

Canton Woods Newsletter

April 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 April! Spring has finally begun to come back. I want to continue to thank you all for your continued support of the Center. We have found a new assistant director so please, when you come in to the center stop by and meet Jeanne. We are working on a small renovation of our library and hope that you will stop by and enjoy it when it is complete. You will see some upcoming work on the building for some necessary repairs so please excuse our appearance.

Rene'

Assistant Director:

My name is Jeanne Paterek, and I am the new Assistant Director. I am originally from Moravia, NY. Eleven years ago, I moved to Baldwinsville after meeting my husband. I have two older brothers and an older sister. I graduated from RIT/NTID in Rochester, where I earned a degree in American Sign Language and Deaf Culture. In my free time, I enjoy crafting and working on DIY projects. I also love animals and have a chinchilla named Peanut.

Jeanne

Senior Activity Committee:

Happy April everyone, We had a good March. Our St. Patty's day was held on the 18th due to conflict with the entertainer. We had 58 people attending...50/50 was won by Gloria Halstead and the wearing of the green was won by Irv Grey. Upcoming in April is Easter...the party will be on April 18th @ 11am...hopefully we will see you soon...Kathy Hogan

Meals on Wheels:

Just wanted to give you a heads-up about our Bingo Fundraiser happening Sunday, May 18th from 1:30 PM to 5:00 PM! It's going to be a blast. We'll kick things off with check-in at 1:30 PM, then the Bingo fun begins at 2:00 PM sharp. Think yummy food, a thrilling 50/50 raffle, and awesome door prizes – all non-cash, of course! Pre-registering is super easy and you'll even get a free door prize raffle ticket! It's only \$10 per person to join the fun. If you have any questions, or want to sign up, just give Donna a shout at the office. Hope you have a wonderful Easter! Best,
Donna and Jessica

Special Events & Notices – See calendar for times

4/6 – 4/13 CW/MOW Bottle Drive
4/9 – Upstate Mobile Mammography Van
4/11 – Canton Community Crafters Craft Show
4/18 – Easter Party
5/9 – Mother's Day Party with music
5/16 – Health and Wellness Fair
5/18 – Meals on Wheels -Bingo Event
5/26 – CENTER CLOSED
6/12 – John Harrington Evening Music 6pm

6/13 – Father's Day Party with music
6/19 – CENTER CLOSED
6/23 – Canton Woods Golf Tournament
7/3 – 4th of July Party with music
7/8 – Lafayette Community Band 7pm
7/19 – Meals on Wheels – Craft/Vendor Sale
8/13 – Canton Woods Car Show
8/20 – Car Show rain date
9/13 – Walk for the Woods

Neighborhood Advisor

The Neighborhood Advisor Program, sponsored by Onondaga County Department of Adult and Long-Term Care continues to serve Seniors in the Baldwinsville area.

Please feel free to approach me and ask questions about sponsored Onondaga County Programs for folks over 60, either for yourself or someone you know. Popular Programs are: Heating Energy Assistance Program (HEAP), Supplemental Nutrition Assistance Program (SNAP), prescription savings program (EPIC) 65 +, Meals on Wheels (MOW), Medicare, Medicaid, Tyme Savers Grocery Shopping service, Expanded In home Services for the Elderly (EISEP).

Additionally, the Care and Share Program (up to \$200.00) is now open. Seniors who have exhausted the regular HEAP benefit and are carrying a balance on their National Grid bill may be eligible. Please contact us here at the Center.

Did you Know? Anyone who is 55 years old and lives in Baldwinsville, Lysander or Van Buren can join Canton Woods Senior Center! Restrictions are there is no eligibility for Onondaga County Office of Aging Programs or PEACE Lunches as both programs are for only those 60+ BUT you can partake of Activities!

Theresa Neighborhood Advisor ☺

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

B'ville Express is looking for volunteer drivers to help senior friends of Baldwinsville. We are down several drivers and have had to turn away several requests for rides 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.

Welcome to our new volunteer drivers:

Christine Sanford
Jonathan Parry
Barbara Kleege

Thank you for your willingness to help our senior friends of Baldwinsville!

If you or a senior you know lacks transportation to essential services such as Doctors, Local grocery store, Bank, Pharmacy or to Canton Woods, please call Gina @the center.

