



Hello Canton Woods!

September is National Senior Center Month! ***The Theme for 2020 is Senior Centers: Delivering Vital Connections!*** The theme highlights how senior centers deliver vital connections to support older adults aging well. Although the doors to the brick and mortar building have been closed, Canton Woods continues to serve the seniors of Baldwinsville as it has for over 42 years. Many of you have told me how much you appreciate the phone calls from Nancy and Gina and knowing you have familiar, trusted folks staying connected. Our service delivery methods have adapted to the challenging circumstances. We continue to provide valuable information, resources and creative programming. 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.

Walk for the Woods 2020! Help support your senior center while staying safe and healthy! Like many of our traditions and long standing annual events the ***Walk for the Woods*** will be a little different in **2020**. This year participate by Walking Any Day, Any Time, Any Place from **September 1- September 30!** ***Walk for the Woods*** on the best day, at the best time for you! ***Walk for the Woods***, on your treadmill, in your neighborhood or in one of our many beautiful parks! Take a photo to share of you ***Walking for the Woods!*** For more information call the center 315 638 4536 .**The form to register, make a donation and/or order a T- Shirt is available in this news letter and on the Village of Baldwinsville website at www.baldwinsville.org.**

National Senior Center month is the perfect time to advocate for your senior center. **Fall is also the start of the municipal budget process.** Canton Woods operates under a three way municipal agreement between the Towns of Lysander and Van Buren and the Village of Baldwinsville. Take a moment to say thank you to the municipalities for their past support and let your Town Supervisor and your Town Board know you want them to continue to fund your senior center. Let the Mayor and Village Board know how much you would appreciate their continued commitment to the senior center.

Share with your municipal representatives how much you benefit from the many services available through the Center. Remind them Canton Woods is a valuable community resource and that has a significant positive impact in your life.

Town of Lysander, Robert A. Wicks-Supervisor

Email: supervisor@townoflysander.org Phone: 315-638-4264 or 315-857-0281

Town of Van Buren, Claude E. Sykes-Supervisor

Email: supervisor@townofvanburen.com Phone (315) 635-3009

Mayor of Baldwinsville, Richard Clarke

Email: dclarke@baldwinsville.org Phone (315) 635-3521

Join us for a drive up summer favorite on Thursday **September 10th starting at 2:00pm. Free Ice Cream** treats while supplies last. This will be a drive up opportunity like other drive up activities we have been holding. Just follow the cones and pull up to the front entrance. ***This event is Sponsored by the Canton Woods Senior Activity Group!***

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. Call the center 315 638- 4536 for more information and to make a reservation! (We hope to add lunch on Wednesday in October!)

Food Sense has returned! The Food Bank of CNY is bringing Food Sense back to the community! Food Sense helps stretch your food buying dollars. This program is open to everyone. The order deadline for September is Monday September 14th by 10:30am. Call the center for more information and September's package list. (315) 638-4536

While the Center is closed, workers are busy inside with renovations improving the space. The new floor has been installed in the large gathering room. Work will soon begin on 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.

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. We are also reaching out to you via Zoom! ***Delivering Vital Connections!***

Ruth

Hi to everyone!!! September 2020 is here looking so much different than other Septembers. Usually we are talking about what happened at the NYS Fair, planning for Jackie's fall bus trip, when grandkids start school, and wondering what fall festival's we will attend. This year seems to be full of questions. What is right, what is wrong? What is safe or not safe? How are many days do our grandkids go school and what happens to them when they are not at school? Where is my mask as I am walking into Tops! A virtual butter sculpture is nice but not the same as looking at it with other fair goers after you just ate your baked potato. Wondering what is going to happen when the snow flies and we can't do things outside as easily?? The question we hear most is When is Canton Woods going to open up? There is no date, but we will open up when it is safe to do so. Programming will be different; we will all have to be aware of all the safety protocols and follow them. As always, we will work hard to offer programs for everyone's interest! So stay tuned and Stay Safe!!! *Joanie*

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

"The way I see it, if you want the rainbow, you gotta put up with the rain." Dolly Parton

"I believe every human has a finite number of heartbeats. I don't intend to waste any of mine." Neil Armstrong

"Do one thing every day that scares you." Eleanor Roosevelt

We are still under COVID-19 restrictions and the center is closed, however, we are offering several programs outside in September; **Social distancing, wearing masks and weather permitting.**

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. If you are interested, we can help you find Yvonne's session. It is posted on The Village of Baldwinsville Website.

The Canton Woods Art Group will meet in the pavilion area on Tuesday September 15th at 11:00am.

Edwina Hay CW's Book Club coordinator is holding a Book Club meeting in the Canton Woods Gazebo on September 15th at 2:00pm. CW's Book Club held its first meeting on August 19 under the Gazebo at Canton Woods. We welcomed two new members, got caught up, and eventually discussed Where'd You Go Bernadette by Maria Semple. Those who read the book enjoyed it. Well the story itself is somewhat sad; the way in which it was told made you laugh. A young girl grows up with two very eccentric parents and for middle graduation gift wants a trip to Antarctica. The author Maria Semple uses different formats to create her story: emails, letters, and FBI documents to name a few. Readers found the ending of the novel less than exciting and critics agreed calling the end cliché. Our next book is The Keeper of Lost Things by Ruth Hogan. We will meet unless there is thunder and lightning at the Gazebo on **September 15th at 2:00pm (rain date is September 16).**

Enjoy an outdoor concert from Canton Woods gazebo! **Rock Shadows** returns to Canton Woods with your favorite rock and roll tunes on Thursday September 17 at 3pm. (Weather permitting; bring your lawn chair, social distance, **masks required**).

Local Baldwinsville Musician, **George Leija** with return to Canton Woods on Thursday, October 8th at 3:00pm. . (Weather permitting; bring your lawn chair, social distance, **masks required**).

Down Memory Lane with Mayor Clarke returns to Canton Woods just with a new and slightly different format. Mayor Clarke will gather with you for the same friendly visit and to reminisce, via Zoom! The Date is Oct 5th at 4pm. **Call the center if you wish to receive the invitation to this Zoom gathering!**

Mayor Clarke can also be seen 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.

It is time to get your flu shot. On Wednesday September 23 at 9:30am, Rite Aid Pharmacy will provide a drive up flu shot clinic **at Canton Woods. Masks required**, remain in your car and be sure to bring all of your insurance cards.

With the help of Canton Woods librarian, Lorraine Melita, we have kept our avid readers supplied with books. CW Library has several new to books and many new to us audio tapes!!! Simply call the center 315-638-4536 with an Author or Title of a book you might like to read or to inquire about new books. We will arrange to meet you outside in the parking lot to deliver your book requests.

Crafters if you need of craft supplies, please call the center at 315-638-4536. We have yarn and much more!

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 CW at 315-638-4536.

Neighborhood Advisor

Welcome fall! Hopefully fall will be just as nice as summer in regards to the weather at least. I want to let everyone know that HEAP has closed to applications now and will reopen sometime in November. As for other needs, please know that even though the Center is closed to activities, I am still available to assist you in any way I can. You simply need to call and I will make arrangement to meet with you by appointment, in a safe manner that meets recommendations from our government officials. I hope everyone is doing well and also thank you all for the kind words I receive during my wellness calls.

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