

# Canton Woods Newsletter

## August 2024

### Canton Woods Staff

Rene' McMonagle, Director  
Joan Ferstler: Assistant Director  
Phone (315) 638-4536  
Open: 8:00am-4:00pm

Visit Canton Woods on the Village of  
Baldwinsville Website  
[www.baldwinsville.org](http://www.baldwinsville.org)

**Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.**

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

### Notes from the Director

Happy August! Summer is almost over and how fast it flew by... with that I want to say Thank You to everyone who has been wonderful while I am transitioning from the Outreach Worker to the New Director. On an unfortunate note...we are losing another valuable member of our crew. Joan Ferstler will be retiring from Canton Woods after 15 years. This is another truly sad day for us and she will be retiring as of August 17<sup>th</sup>. Her last day here and present with us will be for the Car Show on August 12<sup>th</sup>. We are looking for an assistant recreation leader to fill Joan's

position. I am hoping in the near future to set up some time to have a monthly meeting during a day of the week to have a Coffee and Conversation meeting with our seniors to bring in new ideas or suggestions for the Center. So please be patient with us all while we manage this transition and work on making our hidden gem an amazing place to be each and every day!

Rene'

### Assistant Director:

As you read in Rene's piece, I am retiring from Canton Woods Senior Center. Time to change direction and try something new, closer to home and a few less hours. Not sure what that will be, so keep your fingers crossed for me. Thank you to everyone for all the great times, assistance in so many ways, and happy memories. It's been quite a Ride. Enjoy Canton Woods!!!

*Joanie*

### MOW: Happy August Everyone,

Months flying by, please look for our September drive thru pulled pork dinner details in September! If you need us for a quick recovery, we can help! Just call us! We will get you some meals! Drivers needed for subs!

Stay cool

Donna & Jessica 315-638-2171

**Good News: CW Book Club** is resuming in the fall of 2024 facilitated by Mark McDaniel.

Mark is asking you to think about the books you always wanted to read and haven't yet! So please call over the summer months, (315-638-4536) and give us your want to read ideas. Mark hopes to see you in September to start this memorable book club!

**Sign language classes** will resume in the fall as well.

**BE PREPARED TO HAVE FUN!!**

**AAA Defensive Driving Course** is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. **Next class is September 18, 2024.** Fee is \$34.00 checks or money orders made out to AAA. If you have any questions, call the center at (315) 638-4536.

### **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, 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:** Patricia Apicella, Edwina Hay, Max Bablok.

**Sympathy Cards were sent the families of:** E. Joyce Jewell, Beverly Derosier, Sharyn Brown and to Nunzio Lipari for the passing of a family member.

### **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

### **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.

### **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*

**Pool Tournaments** every Friday at 1:00pm. Sign up ahead of time to get your name on the list.

## **Tournaments for June**

### **9 Ball Tournaments**

**6/7**

1<sup>st</sup> Place: Frank O'Donnell

2<sup>nd</sup> Place: Nunzio Lipari

**6/14**

1<sup>st</sup> Place: Bill Boheimer

2<sup>nd</sup> Place: Nick Peluso

**6/21**

1<sup>st</sup> Place: Dave G.

2<sup>nd</sup> Place: Nunzio Lipari

**6/27**

1<sup>st</sup> Place: Nick Peluso

2<sup>nd</sup> Place: Bill Boheimer

### **Wii Bowling T'ments: Every**

Monday, at 1:00pm. We welcome more Wii Bowlers. Call to sign up.

**Lots and Lots of fun come check it out!**

### **Wii Bowling**

**6/3**

1<sup>st</sup> Place: Jan Wojo & Doug Clark

2<sup>nd</sup> Place: Sue Stapleton & Cliff

Reynolds

**6/10**

1<sup>st</sup> Place: Jane Caloan & Jerry

Dingman

2<sup>nd</sup> Place: Jan Wojo & Tommy

Spagnola

**6/17**

1<sup>st</sup> Place: Bob Hahn & Kurt Lyon

2<sup>nd</sup> Place: Louise Barone & cliff

Reynolds

**6/24**

1<sup>st</sup> Place: Linda Giddens & Jerry  
Dingman

2<sup>nd</sup> Place: Bob Hahn & Tom  
Spagnola

*Please remember to arrive 10 to 15 minutes before the beginning of each game. Thank you!*

**Bunco** has moved to *Monday* mornings, the 2<sup>nd</sup> and 3<sup>rd</sup> Mondays at 10am-12:00pm. This is a fun fast moving dice game. Give it a try. Check the calendar for exact dates.

UNO – Skip-Bo 4<sup>th</sup> Monday of the month at 10:00am

**BINGO!!! Come join the fun!**  
***BINGO! Wednesdays and Fridays at 1pm***

### **Mexican Train Dominoes**

Join the fun every Friday at 10:30am. Learn to play Mexican Train Dominoes. This is a fun game that is very easy to learn.

***Pitch*** is every Thursday at 1:00pm!

Call to sign up, double check the calendar.

