

Canton Woods Newsletter

January 2022

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

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

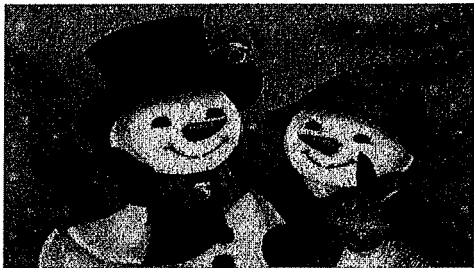
Neighborhood Advisor

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.



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Weather Related Closings

1. **Canton Woods is closed** when the Village of Baldwinsville is closed (use your best judgment regarding your safety).
2. There is **No PEACE lunch** when the Syracuse City Schools are closed
3. **B'ville Express** will not pick up riders if the Baldwinsville Schools are closed. It is the rider's responsibility to cancel any appointments for that day.
4. **Meals on Wheels** is closed if the Baldwinsville and/ or Liverpool schools are closed.



Neighborhood Advisor / Outreach Worker

I hope everyone had a wonderful holiday season! My wish is for all of us to have a HEALTHY new year and that this pandemic ends soon.

There is still time to apply for HEAP, so just give me a call to set up an appointment, if you need help with the application. For you homeowners looking to save money on your energy bills you can have a home energy audit done by NYSEDA and they may help you with some energy saving improvements to your home. If you would like more information, feel free to call me and I will be happy to help you.

Winter with its cold weather and isolation is an easy time to start feeling blue, so try to find things to enjoy and make an effort to get out whenever weather permits. Stay in touch with friends by phone, write letters, or if you are able try Facetime or Zoom so you can see them.

This is a resource provided by New York State.

NY Project Hope - Coping With COVID

www.nyprojecthope.org/covid/helpline
(844) 863-9314

Project Hope Is New York's COVID-19 Emotional Support Helpline. Find Resources That Can Help You With Change During COVID. Help Is Available. Confidential & Anonymous. Free Support. 8am-10pm, 7 Days A Week.

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

The **B'ville Express** has an **URGENT NEED** for volunteer drivers. The B'ville Express provides transportation through our volunteer drivers

for the seniors in the Baldwinsville area to medical appointments, pharmacy, short grocery trips and to Canton Woods Senior Center. THE NEED FOR

VOLUNTEER DRIVERS IS

CRUCIAL as many of our senior neighbors lack transportation and are unable to access these essential services.

Please help our seniors and volunteer today! To volunteer please call Gina @ 315-638-4536.

Gina Carroll. Transportation

Coordinator

Congratulations to these Lucky Winners!

Turkey Drawing Winner

Betty Ball

Wreath Winners

Nancy Delason &

Mireille Peluso

Afghan Winners from Craft Show

Cindy Morgan

Charlotte Erbland

Liz Mastracco

Food Sense Drawing

Fred Nesbitt

2022 Newsletter Renewal Time

We are now taking renewals for the 2022 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 drop it off. Make Checks payable to Canton Woods Senior Center.

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving.

Enclosed is my gift of \$ _____

In Memory of _____

Your name _____

Your address _____

Make checks payable to Canton Woods Senior Center, Inc.

Send to:

Canton Woods Senior Center
76 Canton St. Baldwinsville, NY
13027

PEACE LUNCH

The congregate senior lunch program has resumed indoor dining. Canton Woods now has the PEACE Lunch hot meal served in the dining room for *fully vaccinated individuals. You will be asked to show proof of vaccination. Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.*

The Take-Away meal is also available for those who are unvaccinated or who prefer not to dine inside. Please plan to drive up between 11:15 and 11:45am.

You must make a reservation for both lunch programs.

Lunch is available Monday Wednesday and Friday.

January 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.

