

# Canton Woods Newsletter

## December 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](http://www.baldwinsville.org),

[www.townofvanburen.com](http://www.townofvanburen.com),

[www.townoflysander.org](http://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 Holidays and Merry Christmas to all! I am thankful for my family, friends and all of you! Each day here is a blessing to me because I have been able to enjoy doing what I love the most, which is to socialize. The company that we bring to each other is the best compliment we can give. We have lots of upcoming excitement for this month so please check it out and join in!

Rene'

### Notes from Canton Woods Senior Activity Committee:

December is here already ... On the 3<sup>rd</sup> we are having the Lafayette Community Band at 7pm. On the 4<sup>th</sup> we will have Susan Alexander is entertaining us... we will have cookies and punch and lighting our tree at 4, also the B'ville Community Band will be here at 7pm.

Movie Mondays, starting December 2<sup>nd</sup> at 10am, popcorn will be served.

On the 31<sup>st</sup> we will having our Holiday party at 1:00, with music and snacks. Hope to see you all there!

*Griffin & Kathy*

### Neighborhood Advisor

*Merry December! Did you know these famous people were born in the month of December: Singer Frank Sinatra, Pro Basketball Legend LeBron James, Actor Anthony Hopkins, Singer Jim Morrison, Actor Dick Van Dyke and Comic Book Writer Stan Lee – to name a few. Fun Fact: the Full Moon in December is known by many Native American Tribes as the Full Cold Moon because of the sunny and cold days following.*

November Recap: This NA was busy with HEAP: renewals and new applications. Onondaga County HIICAP Volunteer Frank Fernenwein has been helping many area seniors with Medicare Plan choices. Reminder, Medicare Open Enrollment ends December 7, 2024.

Transportation Update: Consider contacting Onondaga County for the Go Go Grandparents Transportation Program. It is for folks 60 and over. You get two free round trips or four one-way trips FREE! Riders can also bring someone along with them. Participants need to be able to transfer safely in/out of a vehicle. Please call Onondaga County 315-435-1400 to sign up TODAY!

I am continuing with Outreach Calls to area Seniors regarding available Onondaga County Programs/Services along with the impressive Programs and Services offered here at the Center with good result.

*Merry and Bright Holidays,*  
**Theresa - Neighborhood  
Advisor/Outreach Person** 😊

## **B'VILLE EXPRESS**

Hoping you all had a wonderful Thanksgiving! Winter is here and that means school closings and delays. Please keep in mind, if the B'ville schools are closed due to inclement weather, the B'ville Express will also be closed. Please check the school closings when the weather is bad.

All of our drivers are senior volunteers from the Baldwinsville area. They volunteer their time and use their own cars and gas. We welcome your donation to help offset the cost of gas to our drivers. All donations are used to purchase gas gift cards and given directly to our drivers. If you would like to acknowledge our drivers, please make your donation payable to CW B'ville Express.

CWSC along with the B'ville Express will be closed on 12/24/24 - 12/25/24 in observance of the Christmas holiday and again on 1/1/26 for New Years.

**Wishing you all a Merry Christmas and Happy Holidays!**

## *Gina Carroll* **Transportation Coordinator**

### **Yarn Crew**

I have just come home from setting up for the craft fair which will be Friday and Saturday, November 22 and 23rd. I am overwhelmed. What an amazing amount of items we have to display and sell. This community has gone above and beyond, and I want to thank all of our remote workers and all of our in-house workers for the very hard work that they have done. We have tried to introduce new items this year, and we were given more space so that makes it wonderful to shop. We try very hard to keep our prices within reason. Since all of the items are handmade and the materials are donated, people have very generously donated their time to support this senior center. I am so proud of the members of our group. Of course, in the next newsletters, we will report the final tally and announce winners of the raffles.

Canton Woods Senior Center is an amazing organization. What makes it so amazing? The people who care!

