

Canton Woods Newsletter

January 2025

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 New Years to All! I hope everyone had a happy holiday season and I want to welcome in the New Year with some new fun. We will continue our existing programs and have new upcoming excitement for this month so please check it out and join in!

We have also voted to change our age requirements starting in January from 60 to 55. We will be welcoming new members soon! Please keep your

suggestions and ideas coming we are glad to try new things!

Rene'

Hello Seniors!

I hope everyone had a Merry Christmas and great holidays! We had a lot going on this past month so I hope you were able to get out to all our events and live music events.

Now it's a new year! We will be having a trivia event on January 13th from 10:30am to 12:30pm. It's \$5 to play. That \$5 also gets you pizza, drinks and prizes to the winning team! Please sign up at the front desk before January 6th!

We also have John Harrington who will be here on January 17th at 11am for live music.

I hope to see everyone here throughout the month!

Griffin

Notes from Canton Woods Senior Activity Committee:

Welcome to January 2025

I hope everyone had a great holiday season... We here at the center had a great time. So on Friday, January 17th we have John Harrington to entertain us... And per usual there will be snacks for everyone... Please plan on attending. See you soon!

Kathy

Neighborhood Advisor

An Update from the Onondaga County Office of Aging regarding the GoGoGrandparent Transportation Program as of December 3, 2024: the program will no longer be accepting new registrants at this time. We will be informed by the county when new registrants are being accepted again. Current registered clients are now limited to two one-way trips, each up to 50 miles. Exceptions will only be made for folks enrolled in the Rock Steady Program through Empower Parkinson.

FYI: Telecare is sponsored by Community Contact Services. It is a FREE telephone reassurance program that offers daily connection for friendly check-ins, emotional support, medication reminders, well being checks along with temporary support upon hospital discharge. Each Client has a safety plan in place and a designated contact is alerted if TeleCare are not able to reach a client. If you, or someone you know could benefit from TeleCare, please call 315-218-1915. You can also inquire to myself here at the Center. I am happy to get more information or call with you!

As Always, please stop and see me with any questions, comments, concerns or just to say HI!

Finally, Happy 2025!

Theresa 😊

B'VILLE EXPRESS

HAPPY NEW YEAR!!

I hope you all had a wonderful Holiday! As we welcome in 2025, I would like to recognize the B'ville Express volunteer drivers. Our drivers provide transportation for our

senior friends of Baldwinsville who without these drivers, cannot get to doctor appointments or access essential services such as getting groceries.

To recognize these selfless volunteers, we had a wonderful Holiday luncheon just before Christmas for the drivers. Fun was had as it was nice for myself and the drivers to be together. For those drivers who were not able to make the luncheon, please don't forget to stop into the center to get the gift I have for you.

If you know a senior that lacks transportation, please refer them to our program by calling the center.

We are always in need of volunteer drivers. If you are interested in volunteering to help your senior friends of Baldwinsville, please call the center. Everyone be safe as winter has just begun!

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.

WINNERS

With all the activities going on between November, December and January, sometimes you get a little bit forgetful. I fall into that category and realized I had not publish the names of the winners for the raffle at our craft fair congratulate the following winners.

Gnome Afghan.....Melissa Bonnell

Raffle Baskets

Wine....Donna Troy

Movie night...Liz Mastracco

Kitchen.....Becky DenBleyker

Baby items....Melinda Reynolds

Edwina

Meals On Wheels:

Holidays are over and we hope everyone had a safe healthy blessed one! I know for some it was a hard lonely holiday! So remember we can still reach out to our homebound with some holiday cheer! Please be polite and wish a Happy New Year!

Thanks everyone for all our wonderful donations but it does not stop we are always here trying to feed our seniors, so please any monetary donation helps us!

Happy New Year!
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 9th, 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.

Blood Pressure Screening:

Tuesday, **January 21st** at 9:30 – 11:00 am with Terry Risley.

Senior Programming:

Sign language classes will be on the 2nd Tuesday and then again on the 4th Tuesday from January through June and then will resume September to December at 11:15am. January dates are the 14th and 28th.

UPCOMING MUSICAL EVENTS –

1/17 11am John Harrington

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: Andrea Ives, Charlotte Erbland

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 for all seniors 60 and above.

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!

January Birthdays:

1/1 Nunzio Lipari
1/3 Mary Ann Deming
1/6 Trish Spaulding
1/7 Dick Clarke
1/13 Sylvia White
1/17 Nancy Sullivan
1/17 Barb DeDanto
1/18 Nancy Van Maarseveen
1/28 Jean Howard
1/28 Millie Flett
1/30 Jackie Armalino

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

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 or Town websites.

