

Canton Woods Newsletter

April 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:

Spring is in the air, and we're looking forward to the brighter days ahead! As you get back into the swing of the season, don't forget to take care of yourself, too. The Upstate mammogram van will be here on April 13 from 9:00 AM to 3:00 PM, making it easy and convenient to stay on top of your health.

As always, we are always looking to add new programs. If anyone has any suggestions, feel free to come and talk to us.

Rene' and Jeanne

Senior Activity Committee:

April showers, bring May flowers (hopefully). Music on April 3rd will be at 11 am, Golden Memories will be entertaining us. Join us after the music for pizza, salad, and ice cream! The cost for the pizza party is \$5 for members and \$7 for non-members. There will be a raffle of course, and games. Sign up at the front desk by

3/31. April 16, 11am, cupcakes and drinks, and Marcel Pouliot will entertain us.

See you all soon

Kathy

Meals on Wheels:

Happy Spring! We are getting ready for our spring menu with more salads and soon some more fresh fruit! We have had a long winter with a lot of snowbirds but we made it thru with the all the extra drivers that took on extra days. May 3rd is our Bingo fundraiser; doors open at 11:00 bingo is 1-4pm. price \$15.00. We have great raffles, a lot of yummy food, 50/50, and fun! All proceeds help feed our seniors. Call 315-638-2171 for more information! We also accept credit cards! We would like to wish everyone a Blessed Happy Easter!

Donna and Jessica

Special Events & Notices – See calendar for times

Please Sign up for all events at the front desk.

4-3 Easter Party- Golden Memories 11am
4-16 Marcel Pouliot – Classic Country Band
11am

4-13 Upstate Mamogram Van 9am- 3am
5-11 Mother's Day Party - Richard Bill 11am
6-18 Father 's Day Party -11am

Neighborhood Advisor

Hard to believe we are actually working our way to the warm season which is just around the corner!

As a reminder, Onondaga County HEAP Program also has a Cooling Component called the Cooling Assistance Benefit. It will open April 15, 2026 and ends when funding is exhausted. You can call 315-435-8295 or drop by the Center and ask for

Spring is in the Air ;)

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

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.

Transportation Coordinator

Canton Community Crafters

Spring is here and so is the Spring craft sale. Items to celebrate the red, white and blue holidays of Memorial Day, Fourth of July and Labor Day. We will have gifts for the moms out there for Mother's Day, the dad's for Father's Day and for those graduating. This is only one day sale so I encourage you to stop and shop. The day of the sale is May 1 from 10 to 3.

Edwina Hay

April Birthdays

1 Robert Paxton	27 Linda Clarke
12 Sheila Reed	28 Elaine Bocyck
21 Wanda J. Kilgallen	30 Loren Preston
25 Sue Stapleton	

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. The 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:

Andrea Ives

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.

ACTIVITIES PAGE

Beginners Bridge: Every Wednesday at 10:30.

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.

Karaoke: 1:15pm Check Calendar for exact days.

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 17, 2026 – Niagara Falls, Maid of the Mist- Details TBA

July 7, 2026 – “9 to 5” @ The Cortland Repertory Theatre

August 12, 2026- TBA

September 16, 2026 Mystery Trip- TBA

October 1, 2026- Raquette Lake w/ Tour of Great Camp Sagamore

December 3, 2026 – Dick Clark Christmas @ The Turning Stone

OVERNIGHT TRAVEL

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

New Fiction

Crossroads by C. J. Box

Cross & Sampson by James Patterson

Jigsaw by Jonathan Kellerman

Felicia's Favorites by Danielle Steel

Pendergast by Preston and Child

Stolen in Death by J. D. Robb

The Invisible Woman by James Patterson

Skylark by Paula McLain

Dear Debbie by Freida McFadden

Woman Down by Colleen Hoover

My Husband's Wife by Alice Feeney

It's Not Her by Mary Kubica

Mona's Eyes by Thomas Schlessler

The Widow by John Grisham

Twice by Mitch Albom

Return of the Spider by James Patterson

Your librarian,

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.

