

Hello Canton Woods!

We miss you and hope you are well. Your health and safety are our first priority as we consider when and how to reopen the center. Planning for the future requires attention to guidelines and best practices from New York State, and the CDC. It calls on all of us to be patient and open to change. Over the past several months we have all adjusted and adopted new behaviors in our daily interactions. Canton Woods continues to serve the seniors of Greater Baldwinsville, the way we deliver services has been altered due to the current circumstances, but our commitment to Canton Woods mission and to the seniors we serve remains firm and constant.

The future will unfold with changes in some of the center's procedures including how we structure our day and time at the center. None of the changes affect our dedication to the amazing seniors who make the center such a positive and vital place.

Please remember, we are available at the center by phone at (315) 638-4536. Call if you have any questions or concerns. Also, be sure to check the Village of Baldwinsville website for more information and updates. Some of you have already provided your email address. If you would like to receive information via email please forward your address to [rtroy@baldwinsville.org](mailto:rtroy@baldwinsville.org).

While the Center doors are closed, workers are busy inside with renovations improving the space. The Center will have a new floor in the large gathering room as well as a new room dividing wall. This work is possible due to a Community Development Grant to The Village of Baldwinsville from Onondaga County. It is very exciting! We hope to complete a few other smaller projects as well.

You will read that the center is using the beautiful facility grounds to offer some limited outdoor activities. These activities are socially distanced and masks required. Please use your best judgement regarding your personal circumstances and the decision to attend.

Enjoy a nutritious meal. The Center is offering a drive/ walk up take away lunch through the Onondaga County senior nutrition program and PEACE Inc. The lunch is every Monday and Friday at 11:30am. You must make a reservation. Call the center 315 638- 4536 for more information and to make a reservation!

Canton Woods Art Group is proud to be having a show at the Baldwinsville Public Library! The Art Groups Work will be on display throughout the month of August. Call the library for more information on how and when to view the art show (315) 635-5631.

Enjoy the summer!

*Ruth*

Hi to everyone!!!

I hope you are following me on Facebook on the Cwsag page!! I am currently posting - the word of the day - and enjoying everyone's comments. So please look me up on Facebook and join the comments!!!

Stay safe everyone, visit safely with your family and friends. Call your family and friends or e-mail, Skype, Facetime whatever it takes to stay connected. The worse thing that COVID -19 can do to our seniors other than making them sick is to make isolation a bigger problem than it already is. So, I'm asking you to reach out and safely talk to others. It is very important!!! Thank you and hope to see you at Canton Woods as soon as possible! *Joanie*

New segment for the Newsletter: Quotes that Matter!!!

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." *Albert Einstein*

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." *Charles Darwin*

"What seems to us as bitter trials are often blessings in disguise." *Oscar Wilde*

Unfortunately, we are still under COVID-19 restrictions, however, we are going to try a few things outside in August; Social distancing, wearing masks and weather permitting.

The Canton Woods Art Group will be meeting in the pavilion area on Tuesday, August 18<sup>th</sup> at 10:00am. Also, the Baldwinsville Library is hosting a Canton Woods Art Group Art Show during the month of August.

Tai Chi is meeting on Tuesday and Thursday mornings at 8:00am weather permitting.

Yvonne Martin has posted a Chair Yoga session for her Chair Yoga people. I have tried it and it is Great! If you are interested, we can help you find Yvonne's session. It is posted on The Village of Baldwinsville Website.

Edwina Hay CW's Book Club coordinator is holding a Book Club meeting in the Canton Woods Gazebo on August 18<sup>th</sup> at 2:00pm. The rain date is August 19<sup>th</sup>. The book selection is Where'd You Go Bernadette? by Marie Semple. Start reading and join the lively discussion.

Favorite local Baldwinsville Musician **GEORGE LEIJA** will perform on the Canton Woods grounds on August 20<sup>th</sup> at 3:00pm. Please bring your own chairs, wear a mask and practice social distancing!!!

Ruth and I have been assisting book enthusiasts with books from the Library. CW librarian Lorraine Melita will be in to work in the library and to assist with obtaining books on August 25<sup>th</sup> 11:00am-3:00pm. Call the center for more information.

Join us for a drive up summer treat on **Wednesday, August 26<sup>th</sup> starting at 2:00pm**. Let us treat you to a **Free Ice Cream** treat while supplies last. This will be a drive up opportunity like other drive up activities we have been holding. Just follow the cones to pull up to the front of the main entrance. ***This event is Sponsored by the Canton Woods Senior Activity Group.***

Edwina, Ruth and I have assisted crafters with getting supplies from our craft room. If you are in need of craft supplies please call the center at 315-638-4536.

Canton Woods is still closed to indoor senior activities. Ruth and I are working with the Village of Baldwinsville to follow all COVID -19 guidelines to offer activities safely.

Mayor Clarke is on Home Heart and Community Facebook live stream, every week (Wednesday morning) and shares information about the Village including the senior center. You will find other local leaders on this site as well.

If you have any questions about Canton Woods Travel, Belle Tours LLC., call Jacki Abbott 315- 415-0040.

Jan Wojnovich, CW's Sunshine Lady, continues to send out cards. If you know of any senior who is ill or has a close family member that has passed please call Jan at 315-638-2957 or call the center at 315-638-4536.

### **Neighborhood Advisor**

Hi everyone! I have been in touch with many of you and most everyone is doing well. I am available by appointment to meet with you outside and, of course, you can always call. I am in the office on Monday, Wednesday, and Fridays from 9:00am-3:00pm. I was happy to see so many friendly faces when I handed out the Farmer's Market Coupon books last month and hopefully will be able to see many more soon. Take care and be safe. *Nancy Sullivan*

### **B'ville Express**

The *B'ville Express* is still closed down due to the COVID-19. At this time, we have not been advised of a date we will be able to reopen. In the meantime, if you need transportation, the OSCAR program is up and running. OSCAR is a **free** senior ride program provided by CENTRO. Most of our seniors are already registered for the OSCAR program. If you are not sure if you are registered or you need to reserve a time for transportation, please call the OSCAR program at 315-442-3434. Make sure to ask for the OSCAR program specifically. If you are having any type of procedure, please call the *B'ville Express* as I do have access to a **free ride program for procedures only**. I am currently in the office on Tuesday and Thursdays if you need to reach me for anything. I hope you are all well and staying safe. I look forward to being able to see you all soon!!

***Gina B'ville Express***

Transportation Coordinator