

Canton Woods Newsletter

June 2021

Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Open: 8:00am-4:00pm

Visit Canton Woods on the Village of Baldwinsville Website

www.baldwinsville.org

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.

June 2021

Director's Note: Guidance from the CDC and New York State continues to change. We are making every effort to move forward with caution. The current Village of Baldwinsville policy is:

Fully Vaccinated persons are not required to wear a mask or physically distance while inside of a Village of Baldwinsville owned building (Canton Woods Senior Center).

You Must provide proof of fully vaccinated status (**original vaccination card or New York State Excellus passport**).

Fully Vaccinated means 14 days after the second dose of a two-dose vaccine or 14 days after one dose of the Johnson and Johnson single dose vaccine.

If you are not fully vaccinated, you must wear a mask while inside of a Village of Baldwinsville Building (Canton Woods Senior Center).

These important safety guidelines remain in place.

- **FOR UNVACCINATED PARTICIPANTS, A MASKS MUST BE WORN AT ALL TIMES! and you need to Adhere to Social Distancing.**
- **As you enter the center**
- You may be asked COVID health screening questions and have your temperature taken.
- There is a participation waiver that needs to be signed.
- 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.
- 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.
- 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!

Canton Woods operates under a three way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.

As the center continues to expand programs, we will begin to collect the non- resident user fee. The user fee for participants who live outside the towns of Lysander and Van Buren remains \$25.00. Expect this to begin soon.

New in June Open recreation programs! All for fun, no tournaments. Each activity requires sign up in advance and will be limited in number of participants. Due to the close contact required to play card games, you must be fully vaccinated to participate in card games. As outlined above you must bring proof of vaccination.

We are offering bridge, pitch, and poker as open card games. You may sign up with a partner for pitch or bridge, but this is not required. For all card games, once the tables are established you will remain at the same table for the entire time.

To play pool bring your own cue stick. Unvaccinated people may participate but must wear a mask at all times, and social distance when not shooting. You must sign up in advance.

We ask your cooperation and patience as we work to bring you back to the center safely.

Happy Father's Day!

Ruth

Assistant Director:

Let us enjoy the summer together, as much as possible. Get outside and enjoy everything you can. Please check our newsletter for times and dates of upcoming events. Have fun Stay safe!!
Happy Dad's Day!!

Joanie

Neighborhood Advisor / Outreach Worker

There is a light at the end of the tunnel! It is good to see you coming in for activities, as limited as they may be. We are adding things on as the restrictions permit.

Several of you have called asking about the Farmers Market Coupon program so I reached out to my contact at the Office of the Aging, and she tells me she is hopeful that we can have them to those who are interested by mid- July. This may be a little later than usual but Covid has slowed everything down, as I am sure you have noticed. You may call starting June 28, to sign up **to be notified** of when the Farmers Market Coupons will be available.

Some of you have also been wondering when we might be having the AARP defensive driving classes again. I have heard through the grapevine that they may start up again in the fall, but I have not gotten anything official as of yet so keep your fingers crossed.

B'ville Express

The *B'ville Express* remains closed 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.

B'ville Express Drivers, I would love to hear from you. I am beginning to plan for eventual reopening of B'ville Express! I hope you are all doing well. I will be communicating with drivers very soon! **Gina B'ville Express, Transportation Coordinator**

MOW:

Happy Summer Everyone,
We hope everyone is doing okay, we are still going strong and growing. If you need Meals, please call us at 315-638-2171.
Happy Father's Day to all the Dads!
Donna & Jeff

Sunshine Lady

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who is not 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 and/or Thinking of You Wishes were sent to Nancy Amrose & Sally Temple.

Summer 2021 Entertainment Series!

June concert! Thursday, June 17th at 2:00pm (rain date of June 24th)

Classic Rock-n-Roll by

Rock Shadows!

Bring your chairs, sunscreen, and sun hats and enjoy! (Masks if unvaccinated)

Time to Talk.

Friday June 11 and June 25th from 9:00-10:30am

It is time to reconnect! We invite you to make a "reservation" to visit with fellow Canton Woods participants. A chance to socialize, chat, shoot the breeze, catch up! Call the center at 315 638-4536, (groups of 4 or less) and sign up for a time slot.

PEACE LUNCH

Grab and Go Peace Lunch Monday Wednesday and Friday. Reservation required.

June Birthdays:

As you know we are updating our birthday list so please call or e-mail your birthday month and day.

jferstler@baldwinsville.org/

(315) 638-4536.

6/5 Theresa Fenton

6/9 June Davis

6/18 Bruce Barnes

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 program helps stretch your food buying dollars and is open to everyone and available each month.