January Birthdays

1/17 Nancy Sullivan

1/28 Jean Howard

1/31 Charles Scrimali



JESSICAKES

On your birthday, (or very very close), stop by Jessicakes

3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

Ice Cream

Thank you for all the Byrne Dairy receipts! Please keep them coming. Sometimes you have to ask for one! Note: we cannot use gas receipts.

IMPORTANT REMINDER!

Please arrive 10- 15 minutes before your game is scheduled to start. This is a courtesy to all the other players and helps things go more smoothly. Thank you

BINGO!!! Come join the fun!
BINGO! Wednesdays and Fridays at 1pm.

Pitch is now every Thursday at 1:00pm!
Call to sign up, double check the calendar.

Wii Bowling T'ments: Every
Mondays, at 1:00pm. We welcome more Wii Bowlers. Call to sign up.
Needed: Wii Bowlers!! Come check the alleys out!!

Duplicate Bridge Tuesday at 12:00pm
Party Bridge Wednesday at 12:15pm

Blood Pressure Screening:
On Tuesday January 18
from 9:45am – 11:00 am.

Stay fit & Well at Canton Woods!
Start the new year out on the right foot!
Try one of these other fun fitness classes!

CW Exercise Class
Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor.

XXXXXXXXXXXXXXXXXXXX

New-New-New-New
Senior Ball Drumming Class
Facilitated by Arlette
Friday, January 28th at 9:30am
Please sign up by Wednesday, January 26th. 315-638-4536.

Limit 10 participants.
A low impact exercise class using music, large exercise ball and drumsticks to move to the beat!!

XXXXXXXXXXXXXXXXXXXX

Falls Prevention Class
Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist.

Kripalu "Chair Optional" Yoga
lead by Yvonne Martin Certified Kripalu Yoga Teacher:
Classes held Tuesday, January 18th & Tuesday, January 25th morning at 11:15am. Donation to the instructor. Flyer in newsletter.

Tai Chi Classes (Yang short form)
Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to instructor. Please check the calendar for dates.

Zumba will return in 2022!
Charges payable to the instructor.

Art Group
Art group will meet in person on Tuesday, January 4th and Tuesday, January 18th at 2pm.

Supplies needed.

If you have a double boiler or pans that can be used as a double boiler, please bring it.

Spatula/ spoon to stir the chocolate

Apron (to protect your clothes)

Want to add to the chocolate?

Bring nuts, raisins, coconut!!

See you in 2022!!

Edwina Kay

Book Club News

The Girl with the Louding Voice by Abi Dare is a book full of despair, yet hope, suffering yet healing. The story takes place in modern-day Africa. Adunni, the main character, is a 14-year-old Nigerian girl who craves the education that her mother, now dead, had promoted. Circumstances though are not in her favor. She must combat poverty, a forced marriage, assaults on her body and a series of other horrible events that eventually force her into modern-day slavery.

The reader is impacted by Adunni's emotions as the novel is told in her voice and in her own broken English.

She is in search of her "Louding" voice which indicates her belief that by getting an education she will be able to take more control of her life and have the ability to be confident and stand up for herself.

Adunni lives in the richest country in Africa where sadly over 100 million live in poverty surviving on less than \$1.00 a day. Her story brings to light two major issues in Nigeria; young girls being forced into illegal marriages and the blight of domestic slavery.

I found the book heart-breaking yet

inspiring at the same time. I could not put the book down because I needed to know if she reached her goal and how she did it!

January's book is The Beekeeper of Aleppo by Christie Lefteri.

Out next meeting is January 18th at 2:00pm Canton Woods library.

January 2022 Library News

Many thanks to Jack Smelski who donated the following audio books, Thank you!

The Fourth Order (S. Frey)

Hannibal Rising (T. Harris)

Private #1 Suspect (J. Patterson)

Bottle & Can Drive

McBride's Bottle Return

Your nickels will add up to help your Center.

