

Canton Woods Newsletter

September 2024

Canton Woods Staff

Rene' McMonagle, Director

Griffin Randazzo: Asst Director

Phone (315) 638-4536

Open: 8:00am-4:00pm Mon - Fri

Find our website at

www.baldwinsville.org,

www.townofvanburen.com,

www.townoflysander.org

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

The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long-Term Care Services.

Notes from the Director

Happy September everyone! Happy Labor Day and hope you enjoyed the long weekend! Just a couple of quick notes for everyone – again we want to welcome our new assistant director, Griffin Randazzo and our new Neighborhood Advisor, Theresa Garafalo. Please if you have not met them yet come and see them here at the center. We are happy to have them both here. We will hopefully be starting up some new programs to go along with our regular standing programs. Griffin is looking for ideas and

we would love to talk to anyone who would like to be heard. Please reach out to us to make sure we get a chance to chat. – Rene'

Assistant Director:

Hello Everyone!

My name is Griffin Randazzo and I am the new Senior Recreation Leader at the Canton Woods Senior Center! I am a graduate of SUNY Oswego with a degree in Education. I have been involved in recreation and senior recreation programming for just about 8 years now. I enjoy being involved with the community creating programs and events that the citizens love.

I am originally from south Florida where I lived my entire life before moving to upstate NY for college. Ever since then I have loved the upstate NY community and thought of this area as my second home! I am a huge Syracuse basketball fan and love sports in general. In my off time I enjoy family time, hanging out with friends, watching sports, attending sporting events and playing sports.

I am looking forward to creating fun and unique programs/events for our Senior Citizens here at Canton Woods Senior Center!

Meals On Wheels:

Happy Grandparents Day to all our peeps out there!

YMCA in B'ville will be having a health fair 10-1 come and grab some useful information! And goodies!

Our pork dinner drive-thru is Oct 6 at 3:00pm until sold out! It will include pork sandwich, coleslaw, salt potatoes and a big brownie! \$12.00 All proceeds to help support our program!

Happy Fall!
Donna and Jessica

Neighborhood Advisor/Outreach

Hi! My name is Theresa Garafalo. I am the new ***Neighborhood Advisor/Outreach*** Person for Canton Woods Senior Center. I will be available at the Center Monday thru Friday 8:30 to 2:30PM.

Previously to starting here at Canton Woods, I worked for PEACE Inc at the County West Family Resource Center. My background is in Social Work as a Long Term Care Social Worker and Discharge Planner in skilled nursing settings.

I live locally and like to spend my free time experimental crafting (as I'm a bit of a frustrated Artist!), going to dinner with friends, working on simple home projects and relaxing.

As well as my role at Canton Woods, I also have another job with Nasentia Home Care assisting my friend of 50 years plus around her home.

I am excited to be here as we turn from one Chapter to another at the Center! Please don't hesitate to stop by with your questions or just to say Hello. 😊

B'VILLE EXPRESS

WELCOME FALL!

Schools will be open soon and that means school buses will be on the road creating more traffic. Please be patient with our volunteer drivers.

I would like to welcome two new volunteer drivers, Cecelia Kurpita and Tom Quinn. Thank you for giving to our senior friends of Baldwinsville.

We are still looking for volunteer drivers to help our seniors get to the doctors and grocery stores. At times, our senior friends have had to go without due to lack of transportation. If you would like to help out, please call Gina @315-638-4536.

HAVING A MEDICAL PROCEDURE? Do you have a ride to your procedure? If not, we can help. B'ville Express has a program through funded through the Office for the Aging that will transport seniors to procedures ***at no cost.***

YOU DO NOT NEED TO BE REGISTERED FOR THE B'VILLE EXPRESS.

To request transportation
Just call Gina 315-638-4536

Try to stay cool and enjoy the rest of summer!!

Gina Carroll

B'ville Express Transportation Coordinator

Special events for September:

9/4 Rotary Senior Picnic – 4 to 5:30pm - come out and enjoy with us.

9/11 - Music with John Vona at 11:00am with treats from Wegmans.

9/17 – Trip Presentation for Belle Tours at 1pm

9/18 - AAA Defensive Driving Course is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. **Next class is November 20, 2024.** Fee is \$34.00 checks or money orders made out to AAA. If you have any questions, call the center at (315) 638-4536.

9/18 B'ville Community Band at 7pm

9/26 – Health and Wellness Fair
9:00am to 11:15am

9/26 Walk for the Woods at 4pm

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Wednesday **September 18, 2024** from **12:30-2:00pm** to answer any questions or issues you may have. Just stop in to see her.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. 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. Appointment dates in 2024 are **FULL**.