Call the center to request the

June Package List

Cost: \$20.50

The order deadline is June 7th by 10:30am

The pick-up date is Wednesday, June 16th 11:30am-12:30pm

Art Group

Art group will meet in person on Tuesday June 1st and Tuesday June 15th at 2pm. The art group will meet in the pavilion weather permitting otherwise inside the center.

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist. The class will meet throughout the month of June, (DVD featuring the instructor will be used as needed).

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

Classes held Thursday mornings at 11:30am.

Tai Chi Classes

Classes are held Tuesdays and Thursdays at 8:30 a.m. Charges are payable to instructor. Please check the calendar for dates.

Walking Group, Mondays & Wednesdays at 9:30am. Please meet in the parking lot, bring your water bottle, and wear appropriate sneakers and clothing for the weather. One of Canton Woods staff will accompany the walkers. The traditional Canton Woods mile starts in the parking lot, and heads to McHarrie Town, 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!

CW Exercise Class

Aerobics work out designed for seniors will resume in September!

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be August 3rd. 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.

June 2021 Library News

"Check out" our new arrivals in the Canton Woods Library!! Call the center to arrange a time to stop by and browse our library. We are letting in person library visits, Please call ahead to let us know you are coming.

We Begin at the End (J.S. Charles)
Win (H. Coben),
What's Mine and Yours (N. Coster)
Fast Ice (C. Cussler)
Bounty (J. Evanovitch)
Midnight Library (M. Haig)
Klara and the Sun (K. Ishiguro)
Red Book (J. Patterson)
Lost Apothecary (S. Penner)
Faithless in Death (J.D. Robb)
The Affair (D. Steel)
We Begin at the End (C. Whitaker)
Double Jeopardy (S. Woods)

Crafty Corner

Tuesday's craft group, we have an official name. **THE YARN CREW!** I know we haven't seen each other in a long time, so we are getting ready to start again. YAY!

Meetings of the group will be **at 10:30am** at Canton Woods. PLEASE CALL IF YOU PLAN ON ATTENDING SO THE CENTER CAN PLAN ON ADMISSION PROTOCOLS. There are different rules in effect as listed in the front of the newsletter. Please come with your project, new participants are welcome! Can't wait to get together,

Edwina.

Book Club News

May's review of Kristin Hannah's The Four Winds and the review of June's book will be in July's newsletter. Unfortunately, the timing of book club and when the newsletter needed to go to print conflicted this month. Please call the Center 315-638-4536 for June's book.

BINGO!!!

In person BINGO! Wednesdays and Fridays at 1pm. Call to reserve a spot and for more details.

Bottle & Can Fund Drive

Your nickels will add up to help your Center. There are now two ways to contribute! The Canton Woods Board, Senior Activity Committee 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 Committee.

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 fundraising events.

Travel News

Hello everyone, I hope everyone is doing well and getting out and about once again. There is still room on the Newport Trip for June 8. Check out the Lancaster trip for October 12-14, 2021. I hope to resume some Day Trips in the fall. I'll keep you posted. I would like to wish the dads and grandpas a very Happy Father's Day. Until next month, take care and God Bless, love, Jacki.

CAPE COD – WHALES, SEALS AND PILGRIM HISTORY – SEPTEMBER 20-24, 2021

Our fall trip for 2021 takes us to beautiful Cape Cod for five glorious days. This trip includes: deluxe Hale transportation; 4 nights at the Red Jacket Blue Water beach resort in S. Yarmouth; welcome reception upon arrival; guided tours of Hyannis, Provincetown, Martha's Vineyard,

Chatham and Plymouth; ferry passage to Martha's Vineyard; a whale watch or Dune Tour while in Provincetown; admission on a Seal Watch excursion; admission to the Atwood House Museum and the Pilgrim Hall Museum; 4 breakfasts at the hotel; 2 Dinners; 1 lobster dinner (other options available); 1 dinner with entertainment; all taxes, gratuities and room taxes. Escorted by Jacki Abbott.

COST: \$1,125 per person double - \$1,045 triple - \$1,395 Single

A deposit of \$500 is due to sign up. Balance is due July 30, 2021. All payable to BELLE TOURS LLC

There is a \$100 nonrefundable cancelation fee.

LANCASTER – OCTOBER 12-14, 2021

Lancaster is back in business with an exciting new show at the Sight and Sound Theatre.

"Queen Esther" is a captivating tale of beauty and bravery. Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand-new, original stage production. This tour includes deluxe Hale transportation; 2 nights at the Eden Resort; tickets to Esther; Chalk Talk; Amish Farmlands with a stop at a quilt and craft shop; a Country surprise; Shady Maple Smorgasbord; Hometown Kitchen dinner where we will eat in Buggys; and 2 breakfasts. All taxes and gratuities included. Escorted by Jacki Abbott.