Gina Carroll
Transportation Coordinator

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

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, April 14th 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 core 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.

April Birthdays

4/1 Robert Paxton
4/12 Sheila Reed
4/21 Wanda Kilgallen
4/25 Sue Stapleton
4/27 Linda Clarke
4/28 Elaine Bocych
4/30 Loren Preston

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.

We will be doing a shared bottle and can drive with Meals on Wheels from April 6th through April 13th. There will be a trailer placed in our

parking lot for anyone to drop off bottles and cans to us.

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:

Trish Spaulding
Roe Welch
Reggie Rawls Sr
Florine Provost
Suzette West
Ed Barlow
Patty Difabian

Sympathy Cards were sent the family of:

Family of Milt Kramer

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 - June 18, 2025

Sodus Point – July 24, 2025

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

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

British Landscapes. England, Scotland and Wales –
TBD September 2026

Tuscany and the Italian Riviera – TBD October 2026

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

Library

The library will be undergoing renovations March-April. The library will be painted, and new shelving is going to be installed. There will also be new chairs and a new table. The books will be removed and boxed up until the renovations are done.

Weeding will be done as the books are returned to the shelves. Thank you for your patience during this time.

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.

PEACE - SENIOR NUTRITION

	Wednesday - April 2	Friday - April 4
	Beef Chili	Breaded Haddock
	Roasted Tex-Mex Seasoned Corn	on a Whole Wheat Roll
	Naan	Coleslaw
	Greek Yogurt	French Fries
		Brownie
Monday - April 7	Wednesday - April 9	Friday - April 11
Mushroom Swiss Burger	Scalloped Potatoes & Ham	Chicken Taco Casserole
w/Lettuce, Tomato on Whole Wheat	Roasted Squash	Mexican Salad
Homestyle Potato Salad	Mango	(Romaine, Cukes, Tomatoes, Corn
Roasted Brussel Sprouts		w/Honey Lime Vinaigrette)
Jello w/Whip		Lemon-Blueberry Cookie
Monday - April 14	Wednesday - April 16	Friday - April 18
Sloppy Joe on Kaiser Roll	Dill-Greek Yogurt Chicken Salad	
Peas & Pearl Onions	on Croissant	Good Friday
Honey Dew	Hearty Minestrone Soup	Senior Nutrition Closed
	Applesauce	
Monday - April 21	Wednesday - April 23	Friday - April 25
Tuna Salad w/ Chopped Egg Salad	Montreal Seasoned Cube Steak	Salisbury Steak
on Kaiser with Shredded Lettuce	Baked Potato w/Sour Cream & Chives	w/Beef Demi-Gravy
Broccoli & Cheddar Soup	Italian Vegetable	Macaroni & Cheese
Applesauce	Fruit Cocktail	w/Stewed Tomatoes
	Fresh Baked Dinner Roll	Asparagus & Pear
Monday - April 28	Monday - April 30	
Syracuse Famous Chicken Riggies	Shepherd's Pie - Beef	
Sauteed Greens	(w/4-way Vegetable & Whipped	
Peaches	Potato Topping)	
Fresh Baked Dinner Rool	Diced Pears	
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	Cost: \$20.50	PLEASE BRING YOUR OWN
food buying dollars and is open to	Order deadline is April 4th	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 April 16th	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	at 11:15 - 12:45 PM.	

Canton Woods

April 2025

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	2 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker	3 8 Tai Chi 10 Falls Class 1pm Pitch	4 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	5
6	7 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	8 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	9 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker 9am Mammogram Van	10 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch	11 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament Craft Show 9am to 3pm	12
13	14 Trivia 10-11:30 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	15 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 1 Poker BP Checks – Terry Risley 9:30	16 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 Basha 10:30	17 8 Tai Chi 10 Falls Class 1pm Pitch	18 9:15 Cardio Ball Drumming 12 Peace Lunch 1 Bingo 1 Pool Tournament Easter Party 11am music by Geoff Clough	19
20	21 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	22 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:15 Sign Language 12 Dup Bridge 1 Poker 2 Art Group	23 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	24 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch Jeanine Meyers – Excellus Rep 10 - 12	25 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	26
27	28 Bunco 10-12 12 Peace Lunch 1 Wii Bowling	29 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	30 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker			

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)

2025 MONTHLY NEWSLETTER