

Canton Woods Newsletter

October 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 October everyone! Happy Halloween is just around the corner! This is one of my favorite holidays. I am excited to say we have gotten our Facebook Page up and running. Please if you are on Facebook go to the Canton Woods Senior Center and follow our page and share with your families and friends. 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 Seniors!

October is finally here and that means we are officially into fall season! Just a reminder we have started our Walking club and it has been a great success! We welcome all new walkers every Monday morning at 9am to join us! Also, don't forget about our technology class every second Thursday of the month at 9am. Feel free to bring in your iPhone, iPad, Laptop, etc. with any questions you may have! With fall season here that brings Halloween, that being said we will be having a Halloween party on October 30th! Please join us with your costumes as we will be giving out prizes for best costumes! I look forward to seeing everyone this month!

-Griffin

Notes from Canton Woods Senior Activity Committee:

Happy October!

So, September went by quick ... we did have music on the 11th with John Vona and treats from Wegmans...the 50/50 raffle was won by Gloria Halstead. So here comes October...and Halloween – we are going to have a party on the 30th with live music, prize for the best costume, 50/50 raffle and guess the number of candies in the jar... it will be a fun time for all, hope to see you there!!

Kathy Hogan

Neighborhood Advisor/Outreach

Fall is Finally here.... Did you know catching a falling leaf can bring you good luck! As the new season rolls in, I continue to get to know Canton Woods Members and have started to partake in some of the great classes and activities offered. I am finding the Falls Class challenging to say the least and look forward to letting out my artsy side with the Yarn Crew!

September has been a busy month at Canton Woods. We served sixteen Seniors in person this month, made fifty phone contacts and had several home visits to seniors in the community. The plan is to continue to reach, serve and expand Seniors' knowledge of Onondaga County Programs /Services along with encouraging membership at the Center.

Just a reminder to please feel free to stop by and say Hello or approach me during Activities. Please forgive me if I don't immediately remember names. I'm better at remembering faces.

Theresa – Neighborhood Advisor 😊

B'VILLE EXPRESS

Fall is officially here and I hope you are all enjoying the beautiful scenery. B'ville Express is in need of volunteer drivers. Many of our senior friends are not able to access essential needs due to lack of transportation. If you are interested in helping our seniors and to keep the program going when we enter our golden years, please call Gina @315-638-4536. B'ville Express welcomes two new drivers: **Patty Fernandez and Kathy Wheeler!**

Thank you for helping the seniors of our community!

Need a ride to a procedure? Call Gina@315-638-4536 -we have access to a free ride program for one day procedures.

HAPPY HALLOWEEN!!

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

Meals On Wheels:

Happy Halloween to all our friends! Our pulled pork dinner drive through is October 6th! No presales! Meal includes pulled pork sandwich, salt potatoes, cole slaw, huge homemade brownie all for only \$12.00. Gluten free is available. This will begin at 3pm until sold out.

Next will be November 5th starting at 11:30am we will be selling cups of chili, broccoli soup, chicken salad or egg salad on a croissant until 6:30pm. Make it a meal deal \$10.00 includes chips and bottled water!

All proceeds to help support our program!
Thank You!

Donna and Jessica

Special events for September:

10/6 Drive Thru Pork Dinner – presented by Meals on Wheels at 3pm until sold out

10/10 & 10/28 – Excellus 1 on 1 question and answer session 10am – 12pm.

10/14 – CENTER CLOSED FOR OBSERVATION OF COLUMBUS DAY

10/16 – Belle Tours Presentation 2pm – is a presentation by Belle Tours discussing the next large trip to Tour of the Music Cities.

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Wednesday **October 16, 2024** from **10:30am – 12:00pm** 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, **October 29th** at 9:30 – 11:00 am

Flu Shot Clinics –

Friday, October 25th – 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 10:45am.

Sign language classes will be directly following the Book Club on the 2nd Tuesday and then again on the 4th Tuesday through December at 11:15am.

