

Canton Woods Newsletter

October 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 & Assistant Director:

Happy October

Halloween is sneaking up on us. Hope you can come on out and check out the center and our newest upgrades. We have updated the look of the center and will hopefully continue to make necessary improvements. If you have ideas or things that you would like to see changed, please feel free to let us know.

We are hoping to see some of you come to our upcoming in-service talks for the community as well as attend some of our evening/weekend events! Let us know if there is something you would like to see at the Center that we don't already offer.

Rene' and Jeanne

Senior Activity Committee:

Hello All.... October already do you believe it? On the 9th of October we will have a hot dog lunch, with chips, dessert, and a drink. Lunch will be served at noon. The price for this is \$7.00. Please sign up at the front desk and pay. October 31st is the Halloween party...George Leija will entertain us at 11 am, Snacks, beverages, and Ice cream...Please sign up at the front desk. See ya then

Kathy Hogan

Meals on Wheels:

We cordially invite you to our Mini Boo Bingo event on October 19th, commencing at 1:00 PM. This Halloween-themed gathering will feature a spirited atmosphere, engaging bingo games, and the chance to win exciting prizes.

Doors open at 12:30 PM, allowing ample time for arrival and settling in. Participation is informal; RSVP is not required. Simply arrive at your convenience and collect your bingo cards.

The cost of participation is \$5, which includes six games of bingo. In addition to the bingo games, we will also be holding a 50/50 raffle. To enhance the experience, we will provide a selection of delicious food and Halloween-themed sweets. While costumes are encouraged, comfortable attire is perfectly acceptable. To maintain the integrity of our event, we kindly request that outside food and beverages not be brought onto the premises. For any inquiries, please contact Donna at 315-638-2171. We eagerly anticipate your presence at this fun-filled event.

Please look for our other upcoming fundraisers.

Happy Halloween!
Donna and Jessica

Neighborhood Advisor

So Happy now that Fall has arrived! This month marks the start of Medicare Open Enrollment period from October 15, 2025 to December 7, 2025 to take effect on January 1, 2026. Frank Fernenwein, who represents Onondaga County HIICAP can assist you in reviewing your current plan and/or choosing a new one. Please see me to make a request. I will reach out to Frank by email with your information and he will contact you. You can inquire to me here at the Center or by 315-638-4536. The Onondaga County website is www.onondaga.gov/dss/ or www.ongov.net for more information.

Theresa Neighborhood Advisor ●

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

Fall is officially here and I hope you are all enjoying the beautiful scenery. B'ville Express is seeking volunteer drivers. If you would like to help our seniors access essential needs, please call Gina at 315-638-4536 to volunteer. If you are a senior in need of transportation to a one-day procedure, call Gina at 315-638-4536 to request a free ride. Please note, B'ville Express and the center will be closed Monday, October 13, 2025 in observance of Columbus Day/Indigenous Peoples Day.

JOKE OF THE MONTH:

Why couldn't the bike stand up? It was too tired!

HAPPY HALLOWEEN!!

Gina Carroll

Transportation Coordinator

Canton Community Crafters

Spiders in their webs, witches on their brooms, Skeletons dancing in the dark and you want to hide.... Where to go? I know.... Hide under the BOOtiful quilt made just for Halloween! The Halloween quilt is not a trick, but a treat to keep the chills up your spine away. Purchase your raffle ticket and see this work of art at the main desk. All proceeds go to the center to create fun activities for all our seniors

Tickets are 3 for \$1.00 Or 18 Tickets for \$5.00.

Winner's name will be pulled from the witches cauldron and announced the day of the Canton Woods Halloween party. (The winner doesn't have to be at the party to qualify.)

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.

October Birthdays

- 3 – Shirley Eisenhower
- 9- Arnold Emerson
- 11- Edwina Hay
- 16- Rita Seitzer
- 19- Jean Gentilcore
- 21- Linda Hance
- 23- Monique Finan
- 24- Arlette Folckemer
- 31- Darla Wood

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 7246 State Fair Blvd.
Baldwinsville for 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:

Cathy Spagnola
Avis Neupert
Evie Nelson

Sympathy Cards were sent the family of:

Betty Ball

Free Legal Services

Legal services are available at Canton Woods, please call the center to make an appointment (315) 638-4536. 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

Letchworth State Park w Luncheon- **October 16, 2025**
A "Barry" Merry Christmas tribute to Barry Manilow at
the Turning Stone- **December 11, 2025**

Overnight Travel

New York City w/ the Rockettes- **December 2-3, 2025**
Holland & Belgium Springtime River Cruise – **April 14 –
22, 2026**
Williamsburg, VA and Virginia Beach- September 8-
13, 2026
Canada and New England cruise on the Norwegian
Escape- **September 19-26, 2026**

Library

Donated Fiction

Into the Grey Zone by Brad Taylor
Breaking Day by Adam Oyebanji
You Made a Fool of Death with Your Beauty by Akwaeke
Emezi
The Bone Hacker by Kathy Reichs
The Lion Women of Tehran by Marjan Kamali
Passion Project by London Sperry
The Only Good Indians by Stephen Graham Jones
The Exchange by John Grisham
Maggie; or, A Man and a Woman Walk into a Bar by
Katie Yee
Water Moon by Samantha Sotto Yambao

Donated Large Print from Onondaga County Public Library

Large Print Fiction
Serpents in the Cold by Thomas O'Malley
Beneath a Marble Sky by John Shors
Don't Go by Lisa Scottoline

Scotland and Ireland – **October 11-23, 2026**

Tuscany, Lago Maggiore & Italian Rivera- **November 6-
14, 2026**

Hawaii- April 2027

National Parks- May 2027 TBA

**There will be a slide presentation for the Scotland/
Ireland trip and Tuscany, Lago Maggiore & The Italian
Rivera Trip at Canton Woods on September 23, 2025
@2pm.**

