. Please call 315-638-4536 or e-mail me jferstler@baldwinsville.org with the month and day of your birthday. Canton Woods will reconnect with the Canal Side Café & Bistro to see if they will continue with their breakfast discount. Thanks, *Joanie*

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.

Spring Walking Group to start April 12th at 9:30am. Please meet in the parking lot, wear your mask at all times, distance yourselves as needed, bring your own water bottle, wear appropriate sneakers and clothing for the weather. One of Canton Woods staff will accompany the walkers as needed. The traditional Canton Woods mile starts in the parking lot, turning right on the side walk towards McHarrie Town, once Rift Dr is reached turn right , go around the first circle then back to Canton Woods parking lot. Please come and join us for a little exercise and hopefully, much needed sunshine!

Quotes that Matter!!!

"I still believe in Santa, the Easter Bunny, the Tooth Fairy, and true love. Don't even try to tell me different." Dolly Parton

"A true friend is someone who thinks you're a good egg, even if you are cracked." Unknown

"Easter is the only safe time when it's perfectly safe to put all your eggs in one basket." Evan Esar

BINGO! Zoom in to play BINGO for fun on Tuesday April 12 at 2pm. Call the center or email rtroy@baldwinsville.org to request the link. You can find BINGO cards to print online or simply create your own, 5 spaces under each letter, B (1-15) I (16-30) N (31-45) G (46-60) O (61-75) don't forget the free space under "N"!

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. 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, April, 6th and Tuesday, April 20th at 2:00pm-3:30pm. The classes will be held through Zoom at this time. Call the center 315-638-4536 for more information.

Craft Group, Craft Supply Giveaway! April 15, 2021

Do You Need Yarn?

If you are a member of the Canton Woods Craft Group and need yarn just call the center and staff will be happy to bring some to you in the parking lot. 315-638-4536.

If you are not a member of the craft group and would be willing to make lap blankets, please give the center a call.

We are cleaning house and you get the benefits. This long pandemic had made people organize and clean out. This includes the craft storage room at the center and we want to give it away. The things we don't use or have a surplus.

April 15th is Our Craft Give Away Day 1:00-3:00pm

We have: Fabric, Lots of Yarn, Buttons, Plastic Canvas, Bells, Lots of Felt, Knitting needles & Crochet hooks, Yarn for weavers, Silk Flowers, Oasis, Spanish Moss, Pipe Cleaners, Snaps, hooks, eyes, Zippers, elastic, Velcro, Embroidery hoops, Batting, Decorating mesh ribbon, Straw & Grapevine wreaths, Pompoms.

We are hoping to be open, but call ahead for an appointment, to be safe. 315-638-4536.

Book Club

Heaven's Ditch by Jack Kelly will appeal to those who don't like history as well as to those who do. It is a fascinating account of the birth and construction of a technological wonder...The Erie Canal. As well as educating the reader about the building of such a famous landmark, the author gives us background on how religion influenced Americans at that period of time as well as the actual building of the canal. Readers enjoyed seeing familiar locations and names... Genesee River, Rochesterville, Palmyra, James Geddes, Fort Stanwix and DeWitt Clinton. A great book covering an important landmark as well as identifying important places and people in NYS history.

Working conditions were rough. Much of the labor was done by contracting local farmers, mechanics and professional men to dig 12-15 hours a day. Setting the tone for the practice "Contracting out". Immigrants from Wales and Ireland worked on the canal and sent letters home telling others not to follow them. Considered the most dangerous part of the construction was the area west of Montezuma. It was riddled with snakes, mosquitoes, leeches. Quicksand and muck threatened to suck men under. New inventions were created to help clear the land...stump pullers and modified wheelbarrows. Finding waterproof cement was a necessity and to bring it from Europe was timely and cost prohibitive. A quarry located near Onondaga Lake provided the right material that could be transformed into the much needed waterproof cement.

As well as history of the building of the 300 mile long canal, the author gives us background in Mormonism, Calvinism, zealous Methodist ministers and emerging leaders of moral and biblical guidance. These all combined to make this book fascinating....

Our next Book Club meeting COULD POSSIBLY BE IN PERSON...STAY TUNED ...I WILL LET YOU KNOW.

