

Canton Woods Newsletter

March 2025

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: Welcome to March! St.

Patrick's Day is coming and let us party it up with some wild Irish fun! I want to continue to thank you all for your continued support of the Center. We are

including a quick survey of interest in a possible upcoming event in conjunction with the Lions Club in the springtime so please take a moment to let us know your interest. We are continuing to look for an Assistant Director to help at the Center so if you know if anyone, please let us know.

Rene'

Senior Activity Committee:

Hi Everybody welcome to March...

March plans are St Patty's day party at 1pm on March 18th, Music by Merlyn Fuller, we will be serving cookies or cupcakes and Ice Cream.....50/50 raffle and special prize for wearing green that day.

See you soon!! Kathy

Meals on Wheels:

March already?! I hope spring is just around the corner for you too! We're super excited about a couple of upcoming events.

First up, our Bingo fundraiser on May 18th, from 2-5 pm! Get ready for food, fun, and awesome prizes! We'll be opening up pre-registration soon, so keep an eye out for details.

Then, mark your calendars for July 19th – our first ever Craft, Junk, & Truck Sale! Think live music, delicious food, and a whole lot of fun. We'll share more info about both events in the coming months.

Huge thanks to everyone who donated food during the blizzard – it was incredibly generous! And a massive shout-out to our amazing volunteers who braved the terrible weather to help feed our seniors. You're all rockstars!

Happy St. Patrick's Day!

Donna and Jessica

Special Events & Notices

3/5 - 1pm Mary Smith Onondaga PT – Referrals
3/11 Blood Pressure Checks with Terry Risley
3/14 Jeannine Meyers – Excellus BC/BS 10am
3/18 - 1pm St. Patrick's Day Party with music
3/19 Marybeth Basha – National Grid
4/9 Upstate Mobile Mammography Van
4/11 – Canton Community Crafters – Craft Show
5/16 – Health and Wellness Fair

5/18 Meals on Wheels -Bingo Event
6/12 – John Harrington Evening Music 6:30pm
6/23 – Canton Woods Golf Tournament
7/19 – Meals on Wheels – Junk in the Trunk Sale
8/13 – Canton Woods Car Show
8/19 – Car Show rain date
9/13 – Walk for the Woods at 10am

Neighborhood Advisor

Welcome March and all the fun it will bring here at the Center!!!

Reminders this month: Regular HEAP is open along with the Care and Share Program. The Care and Share Program helps qualified National Grid customers meet heating needs. Care and Share guidelines: Applicant must receive HEAP, if there is a shut off notice you must apply to Emergency HEAP first to get the most benefits. Applicants must owe \$1.00 to National Grid.

Folks can apply at the County West Family Resource Center, 93 Syracuse Street, Baldwinsville, NY. You will need to bring ID, HEAP benefit letter, proof of income and National Grid bill. Please contact CWFRC at 315-638-1051 for more details and to apply.

Happy Spring!

Theresa Neighborhood Advisor ☺

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

Canton Community Crafters

The newly named Canton Community Crafters responded to the legacy apartments fire by donating blankets, slippers, and winter scarves. One of the things that the group wants to do is help the community as well as the Canton Woods Senior center so in the future, we are hoping to participate in any way we can.

Preparing for our spring craft event

While Canton Woods has a craft fair in the fall to prepare everyone for Christmas, just recently, we have started having a spring sale. At the sale we will have Easter baskets available, baked goods, available, and items for those summer holidays, celebrating Memorial Day, Fourth of July and Labor Day. The sale is scheduled for April 11. The hours are yet to be determined. Stay tuned.

Edwina

this newsletter for all seniors 60 and above. Please note that after January 31, 2025, take-out lunches will no longer be available.

B'ville Express

Welcome Spring! Or so the Calendar says...I hope you are all staying safe and warm throughout the bitter-cold snowy weather we have had.

B'ville Express is looking for volunteer drivers to help senior friends of Baldwinsville. We are currently short on drivers and have had to decline several ride requests from our seniors. If you are interested in volunteering, please call Gina @315-638-4536. You can volunteer as much or as little as you want.

I strongly encourage all seniors to register for the OSCAR senior ride program. This is a free ride program funded through the Office for the Aging giving seniors 2 round trips per month- at no cost. Please call Gina @315-638-4536 and I will send you an application.

HAPPY ST PATRICKS DAY!



Gina Carroll

Transportation Coordinator

ACTIVITIES PAGE

SIGN LANGUAGE CLASSES: Held on the 2nd and 4th Tuesday each month through June. Check the calendar for dates.

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. *Show up and play.*

TRIVIA: Come out and join us for the monthly Trivia Game – Monday, March 10th from 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 cored and balance. You will feel the benefit in your daily activities!*

KRIPALU "CHAIR OPTIONAL" YOGA: Every Tuesday morning at 11:10am. *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 CLUB: Will resume every Monday at 9am when the weather improves and walking can take place outside on our walking track.

March Birthdays

3/1 Mike Prockup
3/7 Fred Mathieson
3/10 Suzette West
3/12 Donna Storms
3/17 Helen Stafford
3/17 Beverly Hayes
3/18 Frieda Waldron
3/18 Linda Giddens
3/19 Lorraine McCarthy
3/20 Charlene Laughlin
3/21 Romayne Welch
3/21 Milt Kramer
3/24 Patty DiFabion
3/27 Linda Barnes
3/27 Loretta Scrimali

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 at 3 Marble St. Baldwinsville
for a 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. 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:

Ed Barlow
Georgene Jonov
Don Ives
Frances Hull
Paul Dreher-Wiberg
Florine Provost

Sympathy Cards were sent the family of:

Carolyn Rice – loss of her husband
Family of Jane Matyjewicz
Theresa Gross loss of her daughter
Carol Parker loss of her husband Bob

Free Legal Services

Legal services are available at Canton Woods will resume 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.

