

# Canton Woods Newsletter

## January 2026

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](http://www.baldwinsville.org)

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

[www.townoflysander.org](http://www.townoflysander.org)

Center open 8:00 AM – 4:00 PM Monday – Friday Phone (315) 638-4536

### Note from the Director and Assistant Director:

The new year is finally here, and we hope everyone had a wonderful holiday season. We enjoyed a nice New Year's Eve toast and are looking forward to a great year ahead. Please note that we will be closed on January 1st in observance of New Year's Day.

We're excited to share that a new fitness class, Moving in Rhythm, will be starting this month and will be held on Monday mornings at 9:00 a.m. In addition, the Art Group will be offering a beginners Watercolor Class on January 13, January 20, January 27, and February 3, 2026.

There will also be a 6-week Beginner Bridge class beginning on January 28, 30, February 4, 6, 11, 13, 18, 20, 25, 27 and March 4, 6 at 10:30 a.m. We hope you'll join us for these fun and engaging programs as we kick off the new year!

**Rene' and Jeanne**

### Senior Activity Committee:

Well, here we are in January already and I for one want to turn the snow machine off. I hope everyone had a good holiday season. January 14<sup>th</sup> Karl Lagray will be entertaining us from 10:45 until 11:45. Hope to see you all there.

Thanks

**Kathy**

### Meals on Wheels:

To all our friends,  
We would like to give thanks to everyone for your support throughout this year. Your continued support helps us to continue to feed our seniors! We would like to wish all of you a very Merry Christmas and a healthy Happy New Year.

**Donna and Jessica**

## Special Events & Notices – See calendar for times

**Please Sign up for all events at the front desk.**

**1-1 Center Closed- New Years Day**

**1-14 Music - Karl LaGray**

**1-19 Center Closed- MLK Day**

**2- 13 Valentines Day Party- music by Jillisa 11am**

**2-16 Center Closed- Presidents Day**

**3-17 Ron Schlie Irish Music 11am**

**4-3 Easter Party- Golden Memories 11am**

**4-16 Marcel Pouliot – Classic Country Band**

### Neighborhood Advisor

The Neighborhood Advisor is funded through Onondaga County's Office of the Aging.

*Happy New Year, best wishes to all for 2026!*

Updates: the 2025 – 2026 HEAP season is back open. Applications are being accepted. Also, the Heating Equipment Repair and Replacement (HERR) benefit is available to those who qualify. Please call 315-638-4536 or stop and see me here at the Center for details. If you have questions about your National Grid bill, I can assist you in getting in touch with one of their Customer Advocates.

Theresa ●

### **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**

The B'ville Express is funded through Onondaga County's Office of the Aging

Hoping you all had a wonderful Christmas! Thank you for your volunteer spirit and willingness to help our senior friends of Baldwinsville!

We are always in need of volunteer drivers. Many of our seniors in Baldwinsville go without medical services or groceries due to a lack of transportation. If you are interested in helping your senior friends, please call the center @315-638-4536.

The center will be closed on the following:

New Years Day: Thursday 01/01/26

Martin Luther King Day 1/19/26

Transportation Coordinator

### **Canton Community Crafters**

We are tired, but we are pleased. Everyone pitched in to help create the best craft sale we have ever had. The Canton Woods Community Crafters are pleased to support the senior center by raising this money to promote activities for ALL the people at the center.

We had so many things to share that we wanted to spread our good fortune to various local organizations. Generally speaking, we wanted to be sure our donations stayed within the community. Hutchings Psychiatric Center because I have donated previously reached out to me specifically so I honored that request.

Christmas Stockings- Christmas Bureau

Knitted blankets / lap robes - Meals on Wheels Vera House (for a safe house in the area, Syracuse Home, PEACE

Items for the Kids Christmas- First United Methodist Church

Hats, scarves, cowls—Baldwinsville Central School District, Hutchings Psychiatric Center

Well over 200 items were donated to support our community. We are now accepting your yarn and other craft donations to support our cause. If you feel so inclined please join us on Tuesdays 9-12. Come when you want, leave when you want. We are flexible! And...nice.

Edwina Hay

## **ACTIVITIES PAGE**

**SIGN LANGUAGE CLASSES:** Every Monday from 9 to 9:30.

**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.

**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 –The Second Monday every month 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 to 10:15am. *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:** Tuesday mornings at 11:10am. Please see calendar for exact dates. *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 in Rhythm:** Every Monday at 9am.

## January Birthdays

1 Nunzio Lipari  
3 Maryann Deming  
6 Trish Spaulding  
7 Richard Clarke

13 Slyvia White  
17 Nancy Sullivan  
Barbara DeSanto  
18 Nancy VanMaarseveen  
22 Charlie LaPrease

25 Ken Stewart  
27 Jean Howard  
Millie Flett  
Larry Prunotto  
30 Jackie Armelino

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 as this money goes to the Senior Activity Committee. 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:**

Millie Flett  
Marie Sturg

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

## **Free Legal Services**

Legal services are available at Canton Woods. 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.