COST: \$575 per person based on double occupancy- \$685 per person single - \$540 Triple
A deposit of \$75 (non-refundable) is needed to sign up. Balance due August 5, 2021.

Call Jacki to sign up @ 315-415-0040 or mail to 132 Plymouth Drive, Syracuse, NY 13206 All payable to "BELLE TOURS LLC".

Central NY Broadband Internet Survey,
Take a Residential or Business Survey
Sponsored by the CNY Regional Planning & Development Board in partnership with Cayuga, Cortland, Madison, Onondaga & Oswego Counties & ECC Technologies, LLC.
Call 315-412-5966. Surveys are available at CW.

CANTON WOODS June 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		8:30 Tai Chi 1 10 Falls Class 10:30 Yarn Crew 12 Legal Service 2 Art Group	9:30 Walking 2 Group 10 Open Pool 1 Bingo 1 Open Bridge	8:30 Tai Chi 3 10 Falls Class Video 11:30-12:15 Chair Yoga	4 10 Open Poker 1 Bingo	5
6	9:30 Walking 7 Group 10 Open Pool 1 Open Pitch	8 Tai Chi 8 10 Falls Class 10:30 Yarn Crew	9:30 Walking 9 Group 10 Open Pool 1 Bingo 1 Open Bridge	8 Tai Chi 10 10 Falls Class Video 11:30-12:15 Chair Yoga	11 9-10:30 Let's Talk 10 Open Poker 1 Bingo	12
13	9:30 Walking 14 Group 10 Open Pool 1 Open Pitch Flag Day	8 Tai Chi 15 10 Falls Class 10:30 Yarn Crew 2 Art Group	9:30 Walking 16 Group 10 Open Pool 1 Bingo 1 Open Bridge	8 Tai Chi 17 10 Falls Class Video 11:30-12:15 Chair Yoga 2 Music by Rock Shadows	18 10 Open Poker 1 Bingo	19
20 D A D 's D A Y	9:30 Walking 21 Group 10 Open Pool 1 Open Pitch	8 Tai Chi 22 10 Falls Class 10:30 Yarn Crew 2 Book Club	9:30 Walking 23 10 Open Pool 1 Bingo 1 Open Bridge	8 Tai Chi 24 10 Falls Class Video 2 Rain date for Rock Shadows.	25 9-10:30 Let's Talk 10 Open Poker 1 Bingo	26
27	9:30 Walking 28 Group 10 Open Pool 1 Open Pitch	8 Tai Chi 29 10 Falls Class 10:30 Yarn Crew	9:30 Walking 30 Group 10 Open Pool 1 Bingo 1 Open Bridge			

Canton Woods

June 2021

(315) 638 - 4536

PEACE, INC. - FSD MONDAY	SENIOR NUTRITION WEDNESDAY	OFFICE FOR AGING & YOUTH FRIDAY
	2	4
	Golden Chicken Quarter Red Skin Potatoes Capri Blend Vegetables Wheat Bread Margarine	Sweet and Sour Chicken Rice Oriental Vegetables Wheat Bread Margarine
	Fresh Orange Milk	Fresh Honeydew Melon Milk
7	9	11
Beef Pot Roast with Gravy Mashed Potatoes Green Beans Wheat Bread Milk	Chicken Ala King Mixed Vegetables Biscuit Milk	Meatball Marinara Pasta Italian Green Beans Italian Bread Margarine
Fruit Cocktail	Diced Peaches	Margarine Milk
14	16	18
Italian Chicken/Herb Sauce Stuffing Sliced Carrots Wheat Bread Margarine Milk	Sliced Cornd Beef Swiss / Rye Coleslaw Thousand Island Dressing Margarine Milk	Fresh Orange Spanish Rice Casserole Broccoli Florets Dinner Roll Margarine Milk Cookie
Diced Pears	Strawberry Jell-O	
21	23	25
Meatloaf with Glaze Seasoned Potatoes 4 Way Mixed Vegetables Wheat Bread Margarine Milk	Macaroni and Cheese Peas and Carrots Wheat Bread Margarine Milk Mandarin Oranges	Beef Stroganoff Egg Noodles Green Beans Wheat Bread Margarine Milk
Diced Peaches		Applesauce
28	30	
Chicken Riggies Cut Asparagus Wheat Bread Margarine Milk	Romaine Salad with Grilled Chicken Caesar Dressing Dinner Roll Margarine Milk	
Pineapple Tidbits	Cookie	
All Meals include: Coffee, Tea, Milk		
Bread, and Margarine	Menus meet 1/3 of RDA Menu is Subject to Change	Suggested Contribution: \$3.50

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