Blood Pressure Screening:

Tuesday, **September 17th** at 9:30 – 11:00 am

Flu Shot Clinics –

Friday, September 20th – 9:00am to 12pm
Immunizations available are flu shots and COVID boosters.

Senior Programming:

Canton Woods Book Club is resuming and is facilitated by Mark McDaniel.

Mark is asking you to think about the books you always wanted to read and haven't yet! The Book Club will be meeting the 2nd Tuesday of every month through December at 11:15am.

Sign language classes will be directly following the Book Club on the 2nd Tuesday and then again on the 4th Tuesday through December at 11:45am.

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 **let the Staff or Office Volunteers know too!!**

Get Well / Thinking of You cards were sent to: Dave Au

Sympathy Cards were sent the families of: Ruth Fitzmorris, Margo Cavelos, Robert Capucilli, Sharyn Brown

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

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.

PEACE LUNCH

Canton Woods invites you to enjoy the PEACE Lunch hot meal served in our dining room. Share a healthy and nutritious meal with others. ***Please plan to arrive between 11:30 and 11:45am.***

Meal served at 12:00pm.

You must make a lunch reservation at least one day in advance. Lunch is available on Monday, Wednesday, and Friday. The monthly menu is in this newsletter.

September Birthdays:

9/5 Claudia Mathis

9/7 Jean Barlow

9/9 Fred Elkins

9/9 Lee Evans

9/12 Masue Bernholz

9/16 Liz Mastracco

9/16 Edwin Baker

9/17 Kathy Hogan

9/18 Carol McDonald

9/20 Mary Hendel

9/23 Shirley Johnston

9/30 Cindy Halstead

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



JESSICAKES

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

3 Marble St. Baldwinsville
for a FREE birthday cupcake!

Jessicakes 315-484-8228

**Smartphone, iPad, Tablet or Laptop
Computer Assistance provided by
Griffin Randazzo – starting
September 12th at 9am**

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 Theresa, 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 Package List or find it on the Village of Baldwinsville Website.

Cost: \$20.50

The order deadline is Friday, September 13th by 3:30pm.

The pick-up date is Wednesday, September 25th 11:45 - 12:45 pm.

Notes from Canton Woods Senior Activity Committee:

Hi all...now here we are in September, we have a new assistant director, his name is Griffin Randazzo. I want to welcome him and I am looking forward to working with him. The Rotary Picnic is scheduled for September 4th from 4 – 5:30pm. On the 11th of September we will have music by John Vona at 11am sponsored by Belle Tours with treats provided by Wegmans and lunch at noon by Peace Inc. but please sign up at the front desk for lunch the day before the event. Lunch will be tuna salad with chopped egg on a kaiser roll with lettuce, cream of cheddar potato soup, and a fig newton for dessert. The B'ville Community Band will perform on the 18th at 7pm and the AAA Defensive Driving program is on 18th as well from 9 to 3:30pm. Flu shots clinic will start on the 20th from 9am to 12pm. The Health Fair is on the 26th from 9am to 11:15am and The Walk for the Woods will take place on the 26th at 4pm at Canton Woods. Please call the center for any questions. *Kathy Hogan*

Pool Tournaments every Friday at 1:00pm. Sign up ahead of time to get your name on the list.

Tournaments for July

9 Ball Tournaments

7/5

1st Place: Dan Corman

2nd Place: Jerry Dingman

7/12

1st Place: Jerry Dingman

2nd Place: Frank O'Donnell

7/19

1st Place: Jerry Dingman

2nd Place: Frank O'Donnell

7/26

1st Place: Harry

2nd Place: Dave G

Wii Bowling Tents: Every Monday, at 1:00pm. We welcome more Wii Bowlers. Call to sign up.

Lots and Lots of fun come check it out!

Wii Bowling

7/1

1st Place: Sylvia Preston & Jerry Dingman

2nd Place: Doug Clark & Bob Hahn

7/8

1st Place: Gloria Saccone & Cliff Reynolds

2nd Place: Doug Clark & Pat Reynolds

7/15

1st Place: Jerry Dingman & Mae

Slaunwhite

2nd Place: Sue Stapleton & Mike

Slaunwhite

7/22

1st Place: William Swick & Louise Barone

2nd Place: Sylvia & Loren Preston

7/29

1st Place: Bob Hahn & Louise Barone

2nd Place: Sylvia Preston & Doug Clark

Please remember to arrive 10 to 15 minutes before the beginning of each game. Thank you!

Bunco has moved to *Monday* mornings, the 2nd and 3rd Mondays at 10am-12:00pm. This is a fun fast moving dice game. Give it a try. Check the calendar for exact dates.

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

Mexican Train Dominoes

Join the fun every Friday at 10:30am.

Learn to play Mexican Train Dominoes. This is a fun game that is very easy to learn.

