

# Canton Woods Newsletter

March 2020

## Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Visit Canton Woods on the Village of  
Baldwinsville Website

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

*Canton Woods Senior Center* was founded over 40 years ago, and grew out of the cooperation of several community groups working together. Their combined efforts and vision created Canton Woods Senior Center. This unique and dynamic senior center's continued success depends upon several entities including the three local municipalities, Onondaga County Adult and Long Term Care Services, Canton Woods Senior Center Board, Canton Woods Senior Activity Group, as well as support from generous individuals, service groups, and businesses.

*Canton Woods* is committed to its mission of helping seniors to remain active members of the community. This mission has historically been accomplished with support from the Village of Baldwinsville, the Towns of Lysander and Van Buren, cooperating through a three way municipal agreement which has been in place for several decades. Please take a moment to thank your town supervisors, the Mayor and municipal boards. Please remind them that the senior center is very important to the quality of your daily life, and let them know that you, a family member, friend or neighbor utilize and benefit from the center. Canton Woods appreciates and depends upon the municipalities continued support and cooperation.

## Neighborhood Advisor

Nancy Sullivan

## B'ville Express

Gina Carroll

*The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long Term Care Services.*

## Canton Woods Activity Group Board

Members

**President: Ed Barlow**

**Vice President: Kathy Hogan**

**Secretary: Avis Neupert**

**Treasurer: Arlene Luckette**

## March 2020

**CWSAG January Raffle Winner was Jerry Shrank. Congratulations Jerry!**

***Valentine's Day Wear Red or Pink***

**Winners were: Ed Barlow, Sue Harrington, Bridget Jessup, Sarah Lee, Jean Robbins, Tina Trainham, and Betty Turner!**

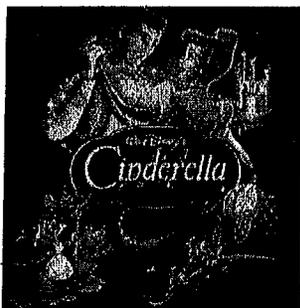
**HIICAP Representative (Health Insurance Information and Counseling Assistance Program provided by Onondaga County)**

Available at Canton Woods 10:00am  
**Monday, March 2<sup>nd</sup>.**

**National Grid Consumer Advocate** will be available by calling our Neighborhood Advisor, Nancy Sullivan. If you have questions about your National Grid account, Mary Beth can help!

**Weather Closings:**

1. **Canton Woods is Closed only when the Village of Baldwinsville is Closed.**
2. If Syracuse Schools are Closed. There is No PEACE Lunch.
3. Meals on Wheels is Closed if the Baldwinsville and/or Liverpool Schools are Closed.
4. B'ville Express will NOT pick up riders if the Baldwinsville Schools are closed. It will be the responsibility of the rider to cancel any appointments for that day.



**REMINDER!!**

**Baker High School Musical 2020!!**  
Once again, the Baldwinsville Teacher's Association is donating tickets to our seniors for this year's musical **Cinderella at 1:00pm on March 7<sup>th</sup>.**  
Our tickets are sold out! If you are taking the bus, Please be at Canton Woods by 12:15pm.  
Any questions call 315- 638-4536.

**Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher.**

Nadine will return to Canton Woods on **Monday March 9<sup>th</sup>, from 3:00-4:30pm.**

If you need help figuring out how to use the calendar, email or going online she is very familiar with Apple devices, but can help with any other devices as well. Bring your devices and questions (it's a good idea to write them down) and Nadine will try to help you!

Please call in advance to schedule a 20 minute appointment. 315-638-4536.



**Baldwinsville Community Band**

Will be at Canton Woods on Wednesday, March 11<sup>th</sup> at 7:00pm.

Please come and enjoy one of their first concerts in 2020!!! Monetary donations for the Band accepted at the performance.



**Save the Date:**

**Celebrate St. Patrick's Day!**

Tuesday, March 17<sup>th</sup> at 11:30am the Rince Na Sonas Irish Dancers will perform Irish step dance! (Dup Bridge will start a little late on the 17<sup>th</sup>)

**Wear Green for St. Patrick's Day!!**

Please wear green on Tuesday, March 17<sup>th</sup> for St. Patrick's Day and your name will go into a raffle for a prize!

