

Canton Woods Newsletter

May 2025

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

www.baldwinsville.org

www.townofvanburen.com

www.townoflysander.org

Center open 8:00 AM – 4:00 PM Monday – Friday Phone (315) 638-4536

Note from the Director: Well Spring has finally sprung! The trees are looking fuller and greener. Looks like we can start having some outdoor activities coming up on the horizon. As we all know May is Older American's Month so come in and check out all the exciting programming like upcoming presentations on VE Day and safe bathing within the home. Join us for our Mother's Day Party with music and snacks. We will host a Health and Wellness Fair this month giving you access to many community resources and insurance information so feel free to visit with all the representatives for this event.

Rene'

Assistant Director: Hi everyone. When thinking about different events we could do, I thought cooking classes could be fun. Some examples would be making homemade pasta and easy crockpot meals. We could do something different every month. I would love to hear what thoughts you may have. I'll be available on Mondays from 11 to 12 for anyone who would like to sit and chat.

Jeanne

Senior Activity Committee:

Good morning, all, Happy May! We have been swamped this April... In May we have a Mother's Day party on the 9th, with music and goodies. If you plan on attending, please sign up at the senior center. Hope to see you there!

Kathy

Meals on Wheels:

Hello everyone!

A big Thank-you to all Bingo players; we are sold out! See you on May 19th! Check-in is at 1:30. Please do not come sooner; the doors open at 1:30. We will be at the health event here, on May 21st, for any information you may need about us! July 19th is our first summer craft and vendor event! We have applications in our office. There will be crafts, food, the Phoenix Community band, and more surprises! Ask Donna for all the details! Once again will be accepting any fruit or vegetables you have as extra from your garden, that you would like to donate. Anyone who needs our services please call 315-638-2171.

HAPPY MOTHERS DAY!

Donna and Jessica

Special Events & Notices – See calendar for times

Please Sign up for all events at the front desk

5/9 – Mother's Day Party with music
5/16 – Health and Wellness Fair
5/18 – Meals on Wheels -Bingo Event
5/26 – CENTER CLOSED
6/12 – John Harrington Evening Music 6 pm
6/13 – Father's Day Party with music
6/19 – CENTER CLOSED
6/23 – Canton Woods Golf Tournament

7/3 – 4th of July Party with music
7/4 - CENTER CLOSED
7/8 – Lafayette Community Band 7 pm
7/19 – Meals on Wheels – Craft/Vendor Sale
8/13 – Canton Woods Car Show
8/20 – Car Show rain date
9/13 – Walk for the Woods

Neighborhood Advisor

MAY is Older Americans Month

The theme is to "Flip the Script on Aging" which aims to transform how society perceives, talks about, and approaches aging, recognizing the contributions of older Americans and highlight aging trends. More information can be found acl.gov/oam

Save the Date! On Friday May 16, 2025 from 1 – 3PM, the Center is holding its Annual Health and Wellness Fair. There will be up to twenty Vendors offering a variety of information and services. Please Join US!

Theresa

PEACE LUNCH

Canton Woods invites you to enjoy the PEACE Lunch hot meal served in our dining room. ***Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.***

With the new guidelines from Onondaga County, you must make a lunch reservation at least one day in advance. **Please sign up for the lunch on the**

previous lunch day or call the center to verbally order a lunch by 8:15am. Lunch is available on Monday, Wednesday, and Friday. The monthly menu is in this newsletter for all seniors 60 and above. **Please note that take-out lunches will no longer be available.**

B'ville Express

Finally... HELLO SUNSHINE! Spring has sprung, and the B'ville Express is here to transport the seniors of Baldwinsville. Our program provides **FREE TRANSPORTATION** to seniors residing in the Towns of Lysander and VanBuren. It's funded through the Onondaga County Office for the Aging. **If you are 60 or older, reside in one of these towns and can get in and out of a vehicle without assistance, YOU ARE ELIGIBLE!** Registration is required by calling Gina at the center, 315-638-4536, and requesting an application. Our senior drivers can take you to the doctors, pharmacy, bank, local small grocery trip and Canton Woods Senior center.

The B'ville Express will be closed on Monday, May 26, 2025, in observance of Memorial Day.

Hope you are all looking forward to Summer!

Gina Carroll

Canton Community Crafters

This community is remarkable.... On a cold, rainy day I was sure the Spring Craft sale at Canton Woods would be dismal. The profits we make go back into the center and the Canton Community Crafters pride themselves in supporting the seniors. But hope turned to skepticism when the weather did not cooperate. However, we had a fantastic day. I would like to thank all who came and bought items. Even those who browsed made our day. Comments help us know what we did well and what we have to work on. The Easter Baskets were a huge success and has given us a great idea for next year. Having the cookie sale was an experiment that proved a success. It sent many of us home to search those recipe boxes for the next time.

