

Canton Woods Newsletter

February 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 www.townofvanburen.com www.townoflysander.org

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

Note from the Director and Assistant Director:

During the month of February, the Senior Center continues to provide a welcoming environment with a variety of programs that support social engagement, wellness, and safety for older adults.

In recognition of American Heart Month and Valentine's Day, members are encouraged to participate in wellness activities and social gatherings that promote healthy living and community connection. Winter safety remains a priority and participants are reminded to exercise caution during inclement weather.

Rene' and Jeanne

Senior Activity Committee:

Hi, everyone.

Hope you're doing well. February brings us Valentines Day and we will celebrate on Friday the 13th. We will have a party with snacks. Please sign up at the front desk or call the center. The raffle this month will be drawn on the 13th also. Our

basket this month is a Bath and Body Works gift bag, 3 tickets for \$1 or 18 for \$5. Hope to see you all.

Kathy

Meals on Wheels:

Hello friends,

We are hoping everyone is staying warm, out in this frigid weather!

If anyone needs our services please call us at 315-638-2171. Jessica likes cooking up her homemade soups!

We hope to be doing our annual Bingo fundraiser in May, so please watch for details, it will be with preregistration. We like to send our prayers to Theresa Gross family; she was a loved senior of ours!

We would like to wish everyone a Happy Valentines Day! Don't forget your sweet heart!

Donna and Jessica

Special Events & Notices – See calendar for times

Please Sign up for all events at the front desk.

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

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. Check the calendar for exact dates.

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. *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.*

Moving in Rhythm: Every Monday at 9am.

2026 - 2027 Travel with Belle Tours LLC

DAY TRIPS

July 7, 2026 – “9 to 5” @ The Cortland Repertory Theatre
September TBA
October 1, 2026- Raquette Lake
December 3, 2026 – Dick Clark Christmas at the Turning Stone

OVERNIGHT TRAVEL

Holland & Belgium Springtime River Cruise – April 14 – 22, 2026
Trains Across the Mountains – June 8 – 12, 2026
Williamsburg, VA and Virginia Beach - September, 8-13, 2026
Canada and New England cruise on the Norwegian Escape Sept 19 – 26, 2026
Scotland & 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

Library

Donated Fiction

The Book of Witching by C. J. Cooke
Mask of the Deer Woman by Laurie L. Dove
Lightbreakers by Aja Gabel
The Haunting of Paynes Hollow by Kelley Armstrong
The Ten Year Affair by Erin Somers
The Other Side of Now by Paige Harbison
At Dark I Become Loathsome by Eric Larocca
Hazelthorn by C. G. Drews
Hemlock & Silver by T. Kingfisher
Woodworking by Emily St. James
The Haunting of Room 904 by Erika T. Wurth
White Horse by Erika T. Wurth
The Cemetery of Untold Stories by Julia Alvarez
See You Yesterday by Rachel Lynn Solomon
Summer in the City by Alex Astar
Expiration Dates by Rebecca Serle
The Heist (Clive Cussler) by Jack Du Brul
Condor's Fury (Clive Cussler) by Graham Brown
Overkill by Sandra Brown

Donated Nonfiction

The Man No One Believed by Joshua Sharpe

Your librarians, Jacquie and Sharon

MEMORIAL GIVING

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

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.

Jackie Armelino

Norma Widmann

Bridget McDonell in memory of Theresa A. Gross

Canton Woods

February 2026

Calendar is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 9- ASL Class 9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	3 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	4 9:15 Cardio Ball Drumming 10 Chinese Painting 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	5 8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke	6 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	7
8	9 9- ASL Class 9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	10 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	11 9:15 Cardio Ball Drumming 10 Chinese Painting 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	12 8 Tai Chi 10 Falls Class 1 Pitch	13 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament Valentine's Day Party- music by Jillisa 11am	14
15	16 Closed President's Day	17 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	18 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	19 8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke	20 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	21
22	23 9- ASL Class 9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	24 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	25 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	26 8 Tai Chi 10 Falls Class 1 Pitch	27 9:15 Cardio Ball Drumming 10:30 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	28