Cost: \$20.50

The order deadline is Friday, January 10, 2025 by 3:30pm.

The pick-up date is Wednesday, January 22, 2025 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.

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

11/1

1st Place: Dave Au

2nd Place: Loren Preston

11/8

1st Place: Nunzio Lipari

2nd Place: Paul Dreher Wiberg

11/15

1st Place: Nunzio Lipari

2nd: Frank O'Donnell

11/22

1st Place: Marcus Brown

2nd Place: Don Varn

11/29

1st Place : Dave Gorman

2nd Place : Nunzio Lipari

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

11/18

1st place – Mae Slaunwhite/Diane Quinn Miller

2nd place – Jan Wojnovich/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 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 9am and 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 and double check the calendar. Please be sure you know how to play before signing up. If you are interested in learning or know someone how is please reach out and we can provide some instruction lessons.

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 – January 21st and 28th -

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 January 7th and 21st 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 or at any time at the center.

Sharing Memories Writing Program!

Every Wednesday at 1:00pm.

Facilitated by Tina Trainham.

2025 Library News

New Books-Fiction (Small Print)

Counting Miracles by Nicholas Sparks
Now or Never-Thirty-One on the Run by Janet Evanovich

The Grey Wolf by Louise Penny

Identity Unknown by Patricia Cornwell

Lies He Told Me by James Patterson and David Ellis

A Christmas Duet by Debbie Macomber

In Too Deep by Lee Child and Andrew Child

Triangle by Danielle Steel

The Waiting by Michael Connelly

New Books-Biography (Small Print)

You Never Know-A Memoir by Tom Selleck with Ellis Henican

New Books-Nonfiction (Small Print)

Framed-Astonishing True Stories of Wrongful Convictions by John Grisham and Jim McCloskey

Donations-Large Print Fiction

The Front by Patricia Cornwell

The Inbetween Days by Eva Woods
The Red Daughter by John Burnham
Schwartz
Beautiful Bad by Annie Ward
There's a Word for That by Sloane Tanen
Memorial by Bryan Washington
The Shape of the Ruins by Juan Gabriel
Vasquez
Mother Daughter Widow Wife by Robin
Wasserman
The Book of V by Anna Solomon
Creatures by Crissy Van Meter
The words I Never Wrote by Jane Thynne
Oh William! By Elizabeth Strout
The Last Tourist by Olen Steinhauer
The Knockout Queen by Rufi Thorpe
Fake It Till You Bake It by Jamie Wesley
The Wedding War by Liz Talley
The Girls at 17 Swann Street
The Lawgiver by Herman Wouk
Yule Log Murder by Leslie Meier, Lee
Hollis, and Barbara Ross
The Cat Who Wasn't There by Lilian
Jackson Braun

Donations-Large Print Western

Only the Stubborn Survive by R. W.
Stone
Dust and Glory by Michael Zimmer
Sundown by Michael Zimmer

Donations-Biography (Small Print)

When Pride Still Mattered-A Life of Vince
Lombardi by David Maraniss
Careless Love-The Unmaking of Elvis
Presley by Peter Guralnick

Donations-Fiction (Small Print)

The Postcard by Anne Berest
It's Better This Way by Debbie
Macomber
Midnight at the Blackbird Cafe by
Heather Webber
One-Star Romance by Laura

The Book of Longings by Sue Monk Kidd
The Violin Conspiracy by Brendan
Slocumb

*From your new librarians,
Sharon and Jacquie*

*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!*

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.

January 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.

Ask the Physical Therapist...

How can I shovel to avoid hurting my back?

As we prepare for winter in CNY, it's a great time to revisit proper back and body care when it comes to snow removal and safety. Every year, over 11,000 people are treated in the ER for back pain, shoulder strains and fractures because of the snow. How can you prevent yourself from being one of these many? Follow these tips below:

Use proper body mechanics: Don't lift with your back! Use your more powerful quadriceps muscles (thighs) - think of it as a squat as you bend down to shovel, bend at the knees and not at the back.

Push instead of lifting: Try to push the snow with your shovel, when possible, instead of lifting up scoops of snow each time.

Choose the right shovel: be sure to get a shovel that is the right height for you- find an adjustable one and make sure it is lightweight.

Be proactive: salt often, wear proper footwear that has sufficient traction, shovel a little at a time, take breaks, drink water.

***If you have any questions on proper lifting or worry about your overall strength and balance, 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 [Viewing Tips & More:](#)