The raffle results made three people very happy. (I don't have their permission to post their names so I won't.) Items were a gift certificate to FINALLY OURS RESTAURANT, 3 dozen eggs so someone can have that Easter Egg Hunt without breaking the bank, an adult Easter Basket complete with two bottles of wine, and finally, a beautiful quilt which shades of purple, pinks, and greens.... hopefully sweet dreams are in order.

Again, the Canton Community crafters say thank you

Edwina

ACTIVITIES PAGE

SIGN LANGUAGE CLASSES: Held on the 2nd and 4th Tuesday each month through June. Check the calendar for dates.

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

MEXICAN TRAIN DOMINOES: Every Friday at 9am and 10:30am. *Learn to play. Its' a fun game that is very easy to learn.*

BUNCO: has moved to *Monday* mornings at 10am-12:00pm. This is a fun fast moving dice game. Give it a try. Check the calendar for exact dates.

PITCH: Every Thursday at 1pm. *Call to sign up and double check the calendar. Please be sure you know how to play before signing up. If you are interested in learning, please let us know and we can provide some instruction lessons.*

BRIDGE: Duplicate Bridge every Tuesday at 12pm. Party Bridge every Wednesday at 12pm.

ART GROUP: Meet every Tuesday at 2pm.

Wii BOWLING TOURNAMENT: Every Monday at 1pm. *Call to sign up. Lots of fun – come check it out!*

POOL TOURNAMENT: Every Friday at 1pm. *Sign up and play.*

TRIVIA: Come out and join us for the monthly Trivia Game – Monday, April 14th from 10 to 11:30. We will be spending some time enjoying each other's company and becoming trivia experts.

STAY FIT & WELL FITNESS CLASSES

SENIOR CARDIO BALL DRUMMING: Every Wednesday and Friday at 9:15am. *Facilitated by Arlette. Equipment is provided.*

FALLS PREVENTION CLASS: Every Tuesday and Thursday at 10am. *This class is taught by retired physical therapist Julie Hall. Work on your core and balance. You will feel the benefit in your daily activities!*

KRIPALU "CHAIR OPTIONAL" YOGA: Every Tuesday morning at 11:10am. *Lead by Certified Kripalu Yoga Teacher Yvonne Martin. Cost optional and confidential.*

TAI CHI CLASSES (YANG SHORT FORM): Every Tuesday and Thursday at 8am. *Charges are payable to the instructor.*

WALKING CLUB: Will resume every Monday at 9am when the weather improves and walking can take place outside on our walking track.

May Birthdays

2nd- Annette Morris
4th- Sally Starr
4th- Caroline LaTray
4th- Nancy Delanson
8th- Eloise Rocco
14th- Sylvia Preston
15th- Dale Waldron
24th- Charlotte Erbland
28th- Tina Trainham

If you would like your birthday added please stop by or call the center! (315) 638-4536.



On your birthday, (or very very close), stop by
Jessicakes at 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 must ask for one! Note: we cannot use gas receipts. This benefits the Senior Activities Committee.

Please continue to bring in your \$.05 returnable bottles and cans. You can also drop off any bottles and cans to J&R Claim Your Change located in the Smokey Hollow Plaza and let them know you want to put it on the Canton Woods Senior Center account. Thank you so much!

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, has had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957** or let the **Staff or Office Volunteers know too!!**

Get Well / Thinking of You cards were sent to:

Ann Wilburn
Mae Slaunwhite
Bea Sharp

Sympathy Cards were sent the family of:

Family of Estelle Checrallah

Free Legal Services

Legal services are available at Canton Woods will resume in May of 2025. Call the center to make an appointment (315) 638-4536. (11:30-3:30pm)
Please tell the receptionist if you are a returning client. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

2025 Travel with Belle Tours LLC

Day Trips

Clayton Boat Tour - June 18, 2025

Sodus Point – July 24, 2025

Overnight Travel

Middlebury Inn, Vermont – June 2 – 5, 2025

Maine/Ogunquit – September 8 – 11, 2025

America's Music Cities – New Orleans, Memphis &
Nashville – October 19 – 26, 2025

Holland & Belgium Springtime River Cruise – April 14
– 22, 2026

British Landscapes. England, Scotland and Wales –
TBD September 2026

Tuscany and the Italian Riviera – TBD October 2026

**Full details for all the above trips are available at
the Center or call Jacki at 315-415-0040.**

Library

The library has been updated to make it more accessible for everyone. New shelving and a fresh new paint job has made it brighter and quite pleasant to just browse and enjoy. Not all of the books are back on the shelves but as they are labeled, they will be brought in. New books will be coming soon.

Your librarians Jacquie and Sharon

MEMORIAL GIVING

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving. Any gifts totaling \$200.00 in one person's name will enable Canton Woods to add their name to the memorial plaque in the foyer.

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

Donations

Your generous donation has a profound impact on our work. Thanks to your support, we can continue to create new programming and update all our standing programs. We are truly thankful for your contribution.