### **Edwina**

#### *January Contest: Name That Group*

For a while, the crafters at Canton Woods have been using the name Yarn Crew. We don't feel that it truly reflects the organization and its purpose. We try to help all of those in need who live in Baldwinsville and other places. We have donated many blankets and eyeglass holders and baby hats to Saint Joe's hospital, but we are looking to expand our charitable causes. However, we need a better name. We need something

that reflects our artistic as well as recognizes the beneficial contributions we make to our community. The term Yarn Crew just doesn't cut it. We have knitters and crochets, but we also have people who use sewing machines and looms. We would like our name to reflect those skills as well as let people know that we are compassionate, caring, and want to donate to just causes.

Therefore, Terry, the nurse who comes to take your blood pressure, has offered to donate a prize of a \$25 gift certificate to TOPS MARKET to the person who comes up with the name that the group feels represents who we are and what we do. Please put your ideas on a slip of paper and put your paper into the container provided at the front desk at the end of January. the group will look at all the names and decide which one we like the best, whoever submits the name chosen will win a \$25 gift certificate to Tops market.

You have until January 31 to submit the name for our craft group.

### **Meals On Wheels:**

The Board of Directors expresses its sincere appreciation for your invaluable contributions and unwavering support this past year. Your friendship has been essential to the success of our program, and we are deeply grateful for your support. We recognize that our achievements are a direct result of the collective efforts of our community.

As the year concludes and the holiday season begins, we extend our warmest wishes for a joyous and restful time with family and friends. We hope the coming year brings you happiness, good health and Blessings!

Please do not hesitate to contact us should you have any questions or require assistance. WE are always available to help!  
Happy Holidays!  
Donna and Jessica

## **Special events for November:**

### **National Grid Senior Advocate**

Mary Beth Basha, will be available to answer any questions or issues you may have. Please reach out to the Center for questions and we will reach out to Marybeth until she returns.

### **Free Legal Services**

Legal services are available at Canton Woods on January 9<sup>th</sup>, 2025 and then will resume again 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. Appointment dates in 2024 are **FULL**.

### **Blood Pressure Screening:**

Tuesday, **December 17<sup>th</sup>** at 9:30 – 11:00 am with Terry Risley.

### **Senior Programming:**

**Sign language classes** will be on the 2<sup>nd</sup> Tuesday and then again on the 4<sup>th</sup> Tuesday through December at 11:05am.

### **MONDAY MOVIE TIME – 10AM**

12/2 White Christmas

12/9 Polar Express

12/16 It's a Wonderful Life

12/23 Four Christmases

Come out and join us for a movie with popcorn and drinks!

## UPCOMING MUSICAL EVENTS -

**12/3 Lafayette Community Band at 7pm**

**12/4 Susan Alexander - Caroling at 2pm**

**12/4 Baldwinsville Community Band at 7pm**

**12/16 Rita Jenks - Christmas Caroling at 3pm followed by cookie decorating with the Girl Scouts at 5pm**

**12/18 Phoenix Middle School Chorus 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, 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: Barb Harvie**

**Sympathy Cards were sent the family of:**

### **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.

## **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

## **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.

*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!*

## December Birthdays:

12/4 Diane Ayotte  
12/8 Jan Wojnovich  
12/9 Dan Weimers  
    Adrian Van Maarseveen  
12/11 Jeanne Brainard  
12/16 Valerie Parks  
12/20 Bea Sharp  
    Edna Parker  
12/21 Marilyn Powell  
    Nancy Thomas  
12/22 Suzanne Ellis  
12/23 Judy Doran  
12/24 Joan Lilliquist  
12/26 Betty Sykes  
12/28 Bob Hahn

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

## 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, December 6, 2024 by 3:30pm.**

**The pick-up date is Wednesday, December 18, 2024 at 11:45 - 12:45 pm.**

**PLEASE BRING YOUR OWN RE-USABLE BAGS TO BRING YOUR FOOD HOME AS WE WILL NO LONGER HAVE BOXES AVAILABLE.**

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!