**Save the Date!!!**

**Thursday, April, 2<sup>nd</sup> 2020**

**3:00pm**

**Chef Barbara Moul**

***New Ideas, Chef's Choice!***

### **Make & Take Card Making**

#### **Workshop:**

**Friday, March 20<sup>th</sup> from 1:30-4:00pm.**

Pat "Sky" Howard & Ann Wilburn are offering a workshop that includes packages of greeting card supplies to purchase (for approximately \$2.00). A completed, beautifully decorated greeting card or two of your own creation will be all yours at the end of the workshop!

### **Massage Therapy at Canton Woods!**

Rachel Renzi licensed Massage Therapist is available **Wednesdays, March 4<sup>th</sup> & 25<sup>th</sup> from**

**2:30 – 4:00pm.** 10 minute massages are available for \$1.00 per minute (she will do 5 minute massages for \$5.00) payable to her.

Please sign up for your time slot at the front desk or call 315-638-4536.

#### **Benefits of Chair Massage:**

- Reduced pain and stiffness in joints and muscles
- Increased and improved circulation
- Physical and emotional support

To be comfortable while in the chair be sure to wear something that doesn't restrict movement, but be sure not to wear anything too loose either. The only other rule is to breathe and relax.

### **Pitch**

**Upcoming Pitch Games: Dates for March** are Mondays March 2nd and March 16<sup>th</sup>. Also, Tuesday March 31<sup>st</sup>.

Tentative April Dates: Mondays April 13<sup>th</sup> and 20<sup>th</sup>.

### **Neighborhood Advisor/ Outreach**

**Worker: (Monday –Friday 10:30am-4:30pm)**

**March 2020**

Hopefully, winter is winding down and Mother Nature will be wearing green along with the rest of us for St. Patrick's Day.

There is still a little time left to apply for HEAP, if you haven't already done so.

Also, if any of you have other needs or concerns please feel free to contact me here at the center and I will try to assist you in finding services or programs to help you.

**Nancy Outreach/Neighborhood Advisor**

### ***B'ville Express* March 2020**

#### **DO YOU NEED TRANSPORTATION?**

The *B'ville Express* can help!! The *B'ville Express* provides free rides for seniors to simple medical appointments, pharmacy, bank, quick grocery shopping trips, and Canton Woods Senior Center. Seniors 60 years of age and older that reside in the Town of Van Buren or the Town of Lysander can register for the *B'ville Express* by calling Gina @ 315-638-4536.

### ***Help!! Volunteers Needed!!!***

The *B'ville Express* has is looking for volunteer drivers to transport seniors in our community to their appointments, helping them to remain independent. Without transportation, many of our senior friends are unable to access these essential services. Volunteer drivers will register with the *B'ville Express* program by calling Gina @315-638-4536.

**PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEERS TODAY!!**

***LOOKING FORWARD TO SPRING!!***

**Gina**

*The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long Term Care Services.*

### **MOW:**

Happy St. Patrick's Day to all our Canton Woods Seniors, Volunteers, & Friends! We cannot believe March is here already; hopefully spring is right around the corner. We will be making some great new dishes in our kitchen for our clients. One of my favorite is corned beef and cabbage on St. Patrick's Day. Our tickets will be on sale March 15<sup>th</sup> for the fashion show. Christopher Banks will be doing the fashions on Saturday, May 2<sup>nd</sup> from 12:00pn-4:00pn. Tickets are \$10.00 for food and admission. See Donna for more information. Thank you!

**Donna & Sarah**

### **Sunshine Lady**

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who isn't feeling well, had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957** or **Please let the Staff or Office Volunteers know too!!**

Get Well Wishes/ Thinking of You were sent to: Marshall Dubuc & Bev Proulx.

Sympathy Cards were sent to families of Ron Turnbull, Jeanette Wells, Bev Collins, Dennis Hoe & Laura Call.

Please remember our Canton Woods folks who are in our area care facilities: David

Appleman, Diane Allen, Dick Blackburn, Eileen Butera, Edgar Chapellier, Shirley Rode, and Jack Virkler.

### **PEACE LUNCH**

**Reminder:** Please sign up for PEACE lunches at least one day in advance of the day you want lunch OR call before 8:15 a.m. that morning.

~~You can leave a message on our machine and we~~ will add you to the list. Lunch is served at 12:00 p.m. (please be here by 11:45am) on Monday, Wednesday, and Friday at Canton Woods for a small donation. Thanks for your cooperation.