**Duplicate Bridge** Tuesday at 12:00pm

**Party Bridge** Wednesday at 12:00pm

If you are a Bridge player, please think about joining our games!!!!

**Scrabble: Thursdays at 10:00am**

The core muscles are a group of deep muscles that control and stabilize the pelvis and spine. They are located on the front, back and sides of you and even include some of your pelvic floor (and yes, men have a pelvic floor too!) The core is critically important for many many reasons: minimize back pain, improve posture and balance. Many people are surprised to learn how inter-related core strength and balance are. Without a strong core, your spine and pelvis do not have the stability to allow your limbs to move properly. **If you have weakness in the core, you are more susceptible to injuries and have a higher risk of falls.** Developing a good core strengthening program is vital as one ages because vision, reaction time, leg strength and coordination all start to decline. Developing a proper program is where a physical therapist is critical.

*\*\*If you are having any trouble completing these exercises or they cause pain, consult a Physical Therapist.*

**Onondaga Physical Therapy**  
(across from the B'ville Diner)  
19 E Genesee St  
Call Or Text: 315-635-5000 |  
[www.onondagapt.com](http://www.onondagapt.com)

Learn more about Our Locations, What We Treat, Make an Appointment Online, Healthy Living Tips & More:

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!

# Canton Woods

## August 2024

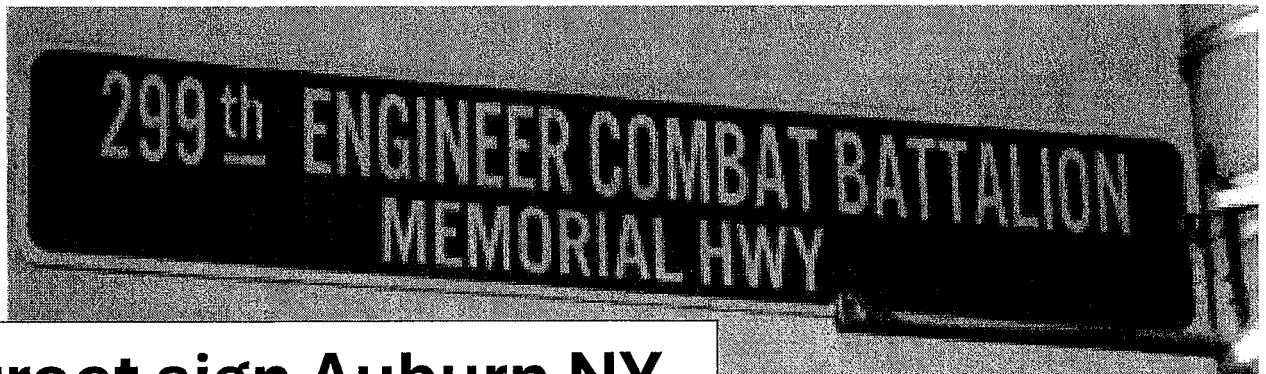
|           |   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |          |
|-----------|---|---|--|--|---|--|----------|
|           | <b>Calendar Subject to Change</b>   |   |  |  | <b>1</b><br>8 Tai Chi<br>10 Falls Class<br>10 Scrabble<br>1 Pitch   | <b>2</b><br>9:15 Senior Ball<br>Drumming Exercise<br>10:30 Mexican Train<br>12 PEACE Lunch<br>1 BINGO<br>1 Pool T'ment | <b>3</b> |
| <b>4</b>  | <b>5</b><br>8:30-12 Open Rec<br><b>10 Roger Dahlin Presents "The 80<sup>th</sup> Anniversary of D-Day"</b><br>12 PEACE Lunch<br>1 Wii Bowling | <b>6</b><br>8 Tai Chi<br>9:30 Yarn Crew<br>10 Falls Class<br>11:10 Chair Yoga<br>12 Dup Bridge<br>1 Poker | <b>7</b><br>9:15 Senior Ball<br>Drumming Exercise<br>10:30 Adult Coloring<br>12 PEACE Lunch<br>12:00 Party Bridge<br>1 BINGO<br>1-3 Sharing Memories<br>Writing Program<br>1 Poker   | <b>8</b><br>8 Tai Chi<br>10 Falls Class<br>10 Scrabble<br>1 Pitch  | <b>9</b><br>9:15 Senior Ball<br>Drumming Exercise<br>Class<br>10:30 Mexican Train<br>12 PEACE lunch<br>1 BINGO<br>1 Pool T'ment     | <b>10</b>  |          |
| <b>11</b> | <b>12</b><br>8:30-12 Open Rec<br>12 PEACE Lunch<br>10-12 Bunco<br>1 Wii Bowling<br><b>CAR SHOW 5-7:30PM</b>                                   | <b>13</b><br>8 Tai Chi<br>9 Yarn Crew<br>10 Falls Class<br>12 Dup Bridge<br>1 Poker                       | <b>14</b><br>9:15 Senior Ball<br>Drumming Exercise<br>10:30 Adult Coloring<br><b>11 Tunes from the 50's and 60's with Jillisa</b><br>12 PEACE Lunch<br>12:00 Party Bridge<br>1 BINGO<br>1-3 Sharing Memories<br>Writing Program<br>1 Poker | <b>15</b><br>8 Tai Chi<br>10 Falls Class<br>10 Scrabble<br>1 Pitch | <b>16</b><br>9:15 Senior Ball<br>Drumming Exercise<br>Class<br>10:30 Mexican Train<br>2 PEACE Lunch<br>1 BINGO<br>1 Pool T'ment     | <b>17</b>  |          |
| <b>18</b> | <b>19</b><br>8:30-12 Open Rec<br>10-12 Bunco<br>12 PEACE Lunch<br>1 Wii Bowling<br><b>Rain Date for Car Show</b>                              | <b>20</b><br>8 Tai Chi<br>9 Yarn Crew<br>9:30 BP Screening<br>10 Falls Class<br>12 Dup Bridge<br>1 Poker  | <b>21</b><br>9:15 Senior Ball<br>Drumming Exercise<br>10:30 Adult Coloring<br>12 PEACE Lunch<br>12 Party Bridge<br>12:30-2 National Grid Representative<br>1 BINGO<br>1-3 Sharing Memories<br>Writing Program<br>1 Poker                   | <b>22</b><br>8 Tai Chi<br>10 Falls Class<br>10 Scrabble<br>1 Pitch | <b>23</b><br>9:15 Senior Ball<br>Drumming Exercise<br>Class<br>10:30 Mexican Train<br>12 PEACE Lunch<br>1 BINGO<br>1 Pool T'ment    | <b>24</b>  |          |
| <b>25</b> | <b>26</b><br>8:30-12 Open Rec<br>10-12 UNO-Skip-Bo<br>12 PEACE Lunch<br>1 Wii Bowling   | <b>27</b><br>8 Tai Chi<br>9 Yarn Crew<br>10 Falls Class<br>12 Dup Bridge<br>1 Poker                       | <b>28</b><br>9:15 Senior Ball<br>Drumming Exercise<br>10:30 Adult Coloring<br>12 PEACE Lunch<br>12:00 Party Bridge<br><b>1:30 BINGO</b><br>1-3 Sharing Memories<br>Writing Program<br>1 Poker  | <b>29</b><br>8 Tai Chi<br>10 Falls Class<br>10 Scrabble<br>1 Pitch | <b>30</b><br>9:15 Senior Ball<br>Drumming Exercise<br>Class<br>10:30 Mexican Train<br>12 NO PEACE Lunch<br>1 BINGO<br>1 Pool T'ment | <b>31</b>  |          |