## **2025 Travel with Belle Tours LLC**

### **Day Trips**

#### **Overnight Travel**

Holland & Belgium Springtime River Cruise – **April 14 – 22, 2026**

Williamsburg, VA and Virginia Beach- September **14-19, 2026**

Canada and New England cruise on the Norwegian Escape- **September 8-13, 2026**

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

Lancaster- "Joshua" October 26-28, 2026

Tuscany, Lago Maggiore & Italian Riviera November 6-14, 2026

Hawaii- April 2027

National Parks- May 2027 TBA

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

### **Library**

#### **New Nonfiction**

Murder in the Adirondacks an American Tragedy  
Revisited by Craig Brandon

#### **New Fiction**

The King's Ransom by Janet Evanovich  
Exit Strategy by Lee Child and Andrew Child  
The Seven Rings by Nora Roberts  
Nash Falls by David Baldacci  
The Proving Ground by Michael Connelly  
The Color of Hope by Daniell Steel  
The Black Wolf by Louise Penny

Your librarians, Jacquie and Sharon

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## **MEMORIAL GIVING**

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 contribution.

Mike & Wanda Kelly

### **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

		<b>Friday - January 2</b>
		Chicken Alfredo served over
		Whole Wheat Bowtie Pasta
		Broccoli Florets
		Italian Bread
		Apple
<b>Monday - January 5</b>	<b>Wednesday - January 7</b>	<b>Friday - January 9</b>
Classic Philly Style Cheese Steak	Sweet & Sour Chicken	Breaded Haddock
Sandwich w/ Peppers & Onions	Served over Sesame Rice	Served on a Whole Wheat Bun
Peas & Pearl Onions	Oriental Blend Vegetables	Confetti Coleslaw
Banana	Applesauce	Potatoes O'Brien
	Fortune Cookie	Ice Cream
<b>Monday - January 12</b>	<b>Wednesday - January 14</b>	<b>Friday - January 16</b>
Chicken Tikka Masala	Creamy Tuscan Ravioli	Fried Chicken
(Chicken cooked in a sweet tomato sauce)	(Sundried Tomatoes & Spinach)	Red Beans & Rice
over Fresh Cilantro Basmati Rice	Roasted Zucchini	Collard Greens
Roasted Squash	Sliced Peaches	Sweet Potato Pie
Naan / Mango		
(National Curry Day)	Garlic Bread	(MLK Lunch)
<b>Monday - January 19</b>	<b>Wednesday - January 21</b>	<b>Friday - January 23</b>
	New England Clam Chowder	Homemade Stuffed Peppers
Closed	Roasted Asparagus	(Ground Beef & Rice) w/Red Sauce
Martin Luther King Jr. Day	Fresh Baked Dinner Roll	Tossed Salad
	Orange	Italian Bread
	(National Clam Chowder Day)	Jello w/Whip
<b>Monday - January 26</b>	<b>Wednesday - January 28</b>	<b>Wednesday - January 30</b>
Kielbasa	Beef Stroganoff	Beef Chili
Braised Red Cabbage	Parsely & Butter Egg Noodles	Roasted Tex-Mex Season Corn
Boiled Baby Potatoes	Peas & Pearl Onions	Black Beans
Dinner Roll	Applesauce	Naan
Cantaloupe		Greek Yogurt
	* Menu is subject to change.*	
All meals include: Coffee, Tea, Milk,		
Whole Wheat Bread (unless specified)	Menus meet 1/3 of RDA	Suggested Contribution: \$3.50
and Margarine		Guest Meal: \$7.00
*****	<b>FOOD SENSE PROGRAM</b>	*****
Food Sense Program helps stretch your	Cost: \$20.50	PLEASE BRING YOUR OWN
food buying dollars and is open to	Order deadline is January 16	RE-USABLE BAGS TO BRING
everyone and available each month.	by 3:30 PM	YOUR FOOD HOME AS WE NO
Package List can be found on the	Pick-up date is January 28	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	at 11:15 - 12:30 PM.	

# Canton Woods

## January 2026

Calendar is subject to change

<u>Monday</u>		<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
				1  <b>Closed</b> New Years Day	2  9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	3
4	5 9- ASL Class 9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	6 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	7 9:15 Cardio Ball Drumming 10 Chinese Painting 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Sharing Memories Writing Program	8 8 Tai Chi 10 Falls Class 1 Pitch	9 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	10
11	12 9- ASL Class 9- Moving in Rhythm 10 Bunco 10 Trivia 12-1 Peace Lunch 1:15 Wii Bowling	13 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	14 9:15 Cardio Ball Drumming 10:30 Adult Coloring 1 Bingo 1 Sharing Memories Writing Program  10:45 Music- Karl Lagray	15 8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke	16 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament  Food Sense Deadline Before 3:30	17
18	19  <b>Closed</b> MLK Day	20 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	21 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Sharing Memories Writing Program	22 8 Tai Chi 10 Falls Class 1 Pitch	23 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	24
25	26 9- ASL Class 9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	27 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group  Music- 11am Geoff Clough	28 9:15 Cardio Ball Drumming 10 Chinese Painting 10:30 Beginner's Bridge Class 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Sharing Memories Writing Program  Food Sense Pick- Up 11-12:30	29 8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke	30 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	31

**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](http://WWW.BALDWINSVILLE.ORG)

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

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

**2025 MONTHLY NEWSLETTER**