The **Monthly Menu** is available at the reception desk.

### **March Birthdays:**

3/2 Mary Ladstatter  
3/4 Judith Littau, Ron Waterbury  
3/6 Cora Melvin  
3/8 Naomi Woods, Marjory Smorol  
3/9 Mireille Peluso  
3/10 Carol Beausejour  
3/11 George Laurange  
3/13 Jo Cleveland, Carol Northrup, Richard Koegel  
3/14 Frank Petrauskas  
3/15 Joe Quimby, Bill Johnson  
3/16 Arlene Lucketta  
3/18 Audrey Orr, Connie Murphy, Jerry Haley  
3/19 Lorraine Orr, Lorraine J. McCarthy  
3/21 Milt Kramer, Irene Petrauskas, Romaine Welch  
3/22 Arlene Cottingim  
3/25 Nick Sgouris  
3/25 Leslie Kassel  
3/26 Shirley DeLoff, Mary Gallup  
3/27 Mary Lou Shaffner, Linda Barnes, Sharyn Brown  
3/29 Ardis Egan  
3/31 Helen Hudson

**Please Note:** Our birthday list is by request only. If your birthday is not on the list and you would like it to be or if someone should not be on our list, please call the center, (315) 638-4536.

### **Birthday Breakfast**

**Canal Side Café & Bistro** is offering each senior on Canton Woods birthday list \$5.00 off a breakfast **on his or her birthday!** Be prepared to show identification and tell how old you are! This is an awesome opportunity to celebrate your birthday and support a wonderful local eatery. **Thank You Canal Side Café & Bistro** for your continued support of our seniors!

## Food Bank of CNY

The Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

## Food Sense

**Food Sense order deadline is Monday, March 16<sup>th</sup> before 10:30am.**

Food Sense pick-up date is Wednesday, March 25<sup>th</sup>, starting at 11:00am. We need all orders picked up promptly.

## FOOD SENSE: March Package

**Cost: \$20.50**

3.5lb Chicken Drumsticks, 1lb Ham Steaks, 1lb Tilapia Fillets, 1lb Ground Turkey, 12oz Salisbury Steaks, 14oz Pizza (BBQ), 20oz French Fries, 7.25oz Macaroni & Cheese, 1lb Frozen Tropical Fruit, 1lb Diced Carrots, & 2 Fresh Produce.

## March Specials:

**Pork Loin** 7-9lb average for \$13.50

**Chicken Tenders** 5lbs for \$6.50

**Shrimp** 2lbs for \$9.00

**Meatballs** 5lbs for \$13.00

**Pantry Box** for \$11.25 includes: Pancake Mix 32oz, Toasted Oat Cereal 12oz, Crushed Tomatoes 28oz, Instant Potatoes 13.3oz, Brown Rice 1lb, Macaroni & Beef 15oz, Tuna Fish 5oz, Peanut Butter 18oz, Grape Spread 19oz, Mandarin Oranges 11oz.

**Onion Rings** 2.5lbs for \$6.00

**Stuffed Shells** for \$5.50.

Please pick up promptly around 11:00am, but before **12:30pm**.

## Ice Cream!

Thank you for all the Byrne Dairy Receipts. Please keep them coming. **Note: We can't use gas receipts!**

## Tournament Information:

**Please call ahead and have your name put on the list for a tournament by 12:30pm.**

**Numbers will be drawn at 12:30 and play will immediately follow.**

**Please arrive at least 15 minutes before any scheduled game or drawing numbers time.**

**Please call CW if you have a conflict and will be a LITTLE late!**

## Tournament Winners

### 8 Ball

1-10

1<sup>st</sup> Place: Ed Barlow & Larry Wood  
2<sup>nd</sup> Place: Frank Lushia & Dave Hardy

### 9-Ball

1-17

1<sup>st</sup> Place: Frank Lushia  
2<sup>nd</sup> Place: Marshall Dubuc

## Corn Bag Toss T'ment

1-31

1<sup>st</sup> Place: Bill Mills & Larry Wood  
2<sup>nd</sup> Place: Frank Lushia & Kathy Hogan

## Shuffleboard T'ment

1-24

1<sup>st</sup> Place: Kathy Hogan & Ron Pratt  
2<sup>nd</sup> Place: Nunzio Lipari & Doug Clark