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

Duplicate Bridge Tuesday at 12:00pm
Party Bridge Wednesday at **12:00pm**
If you are a Bridge player, please think about joining our games!!!!

Stay fit & Well at Canton Woods!
Try one of these fun fitness classes!

Senior Cardio Ball Drumming
Facilitated by Arlette.
Ball drumming class is 9:15am Wednesday and Friday!
Equipment is provided.

Falls Prevention Class
Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** This class is taught by retired physical therapist Julie Hall. (She will return on September 10th) Work on your core and balance. You will feel the benefit in your daily activities.

Kripalu “Chair Optional” Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher:
Classes are on Tuesday mornings at 11:10am Donation to the instructor. Check calendar for dates.

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

Art Group

Art group will meet in person on Tuesday September 2nd & September 17th at 2pm. Art Studio on the other Tuesdays of the month at 2:00pm.

How about getting together for Adult Coloring!? We need folks to return to this activity.

Adult coloring can reduce stress and anxiety, increase mindfulness, and it’s fun. Try it! Wednesdays at 10:30am.

Sharing Memories Writing Program!
Every Wednesday at 1:00pm.
Facilitated by Tina Trainham.

Yarn Crew

The YARN CREW has many new members and since we don’t always work with yarn we are again wanting to come up with a new name. Stay tuned. In addition to having fund raising craft sales we also are doing and want to expand our community projects. At this point some of us are involved in making Christmas (yes, I said Christmas) stockings for the Christmas Bureau. Recently lap blankets, and baby hats were donated to St. Joseph’s hospital in Syracuse.

Believe it or not, we are also planning new crafts and prizes for the Holiday craft Sale which will be the before Thanksgiving ... Nov. 22-23 times to be determined. Profits from this sale go to the center to provide programs that many of our seniors enjoy.

Again, if you sew, knit, crochet or have another craft we would love to have you as an in-house member who comes to the center for socialization and creating, or a remote contributor who may find getting out difficult or has a craft that cannot be transported easily. Call the center for

information. We meet Tuesdays 9-12 and people come whatever time fits their schedules.

Edwina Hay
Facilitator

2024 Library News

New Books - Fiction

Camino Ghosts by J. Grisham

Eruption by Patterson / Crichton

Resurrection by D. Steel

New Books - Nonfiction

The Wager: A Tale of Shipwreck, Mutiny and Murder by D. Grann

From your new librarians, Sharon and Jacquie

Ask the Physical Therapist...

Did You Know - Sitting is the New Smoking - WHY?

Sitting for long periods has been found to have a significant impact on physical and mental health, as smoking has been found to. Our bodies need activity and movement. Staying stationary also puts us at an increased risk for weakness and other injuries. Prolonged sitting often leads to poor posture, which in turn leads strain on the spine and other major joints. ***Did you know that even if you get the recommended 30 minutes of exercise daily, but you still sit most of the day - it is considered a sedentary lifestyle?***

Try this instead:

- 1: stand up every hour and walk a loop inside your house
- 2: Holding your counter, march in place
- 3: Standing tall, pinch your shoulder blades back to draw your shoulders back

4: Stand up in a safe position, feet shoulder width apart, reach your arms overhead and reach for the ceiling (if you are able) to get a stretch through your spine.

If you are at a computer - make sure your eyes look straight at the top of the screen, not the middle. Make sure your feet touch the ground flat and your chair allows your knees and hips to be at a 90 degree angle. This sets you up for good posture while you must sit!

***If you are having any trouble completing these exercises or you experience pain, consult a Physical Therapist.*

Onondaga Physical Therapy

(across from the B'ville Diner)

19 E Genesee St

Call Or Text: 315-635-5000 |

www.onondagapt.com

Learn more about Our Locations, What We Treat, Make an appointment online, Healthy Living Tips & More:

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 which is 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!

September travel for
Canton Woods and Belle
Tours LLC

Day Trips

Mystery Trip – September 12, 2024

Adirondack Scenic Railroad –
October 3, 2024

A Classic Christmas @ The Turning
Stone – December 12, 2024

Overnights

Southern Charm – October 7 – 13,
2024

Bethlehem/Lancaster, PA Christmas
Celebration – November 18 – 20,
2024

New York City w/ The Rockettes –
December 3-4. 2024

2025 Overnight Travel

Dubai & Southern Africa – March 24
– April 9, 2025

Middlebury Inn, Vermont – June 2 –
5, 2025

Maine/Ogunquit – September 8 –
11, 2025

Colorado Rockies – September 20-
28, 2025

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

Spain, Portugal and Casablanca –
November 7 – 17, 2025

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

Additionally, there is a
Presentation on September
17th at 1pm for Belle Tours
France trip.