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: Ann Wilburn and Jerry Dingman

Sympathy Cards were sent the families of: none

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.

October Birthdays:

10/3 Shirley Eisenhower
10/11 Edwina Hay
10/16 Rita Seitzer
10/19 Jean Gentilcore
10/21 Linda Hance
10/23 Monique Finan
10/24 Arlette Folckemer
10/31 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
3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

Smartphone, iPad, Tablet or Laptop Computer Assistance provided by Griffin Randazzo

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.

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

8/2

1st Place: Marcus

2nd Place: Frank O

8/9

1st Place: Marcus

2nd Place: Paul

8/16

1st Place: Marcus

2nd: Frank O

8/23

1st Place: Jack

2nd Place: Micky

8/30

1st Place: Dave G

2nd Place: Harry

Wii Bowling T'ments: 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

8/5

1st place: Ken Stewart & Jerry Dingman

2nd Place: Sue Stapleton & Louise Barrone

8/12

1st Place: Linda Calnon & Lauren Preston

2nd Place: Mae Slaunwhite & Doug Clark

8/19

1st Place: Ed Barlow & Ken Stewart

2nd Place: Tom Spagnola & Louise Barrone

8/26

1st Place: Jerry Dingman & Doug Clark

2nd Place: Bob Hahn & Ken Stewart

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 is working very hard. We are sewing and knitting and crocheting. That craft show in November is quickly approaching. Mark those calendars. The weekend before Thanksgiving.

Bird watchers and lovers of Beaver lake will love the raffle sponsored by the Yarn crew. Check it out at the main desk.

Edwina Hay
Facilitator

2024 Library News

New Books-Fiction

Here One Moment not Hear One Moment by Liane Moriarty
Hard to Kill by James Patterson and Mike Lupica
By Any Other Name by Jodi Picoult
Passions in Death by J. D. Robb
The Joy by Danielle Steel

New Books-Biography

The Light of Battle: Eisenhower, D-Day, and the Birth of the American Superpower By Michael Paradis

New Books-Nonfiction

Confronting the Presidents: No Spin Assessments from Washington to Biden by Bill O'Reilly and Martin Dugard

Donations-Large Print-Fiction

The Edge by David Baldacci

Donations-Large Print-Western

The Kansas City Cowboys by Johnny D. Boggs
The Western Double by Max Brand
Sunset Wins A Western Trio by Max Brand
Daring Duval by Max Brand

Donations-Fiction

The Atlas Maneuver by Steve Berry
Storm Watch By C. J. Box
Resurrection Walk by Michael Connelly
Blood Lines by Nelson DeMille
Robert B. Parker's Broken Trust by Mike Lupica
The Good Fight by Danielle Steel
Mastering The Art of French Murder by Colleen Cambridge

From your new librarians, Sharon and Jacquie

Ask the Physical Therapist...

Why is it important to choose the right PT?

The standard approach in PT often involves patients frequently being double-booked or left to perform exercises on their own. However, Onondaga Physical Therapy is revolutionizing this model by offering you a unique, one-on-one care experience that is unparalleled.

The Power of Personalized Attention, Customized Care and Communication

At OPT, our PT's foster a deeper understanding of your specific needs, conditions, and progress. The continuity of care we offer allows the therapist to tailor each session precisely to your evolving requirements.

One-size-fits-all is not a concept that applies at Onondaga PT. Whether you are recovering from surgery, managing a chronic condition, suffering from vertigo, struggling with pelvic floor dysfunction or seeking to improve athletic performance, the personalized care model at Onondaga PT is tailored to meet your specific needs. When you know it's time to start PT - do your research and find the right practice for you. Ask around for recommendations, google reviews, call the clinic - be sure you are getting the one on one attention you deserve!

***If you are having any questions about PT care and how to find the right practice for you, 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

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!

October travel for Canton Woods and Belle Tours LLC

Day Trips

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.