## Wii Bowling T'ment

1-3

1<sup>st</sup> Place: Kathy Hogan & Diane Ayotte  
2<sup>nd</sup> Place: Nunzio Lipari & Jan Wojo

1-27

1<sup>st</sup> Place: Nunzio Lipari & Bill Mills  
2<sup>nd</sup> Place: Kathy Hogan & Kathy Heintz

## Darts T'ment

1-6

1<sup>st</sup> Place: Kathy Hogan & Mary Hendel  
2<sup>nd</sup> Place: Nunzio Lipari & Gloria Love

## Party Bridge

1-15

1<sup>st</sup> Place: Sue Schwietzer  
2<sup>nd</sup> Place: Pat Farneth

## Bridge Tournament

2-11-20

N-S

1<sup>st</sup> Place: Patty Hunt & Grover Boose  
2<sup>nd</sup> Place: Tom Holodak & Judy McVity

E-W

1<sup>st</sup> Place: Estelle Checrallah & Sue Schweitzer  
2<sup>nd</sup> Place: Wanda Kilgallen & Carol Miller

### **Wii Bowling**

The Wii Bowling Tournament is tons of fun!! Please consult the calendar for dates. Please join our current group of bowlers for a great afternoon of fun with 3 lanes of bowling. Prior experience with Wii Bowling is appreciated.

### **Crafty Corner**

Hello and greetings from Florida. The weather here has been very warm and of course sunny all day. I know you don't want to hear that since you have been buried in snow. In keeping with my commitment to the craft group, I have been making scrubbies and mittens as much as I can.  
Edwina      Craft Coordinator

**Art Group** dates for March are Tuesday, March 3<sup>rd</sup> and Tuesday, March 17<sup>th</sup>

at 2:00pm. The 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month will be Art Group Tuesdays, as able. This group is facilitated by retired B'Ville Art Teacher, Mike Conway.

The group welcomes beginner and intermediate "students" and will focus on drawing and painting. Please bring your sketch book and art supplies. New participants welcome!

### **Zumba Gold!**

Wednesdays at 9:30am. Zumba Gold lets you move to the beat at your own speed. Please check our calendar for upcoming dates.

**Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher**

Classes held Monday mornings at 10:30am. Please check our calendar for upcoming dates.

### **Tai Chi Classes**

Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to instructor. Please check the calendar for dates.

### **C. W. Exercise Classes**

This aerobics class is a workout for seniors every Tuesday and Thursday morning at 9:15a.m. Charges are payable to instructor.

### **Falls Prevention Class**

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist. DVD featuring the instructor leading the exercise for the winter.

**Scrabble:** Mondays at 1:00pm! Have fun playing this classic game.

### **Blood Pressure Screening**

The Center offers blood pressure screening from 9:30 a.m. -10:30 a.m. on Friday. Please look at the calendar for the exact dates and times.

### **AARP Defensive Driving Class**

*We plan to resume classes in the Spring*

### **Free Legal Services**

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be May 5<sup>th</sup>. Call the center to make an appointment (315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

### **Sharing Memories Writing Program!**

**Every Wednesday** at 1:00pm. The writing group is facilitated by Tina Trainham. Tina has all the supplies you need, so just come with your memories.

### **March 2020 Library News**

Please "Check out" our new arrivals in the Library!!

#### **Small Print:**

Kiss the Girls and Make Them Cry (M. H. Clark)

When You See Me (L. Gardner)

Lost (J. Patterson)

Rise of Magicks (N. Roberts)

Child's Play (D. Steel)

Moral Compass (D. Steel)

Stealth (S. Woods)

Treason (S. Woods)

## Book Club News

Jennifer Robson's The Gown is a novel about the Royal Wedding. In London, 1947, recovery from the war is difficult!

Buckingham Palace announces the engagement of Princess Elizabeth to Lieutenant Philip Mountbatten. For Ann Hughes and Miriam Passin, colleagues at the famed Mayfair fashion house of Norman Hartnell. It is extraordinary for ordinary working class English girl and a French emigree who survived the Nazis.