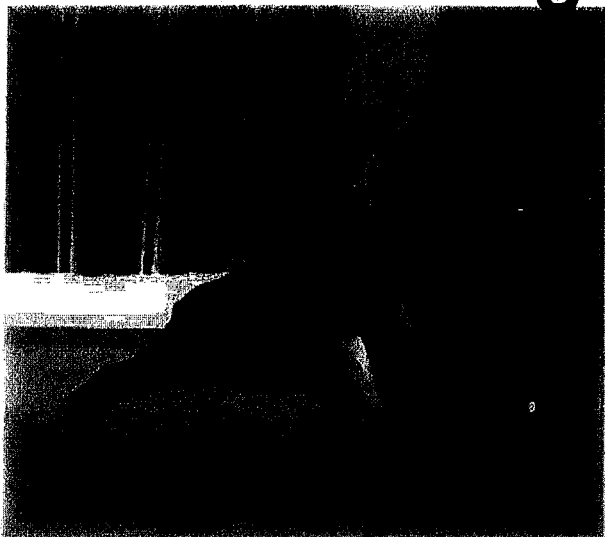
There are now two ways to contribute! The Canton Woods Board, Senior Activity Committee has an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Committee.

In addition to the collection program at the center, you and your family members may 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.

CANTON WOODS

Chair Yoga with Yvonne



*Instructor: Yvonne Martin, RYT 500
Certified Kripalu Yoga Teacher
Owner: YLMyoga, LLC
e-mail: martins@twcny.rr.com
cell:315-484-9183*

WINTER 2022

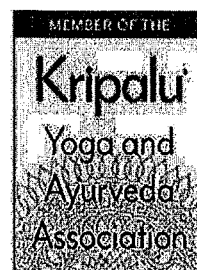
TUESDAYS: Jan 18-Mar 15

45 minute classes: 11:15am-12pm

Cost: CONFIDENTIAL DONATION
(Optional)

Register with Canton Woods front desk (315-638-4536)

- ☸ Discover Kripalu Yoga, a gentle, mindful, fun practice that emphasizes compassionate self-acceptance and mind-body awareness.
- ☸ Need to move more? Looking for relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to help make your body strong and balanced; and meditation techniques to relax the mind and sharpen mental focus.
- ☸ New to Yoga? Come give it a try.
Absolutely no experience necessary.
Everyone welcome!



Travel Reflections

Hi everyone! I hope everyone had a wonderful Christmas. A New Year is beginning and I sure hope we are able to get all our travel plans in. I am working on the Day trips for 2022. I should have them done by the next newsletter.

Don't forget we are having a slide presentation on January 12, 2022 at 3pm. Kevin Ferguson from Collette Vacations will talk to us about the Pacific Northwest trip. All are welcome to attend. There is still room on the New Orleans trip if you're interested.

Until next month, have a happy and healthy New Year, take love and God Bless.

Love,
Jacki



Please include your phone # on all checks as well as food choice if applicable

Overnight Trips!

OCEAN CITY, MARYLAND

May 23rd - 26th 2022

Our spring trip is taking us to Ocean City Maryland for 4 days/3 nights. This tour includes: 3 nights at the Quality Inn Oceanfront; Deluxe Hale Transportation; 3 breakfasts; 3 dinners; escorted tour of Assateague National Seashore; Visit to historic Berlin with time for lunch and shopping; Boat ride around Ocean City; Visit to Ocean City lifesaving museum; and welcome reception. All taxes, baggage handling, and gratuities included. Escorted by Jacki Abbott.

COST: \$985 per person (DOUBLE) - \$1,250 (SINGLE) payable to "Belle Tours LLC". A deposit of \$100 (non refundable) due to sign up. Second deposit of \$300 due January 15, 2022. Final balance due March 15, 2022. All checks payable to Belle Tours, LLC.

SIGN UP ANYTIME AT THE CENTER or SEND TO JACKI ABBOTT - 132 PLYMOUTH DRIVE - SYRACUSE, NY 13206