2025 Travel with Belle Tours LLC

Day Trips

Clayton Boat Tour with Luncheon June 18th

Overnight Travel

Middlebury Inn, Vermont – June 2 – 5, 2025

Maine/Ogunquit – September 8 – 11, 2025

**America's Music Cities – New Orleans, Memphis &
Nashville – October 19 – 26, 2025**

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

Library

Check out our Nonfiction Collection which is located behind the door as you come into the library. We hope to increase this collection as time goes on. The Western Collection will be weeded soon, and this collection will also be added to as time goes on. We have many biographies to bring in but need to weed the collection before that can be done. It's a slow process but we will keep working at it.

New fiction, etc. will start up again this month. We will let you know what we purchase.

Your new 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.

Frances Hull

Rosalie Lyon

Treyonne Baldwin

The Kiteveles Family – in memory of Sally Kiteveles

Donald Ives – in memory of Jean Ives

Barbara Terasaka

Brenda Baxter

Reggie Rawls Sr. – in memory of Marie F. Rawls

Joyce McDermott

PEACE - SENIOR NUTRITION

Monday - March 3	Wednesday - March 5	Friday - March 7
Swedish Style Meatballs over Parsley & Butter Egg Noodles	Breaded Haddock	Tuna Salad w/Chopped Egg Salad
California Blend Vegetable	Served on Whole Wheat Bun	on Kaiser w/ Shredded Lettuce
Fresh Pear	Coleslaw	Broccoli & Cheddar Soup
Whole Wheat Bread w/ Margarine	Potatoes O'Brien	Fruit Cocktail
Monday - March 10	Wednesday - March 12	Friday - March 14
Chicken Alfredo	Chicken Parm Sandwich	Shepard's Pie
Served over Bowtie Pasta	w/Sauce & Mozz. on Whole Wheat Bur	(Beef w/ 4-way vegetable &
Broccoli Florets	Seasoned Potato Cubes	whipped potato topping)
Pear	Country Blend Vegetables	Diced Pears
Italian Bread	Pudding	
Monday - March 17	Wednesday - March 19	Friday - March 21
New England Boiled Dinner (Corned Beef w/ Potatoes, Cabbage Wedge)	Kielbasa	Shrimp Lo-Mein
Crusty Bread	Braised Red Cabbage	w/Asian Vegetables
Chocolate Chip Cookie	Pierogis	Tapioca Pudding
	Cantaloupe	
Monday - March 24	Wednesday - March 26	Friday - March 28
Gianelli Sausage Grinder w/ Peppers & Onions	Spanish Paella	Mushroom Ravioli in a
Ranch Seasoned Kettle Chips	(Saffron Vegetable Rice, w/ Chicken,	Button Mushroom Parmesan Cream
Honey Carrot Coins	Shrimp & Smoked Sausage)	Blistered Tomatoes
Jello w/ Whip Cream	Asparagus	Asparagus
	Tomato Bread	Orange
	Grapes	
All meals include: Coffee, Tea, Milk	Menus meet 1/3 of RDA	Suggested Contribution: \$3.50
	* Menu is subject to change.*	Guest Meal: \$7.00
*****	FOOD SENSE PROGRAM	*****
Food Sense Program helps stretch your food buying dollars and is open to everyone and available each month.	Cost: \$20.50	PLEASE BRING YOUR OWN RE-USABLE BAGS TO BRING YOUR FOOD HOME AS WE NO LONGER HAVE BOXES AVAILABLE
Package List can be found on the Village of Baldwinsville or Town websites.	Order deadline is xxxxxxxxxx xxxxxx	
	Pick-up date is xxxxxxxxxx at 11:45 - 12:45 PM.	

Canton Woods

March 2025

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	4 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	5 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker Mary Smith- Onondaga PT discussion on referral process 1pm	6 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch	7 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	8
9	10 Trivia 10-11:30 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	11 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:15 Sign Language 12 Dup Bridge 1 Poker BP Checks - Terry Risley 9:30	12 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker	13 8 Tai Chi 10 Falls Class 1pm Pitch	14 9:15 Cardio Ball Drumming 10:30 Mexican Train 11am George Leija - Valentine's Party 12 Peace Lunch 1 Bingo 1 Pool Tournament Excellus Rep 10-12	15
16	17 St. Patrick's Day Bunco 10-12 12 Peace Lunch 1 Wii Bowling	18 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group St. Patricks Day Party 1pm Music by Merlyn Fuller	19 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker National Grid - Marybeth 10:30 - 12	20 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch	21 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	22
23	24 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	25 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:15 Sign Language 12 Dup Bridge 1 Poker 2 Art Group	26 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker	27 8 Tai Chi 10 Falls Class 1pm Pitch	28 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	29
30	31 Bunco 10-12 12 Peace Lunch 1 Wii Bowling					

2025 MONTHLY NEWSLETTER

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

WWW.BALDWINSVILLE.ORG

TELEPHONE # 315-638-4536

BALDWINSVILLE, NY 13027

76 CANTON STREET

CANTON WOODS SENIOR CENTER

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

CANTON WOODS MISSION STATEMENT

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 - Helping seniors to remain active members of the community.