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

### **Tournaments for October**

## **9 Ball Tournaments**

10/4

1st Place: Micky

2nd Place: Griffin

10/11

1st Place: Dave A

2nd Place: Bill B

10/18

1st Place: Loren

2nd: Dave G

10/25

1st Place: Marcus

2nd Place: Nick P

**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**

10/7

1<sup>st</sup> place: Sue Stapleton/ Louise Barone

2<sup>nd</sup> Place: Tom Spagnola / Maryann Deming

10/21

1<sup>st</sup> Place: Mae Slaunwhite / Maryann Deming

2<sup>nd</sup> Place: Bob Hahn / Diane Quinn Miller

10/28

1<sup>st</sup> Place: Mae Slaunwhite / Diane Quinn Miller

2<sup>nd</sup> Place: Jan Wojo/ Kurt Lyon

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

**Bunco** has moved to *Monday* mornings, the 2<sup>nd</sup> and 3<sup>rd</sup> 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 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 December 3rd & December 17th at 2pm. Art Studio on the other Tuesdays of the month at 2:00pm.

**Please come out and support Canton Woods Seniors Art Show at the Baldwinsville Library starting on December 4<sup>th</sup>.**

**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.

## **2024 Library News**

### **Donations-Fiction (Small Print)**

The Girl with the Louding Voice by Abi Dare

Happily Ever Amish by Shelley Shepard Gray

Lady Clementine by Marie Benedict

The Best Is Yet to Come by Debbie Macomber

If Not for You by Debbie Macomber

A Walk Along the Beach by Debbie Macomber

Something to Hide by Elizabeth George

Bloodless by Preston & Child

Crooked River by Preston & Child

Dead Mountain by Preston & Child

Fallout by Sara Paretsky

### **Donations-Large Print Western**

Rancher's Law by Dusty Richards

Soldier in Buckskin by Ray Hogan

Lawless Town by Lewis B. Patten

Savage Desert by Lewis B. Patton

Hot Metal by S. I. Soper

A Bullet for Billy the Kid by Will Henry

Legend of a Badman by Ray Hogan

New Hope by Ernest Haycox

Nowhere, TX No Law, No Justice by David Robbins

Rattlesnake Mesa by Peter Dawson

Anything Goes by Richard S. Wheeler

The Raven's Honor A Sam Houston Story by Johnny D. Boggs

Taos Lightning by Johnny D. Boggs

The Lightning Warrior by Max Brand

The trail Beyond by Max Brand

Red Fire A western Trio by Max Brand

Amber's Mirage and Other Stories by Zane Grey

Rusty Sabin by Max Brand

Old Carver Ranch by Max Brand

Torturous Trek by Maz Brand

Saddlemates by Max Brand

The Brass Man by Max Brand

The Business of Dying by Richard S. Wheeler

Easy Street by Richard S. Wheeler

Mark of the Hunter by Charles G. West

Black Ransom by Stone Wallace

Siege at High Meadow by Louis Trimble

Brass in the Desert by Richard S. Wheeler

The Ghost of Apache Creek by Joseph A. West

The Stranger from Abilene by Joseph A. West

On the Oregon Trail by Robert Vaughan

Slaughter Canyon by Joseph A. West

The Outlaw by Max Brand

Down on Gila River by Joseph A. West

My Gallows Hang High by Stone Wallace

### **Donations-Large Print Fiction**

The Air You Breathe by Frances De Pontes Peebles

Girls Burn Brighter by Shobha Rao

Hard Cash Valley by Brian Panowich

Rosie Colored Glasses by Brianna Wolfson

*From your new librarians,  
Sharon and Jacquie*



Hey all – just wanted to remind everyone that it is time to start renewing your newsletter for 2025 – please reach out to the Center and pay the upcoming fee for the next year to receive your newsletter in print. We will be making a slight adjustment to this year’s cost because we are now printing the newsletter at the Center and of course the cost of the printing and supplies are not being covered by what we charge. Our old charge was \$5.00 for the year and we will be raising our costs to \$7.00 per year.

*December travel for  
Canton Woods and Belle  
Tours LLC*

*2025 Overnight Travel*

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.*