Next meeting April 27th at 2:00pm (Just in case we have to Zoom)

We will be reading Code Girls by Liza Munday.

Edwina

Canton Woods Librarian: I want to take this opportunity to thank several people who have generously donated books and books on tape. These donations have increased our collection of Danielle Steel books and our books on tape (cd's). I especially appreciate the books on tape donations as these are, sometimes, more costly than books.

As a reminder, we only collect recent (2010 forward) hardcover, fiction books and books on tape (cd's). Due to space constraints, we do not keep duplicate copies of books or cd's. Again, many, many thanks to these anonymous donors. Your generosity is GREATLY appreciated. Please enjoy the following recent purchases!!!

Before She Disappeared (L. Gardner), Four Winds (K. Hannah), Serpentine (J. Kellerman), The Russian (J. Patterson), Walk in My Combat Boots (J. Patterson), Scorpion's Tail (D. Preston), The Awakening (N. Roberts), Neighbors (D. Steel), Hush-Hush (S. Woods).

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.

Down Memory Lane with Mayor Clarke and Linda 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.

Travel - Hello everyone, spring is in the air and it is time to think about travel. I am hopeful that most or all of you have had your Covid vaccines. We are planning the Rhode Island Block Island trip for June 8-11, 2021. Also, Cape Cod for September 21-25, 2021. You can sign up at any time. We will have social distancing on the motor coach and if masks are still a requirement, then you will need to wear them on the coach except when eating or drinking. It's been a long year without travel and we can look forward to light at the end of the tunnel. I hope to see you all soon. Stay safe and healthy, until next month, take care and God bless, love, Jacki

NEWPORT, RHODE ISLAND AND BLOCK ISLAND - JUNE 8-11, 2021

Travel with us to America's first resort town as we enjoy the charm of Newport's historic buildings and restored homes. This four day tour includes: deluxe Hale transportation; 3 nights' accommodations at the Wyndham Newport Hotel; guided tour of Newport; admission to the Breakers Mansion; admission to the Newport Playhouse Theatre; admission to the Green Animals Topiary Gardens; Round trip high speed Ferry passage to Block Island; admission on a sightseeing tour of Block Island; bakery tour & tasting at Scialo bakery in providence; 3 breakfasts; 1 buffet luncheon/Cabaret at the Newport Playhouse; 1 dinner; 1 Lobster bake the historic National Hotel on Block Island (there are other options if you do not want lobster); all meal taxes , gratuities, room taxes and driver and guide gratuities. Fully escorted by Jacki Abbott.

COST: 945 per person based on double occupancy \$1145 per person single and \$885 Triple. A deposit of \$400 is due to sign up. Balance is due April 5.

There is a \$100 non- refundable cancelation fee. All fees payable to BELLE TOURS LLC.

As always, please direct any travel questions to, Jackie at Belle Tours LLC (315)-415-0040

Neighborhood Advisor / Outreach Worker

Nancy Sullivan

Spring is in the air and Easter is on its way!

If you who have not received your second stimulus payment (the \$600.00 one) and believe you are eligible, consider contacting VITA at 315- 428-2227. This is a county run program to assist people in filing their taxes. It is my understanding that all payments that are being mailed out have been processed and those who are still waiting should get a tax credit. This means even if your income is low enough that you are not required to file you may want to do so in order get your stimulus money. Please share this information with anyone you know that may need it. I hope this helps.

The HEAP deadline has been extended to April 30, so if anyone still needs to apply there is time. Please call for an appointment.

Also, the county has set up a number for those of you who are house bound and not connected to a homecare agency to get an appointment for someone to come to your home and give you your vaccine. Please have your insurance information available when you call. The number is 315-679-4099. You will then be put on a list and an appointment will be made at a later date.

One last notification in case you haven't heard, the tax deadline for this year has been extended to May 15th instead of the usual April 15th. I hope you are all well and stay safe. Nancy

B'ville Express

The *B'ville Express* remains closed at this time due to COVID-19. If you need transportation, we encourage you to register for the OSCAR program, a free senior ride program provided by CENTRO. To register for OSCAR, or if you need 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. I would love to hear from the B'ville Express Drivers and Riders! I hope you are all doing well. *Gina B'ville Express, Transportation Coordinator*