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

Watch Me Die by Erica Spindler
Every Breath by Nicholas Sparks
The Seduction of Lady X by Julia London
The Mystery Woman by Amanda Quick
Come Home by Lisa Scottoline
The Brothers of Baker Street by Michael Robertson
Death Legacy by Jacqueline Seewald
Golden Age by Jane Smiley
Time of Departure by Douglas Schofield
The English Teacher by Yiftach Reicher Atir
No Plan B by Lee Child
The Orchard by Jeffrey Stepakoff
The Baker Street Translation by Michael Robertson
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 contributions

In Honor of Betty Ball

Anonymous
Carol and Ron Fairbank
Sheila Hierholzer
Cynthia Brugnetti
Donna and Rob Colvin
Mary and Wes Furrow

Marcus Brown

PEACE - SENIOR NUTRITION - OCTOBER 2025

	Wednesday - October 1	Friday - October 3
	Meatloaf w/Gravy	OKTOBERFEST
	Buttery Carrots	Beer Bratwurst w/ Sauerkraut
	Mashed Potatoes	German Poltato Salad
	Dinner Roll w/ Margarine	Bavarian Pretzel Stick
	Pineapple	Diced Peaches
Monday - October 6	Wednesday - October 8	Friday - October 10
Shepherd's Pie	Clams Casino Lingini (Whole Wheat)	New England Clam Chowder
(Beef w/ 4-way Vegetable & Whipped Potato Topping)	Winter Blend Vegetables	Roasted Asparagus
Diced Pears	Fresh Baked Bread	Oyster Crackers
	Banana	Orange
Monday - October 13	Wednesday - October 15	Friday - October 17
	Fall Apple and Walnut Salad	Chicken Alfredo - Served over
AGENCY CLOSED	Turkey & Stuffing Roll-up w/Gravy	Whole Wheat Bow Tie Pasta
INDIGENOUS PEOPLES' DAY	Dinner Roll	Broccoli Florets
	Applesauce	Italian Bread
		Apple
Monday - October 20	Wednesday - October 22	Friday - October 24
Creamy Tuscan Ravioli	Tomato & Bacon Chicken Salad	Classic Philly Style Cheese Steak
(Sundried Tomatoes & Spinach)	on Pretzel Roll	Sandwich w/ Peppers & Onions
Roasted Zucchini	Broccoli Soup	Peas and Pearl Onions
Sliced Peaches	Fruit Cocktail	Banana
Garlic Bread		Snickerdoodle Cookie
Monday - October 27	Wednesday - October 29	Friday - October 31
Sloppy Joe on Kaiser Roll	Chicken Riggies	Beef "GHOUL"ash
Split Pea Soup	Caesar Salad	"Haunted" House Salad
Ice Cream Cup	Peaches	"Boo"berry Cobbler
	Italian Bread	
All meals include: Coffee, Tea, Milk, Bread & Margarine	Menus meet 1/3 of RDA * Menu is subject to change.*	Suggested Contribution: \$3.50 Guest Meal: \$7.00
*****	FOOD SENSE PROGRAM	*****
Food Sense Program helps stretch your food buying dollars and is open to everyone and available each month. Package List can be found on the Baldwinsville or Town websites.	Cost: \$20.50 Order deadline is October 17th by 3:30 PM Pick-up date is October 29th at 11:15 - 12:30 PM.	PLEASE BRING YOUR OWN RE-USABLE BAGS TO BRING YOUR FOOD HOME AS WE NO LONGER HAVE BOXES AVAILABLE

Canton Woods

October 2025

Calendar is subject to change

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	4
				9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 12 Party Bridge 1 Bingo 1 Poker 1:15 Corn Hole 11 am- Lawyer (by appointment only)		8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke		9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament Flu Clinic- 9am - 12	
5	6	7	8	9	10	11			
	9 Walking Club 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker 1 Shuffleboard 10:15 Fall Prevention Inservice- Patty Pace	8 Tai Chi 9 Chinese Painting 10 Falls Class 1 Pitch 1 Cooking Class 11am - Hot Dog Party with music by Golden Memories \$7 Please Sign Up	9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament				
12	13	14	15	16	17	18			
	CENTER CLOSED	8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group Terry Risley - Blood Pressure 9 am	9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker 1:15 Corn Hole Hearing Aide Seminar- 11am-11:30	8 Tai Chi 10 Falls Class 1 Pitch	9:15 Cardio Ball Drumming 12-1 Peace Lunch 10:30 Mexican Train 1 Bingo 1 Pool Tournament Food Sense Deadline Before 3:30				
19	20	21	22	23	24	25			
	9 Walking Club 10 Bunco 10 Musical Bingo 12-1 Peace Lunch 1:15 Wii Bowling 1pm - Jim Reynolds- Veterans Coordinator	8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group 10:15 Elderwood Respite Talk	9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker 1 Shuffleboard	8 Tai Chi 9 Chinese Painting 10 Falls Class 1 Pitch 1:15 -2:15 Karaoke	9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 11- Paul Goodwin Open Enrollment				
26	27	28	29	30	31				
	9 Walking Club 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker 1:15 Corn Hole Food Sense Pick-Up 11:15	8 Tai Chi 10 Falls Class 1 Pitch	9:15 Cardio Ball Drumming 12-1 Peace Lunch 1 Bingo 1 Pool Tournament Halloween Party 11am- George Leija Please Sign Up				

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

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 MISSION STATEMENT

CANTON WOODS SENIOR CENTER

76 CANTON STREET
BALDWINSVILLE, NY 13027
TELEPHONE # 315-638-4536
WWW.BALDWINSVILLE.ORG

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

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

2025 MONTHLY NEWSLETTER