PEACE - SENIOR NUTRITION

		Friday - May 2
		Chicken Primavera
		(Fresh Vegetables) w/ Penne Pasta
		Caesar Salad
		Jell-O
Monday - May 5	Wednesday - May 7	Friday - May 9
Happy Cinco de Mayo	Bolden BBQ Chicken	Happy Mother's Day
Beef & Bean Taco Salad	Baked Beans	Shrimp Alfredo over Linguini
w/ Tortilla Chips, Salsa,	Tomato Cucumber Salad	Roasted Lemon-Garlic Zucchini
Fresh Tomatoes, Lettuce, Cheese,	Fruit Popsicle	& Carrot Coins
& Sour Cream		Crusty Bread
Lemon Bar		Rainbow Sherbet Cup
Monday - May 12	Wednesday - May 14	Friday - May 16
Meatball Sub	Pesto Chicken Topped w/ Fresh	BBQ Beef on Roll
on a Whole Wheat Sub Roll	Tomato Bruschetta over Basil Angel	Steak Fries
Roasted Cauliflower	Hair Pasta	Fresh Spinach Salad w/ Mushrooms
Cantaloupe	Creamed Spinach	Diced Hard Boiled Egg
	Diced Honey Dew	Diced Pineapple
Monday - May 19	Wednesday - May 21	Friday - May 23
Bratwurst w/ Sauerkraut	Homemade Stuffed Peppers	** Brunch 10:30 **
German Potato Salad	(Ground Beef & Rice) w/ Red Sauce	Breakfast Strata
Fruit Cocktail	Tossed Salad	(Egg & Bread Bake w/ Spinach,
Hoagie Roll	Italian Bread	Red Peppers & Swiss Cheese)
	Tiramisu	Home Fries. Sausage Patty
		Pear
Monday - May 26	Wednesday - May 28	Friday - May 30
	Crab Salad on Croissant	Salisbury Steak w/ Beef Demi-Gravy
MEMORIAL DAY	Minestrone Soup	Whipped Potatoes
AGENCY CLOSED	Applesauce	Honey-Thyme Baby Carrots
		Banana
All meals include: Coffee, Tea, Milk,	Menus meet 1/3 of RDA	Suggested Contribution: \$3.50
Bread & Margarine	* Menu is subject to change.*	Guest Meal: \$7.00
*****	FOOD SENSE PROGRAM	*****
Food Sense Program helps stretch your	Cost: \$20.50	PLEASE BRING YOUR OWN
food buying dollars and is open to	Order deadline is May 16	RE-USABLE BAGS TO BRING
everyone and available each month.	by 3:30 PM	YOUR FOOD HOME AS WE NO
Package List can be found on the	Pick-up date is May 28th	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	at 11:45 - 12:45 PM.	

Canton Woods

May 2025

Calendar is subject to change

<u>Monday</u>		<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
				1 8 Tai Chi 10 Falls Class 1pm Pitch	2 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	3
4	5 9 Walking Club 10-12 Bunco 12 Peace Lunch 1 Wii Bowling	6 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:15 Sign Language 12 Dup Bridge 1 Poker 2 Art Group Valery Paul - Legal Aid Society - 11:30	7 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker	8 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch	9 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament Mother's Day Party 11	10
11	12 9 Walking Club 10 Trivia 10-12 Bunco 12 Peace Lunch	13 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	14 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker Safe Bathing at Home Lisa Stratton- 12	15 8 Tai Chi 10 Falls Class 1pm Pitch	16 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Pool Tournament Health & Wellness Fair 1-3	17
18	19 9 Walking Club 10-12 Bunco 12 Peace Lunch 1 Wii Bowling VE Day Roger 10	20 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:15 Sign Language 12 Dup Bridge 1 Poker 2 Art Group BP Checks - 9:30 Terry Risley	21 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker National Grid - 10:30 - 12 Marybeth Basha	22 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch	23 9:15 Cardio Ball Drumming 12 Peace Lunch 1 Bingo 1 Pool Tournament	24
25	26 Center Closed	27 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	28 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker Food Sense Pick Up	29 8 Tai Chi 10 Falls Class 1pm Pitch	30 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	31

2025 MONTHLY NEWSLETTER

(OPEN MONDAY – FRIDAY 8:00AM – 4:00PM)

WWW.BALDWINSVILLE.ORG

TELEPHONE # 315-638-4536

BALDWINSVILLE, NY 13027

76 CANTON STREET

CANTON WOODS SENIOR CENTER

Non-Profit Organization
U.S. Postage
Baldwinsville, NY 13027
Permit # 10

CANTON WOODS MISSION STATEMENT

Senior citizens are a valuable community resource. Canton Woods multipurpose senior center meets the challenges facing older Americans by offering stimulating social activities, education and recreation programs, nutrition, health and other activities.

CANTON WOODS – Helping seniors to remain active members of the community.