Bob & Rita Christie

Ron Kramer

Rose Woodward

Dick & Lucy Deloff

Bill & Nancie Deloff

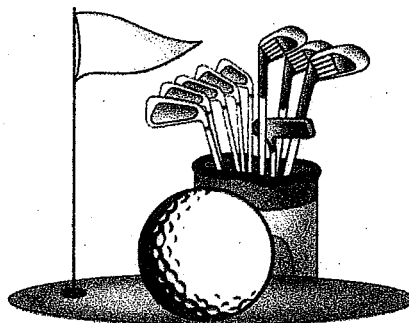
Walt & Eileen Deloff

Gary & Pat Deloff

Erica & Jason Kiteveles

PEACE - SENIOR NUTRITION - APRIL 2026

	Wednesday - April 1	Friday - April 3
	Breaded Haddock	
	on a Whole Wheat Bun	FOOD SERVICE CLOSED
	Coleslaw, Potatoes O'Brien	GOOD FRIDAY
	Brownie	
Monday - April 6	Wednesday - April 8	Friday - April 10
All American Cheese Burger	Oven Baked Ziti	Meatball Sub on
w/ Lettuce & Tomato	w/ Gianelli Italian Sausage	a Whole Wheat Sub Roll
Home-style Potato Salad	Green Beans	Mediterranean Vegetable Blend
Vegetable Slaw, Whole Wheat Bun	Crusty Italian Bread	Assorted Fruit Pies
Applesauce	Banana	
Monday - April 13	Wednesday - April 15	Friday - April 17
Shepherd's Pie	Pot Roast w/ Gravy	Beef Hot Dog w/ Sauerkraut
(Beef w/ 4-way Vegetable &	Roasted Root Vegetables	Baked Beans
Whipped Potato Topping)	Whipped Yukon Gold Potatoes	Banana Pudding
Sliced Peaches	Cantaloupe	(Fresh Banana w/ "Nilla Wafers
Dinner Roll	"Tax Day Comfort Food"	
Monday - April 20	Wednesday - April 22	Friday - April 24
Classic Philly Style Cheese Steak	Salisbury Steak w/ Demi	Hot Brown
Sandwich w/ Peppers & Onions	Baked Potato w/Sour Cream & Chives	(Open face hot turkey w/ Bacon,
Ranch Seasoned Kettle Chips	Buttery Sliced Carrots	Mornay & Tomatoes)
Peas & Pearl Onions	Mixed Berries w/ Whipped Topping	Veggie Pasta Salad
Tropical Fruit Salad		Mixed Melon
Monday - April 27	Wednesday - April 29	
Chicken & Biscuits	Shrimp Scampi (Garlic, Wine, Lemon)	
(Chicken & Vegetable Gravy over Biscuit)	w/ Linguini	
Field Green Salad w/ Strawberries	Peas w/ Sauteed Mushrooms	
& Oranges / Poppy seed Dressing	Crusty Bread - Italian Ice	
Vanilla Ice Cream	"National Shrimp Scampi Day"	
	* Menú is subject to change.*	
All meals include: Coffee, Tea, Milk,		Suggested Contribution: \$3.49
Whole Wheat Bread unless specified	Menus meet 1/3 of RDA	Guest Meal: \$7.00
and Margarine		
*****	FOOD SENSE PROGRAM	*****
Food Sense Program helps stretch	Cost: \$20.50	PLEASE BRING YOUR OWN
your food buying dollars and is open	Order deadline is April 10	RE-USABLE BAGS TO BRING
to everyone and available ea. month.	by 3:30 PM	YOUR FOOD HOME AS WE NO
Package List can be found on the	Pick-up date is April 22	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	at 11:15 - 12:30 PM.	



Monday June 15th 2026 SHOTGUN 9AM

Captain and Crew

Battle Island Golf Course

\$100.00 Per Person (credit cards 104.00)

Hot Dog and Chips at turn

18 Holes of Golf & Cart , PICNIC LUNCH AFTER GOLF

FUN AND ACTIVITIES THROUGHOUT THE DAY

50/50 RAFFLE

LONGEST DRIVE

CLOSEST TO THE PIN

SKINS

PLAYER #1 **EMAIL/PH#**

PLAYER# 2 **EMAIL/PH#**

PLAYER #3 **EMAIL/PH#**

PLAYER # 4 **EMAIL/PH#**

TOTAL **AMOUNT PAID**

HOLE SPONSOR \$65.00

NAME: **DONATION**

ADDRESS: **PHONE:**

MONETARY DONATION:

Please make checks payable to: Canton Woods Senior Center, 76 Canton St, B'ville NY 13027

(104.00 for Credit Cards) Attention Kathy

Are You a Veteran?

**Here at Canton Woods We would
like to Honor our Veterans.**

**If you are willing, please fill out
the bottom and return to the front
desk. Thank you.**



Name: _____

Years Served: _____

Branch of Service: _____

Canton Woods

April 2026

Calendar is subject to change

Monday		Tuesday		Wednesday		Thursday		Friday	
				1 9:15 Cardio Ball Drumming 10:30 Beginner's Bridge Class 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	2 8 Tai Chi 10 Falls Class 1 Pitch	3 9:15 Cardio Ball Drumming Mexican Train 1 Bingo 1 Pool Tournament Easter Party - Golden Memories 11am - with pizza party to follow	4		
5	6 9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	7 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	8 9:15 Cardio Ball Drumming 10:30 Beginner's Bridge Class 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	9 8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke	10 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament Food Sense Deadline Before 3:30	11			
12	13 9- Moving in Rhythm 10- Trivia 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling Mamogram Van 9-3	14 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	15 9:15 Cardio Ball Drumming 10:30 Beginner's Bridge Class 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo	16 8 Tai Chi 10 Falls Class 1 Pitch Classic Country Band - Marcel Pouliot 11am	17 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	18			
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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

Non-Profit Organizaiton

U.S. Postage

Baldwinsville, NY 13027

Permit # 10

(OPEN MONDAY – FRIDAY 8:00AM – 4:00PM)

2026 MONTHLY NEWSLETTER