Toronto, 2016, intrigued by the exquisite set of hand-stitched flowers she has inherited from her late grandmother. Heather Mackenzie discovers the embroideries match the motifs decorating Queen Elizabeth II's stunning gown from her wedding almost seventy years before. Among her grandmother's possessions, she also finds on old photo of Nan with Miriam Dassim, a celebrated artist and Holocaust survivor. Heather travels to London to discover her Nan's history.

Next meeting is March 17<sup>th</sup> at 2:00pm.

The March book is The Book Woman of Troublesome Creek by Kim Michele Richardson.

Your facilitator, *Edwina Hay*

Edwina will be cruising the Caribbean so you can complain about her selection...ha-ha

## PRESIDENT'S CORNER

The weather has been pretty cold and snowy this season. Our games have been going good in spite of the weather; please check your newsletter because times and dates of events may have changed. The calendar of programs change every month, so look at it closely so you don't miss signing up for something. Don't forget Irish Dancers on March 17<sup>th</sup>. I would like to thank Jack Schmidel for fixing 3 of our tables and our sandwich board that was falling apart.

Your President, *Ed Barlow*

CWSAG is now selling cans of Pepsi, Diet

Pepsi and bottles of Water for \$1.00. See Ed or the receptionist to purchase.

**NOTICE: Whenever CWSAG has a meeting; we are hoping that seniors attend these meetings. For this reason, the Rec Room is closed during this time. This is happening only 6 times a year for about 20 minutes. Thank you for your cooperation and attendance.**

## Business Meeting

The Canton Woods SAG Business Meeting will be held on April 3<sup>rd</sup>, 2020 at 11:30 a.m.

## News from the VP

Hi All- Welcome to March- hopefully spring will be here soon. And the snow will melt. Things are going good, we picked up another couple of people for Wii; we all have a great time, if you don't know how to play, come watch and see how much fun we do have!! Don't forget St. Patty's Day- March 17<sup>th</sup>.

Your VP *Kathy*



Canton Woods Senior  
Activity Group

Raffle

For March is a \$30.00 gift certificate

## Don't Forget

### Bottle & Can Fund Drive

Your nickels will add up to help your Center. There are now two ways to contribute! The Senior Activity Group has an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Group.

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In addition to the collection program at the center, you and your family members may now return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fund raisings efforts.

### Assistant Director:

Happy St. Patrick's Day!!

We have the Rince-Na-Sonas dancers here on St. Patrick's Day at 11:30am. Please come and enjoy the kids dancing. Dup Bridge will follow the dancers. On March 20<sup>th</sup> we have another Make & Take Card Making Workshop. This is a great opportunity to make a unique card for someone special and have fun with other seniors. The price per card is affordable and it is a really nice way to spend a Friday afternoon. Please consider signing up for a 10 minute Chair Massage. Again the price is affordable and Rachel is very friendly and very good at massage!! Think about joining scrabble or Mah Jong too!!! Please check out our calendar for other activities. Stay safe spring will be here soon!!!

Thanks *Joanie*

**Director's Note:** February is behind us!

March brings a touch of green and the hope of spring!

Start the season with music. The **Baldwinsville Community Band** will entertain you with a very festive St. Patrick's Day program on Wednesday March 11th at 7:00pm.

**On March 17<sup>th</sup>**, be sure to wear your green and a big Irish smile to celebrate St. Patrick's Day!

Everyone who wears green on March 17<sup>th</sup> will be included in a raffle.

On Tuesday March 17<sup>th</sup>, Rince Na Sonas School of Irish Dance brings the lively tradition

of Irish step dance to Canton Woods. This performance is sure to lift your spirits. Plan to join in the fun.

**Happy St. Patrick's Day!**

**Happy Spring!**

*Ruth*

### *Senior Words of Wisdom!*

However good or bad a situation is, it will change.

You don't have to win every argument.

Agree to disagree!

### St. Patrick's Day Green Trifle

- 1 cup whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- 1 package vanilla pudding
- Green food coloring
- 1 cup graham cracker crumbs
- Gold foiled chocolate coins

Combine the whipping cream, powdered sugar, and vanilla extract in a bowl and mix to stiff peaks. Set aside.

Prepare the vanilla pudding mix as per instructions on the package. Add green food coloring to the pudding mixture while you are whisking it.

Pick your serving dish and proceed to layer each of the ingredients as you prefer; i.e.: pudding, next add whipping cream, sprinkled graham crumbs on top and continued to repeat until dish is full. Top with the gold chocolate coin!