# D-Day - 80<sup>th</sup> Anniversary Canton Woods Aug. 5 - 10AM

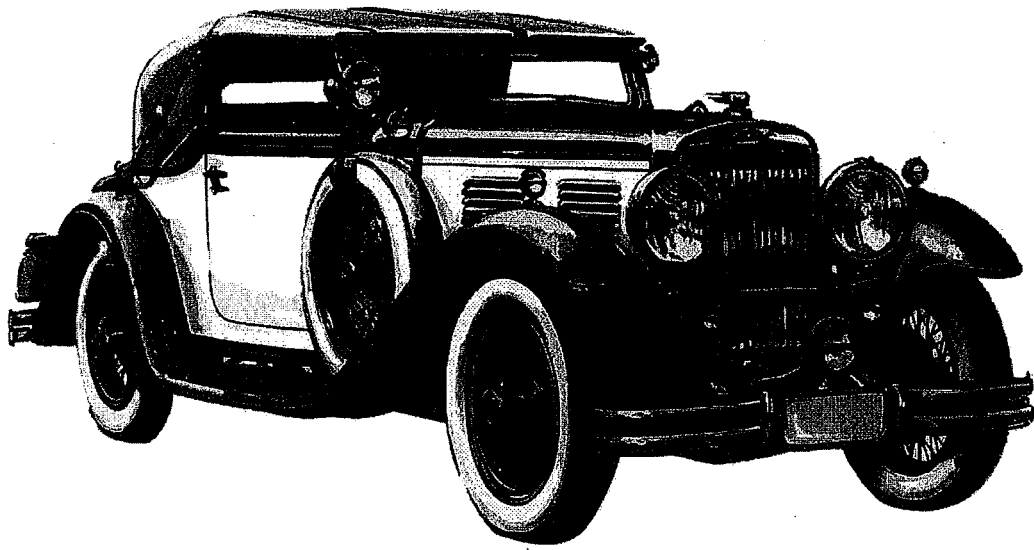
Omaha Beach



Join Roger Dahlin in a rare view of "D-Day" via personal and archive photos. Includes testimonies of 299<sup>th</sup> Combat Engineers credited as being first on Omaha Beach



Street sign Auburn NY



## Canton Woods 14th Annual Car Show

**August 12<sup>th</sup>, 2024      5:00pm-7:30pm**

Canton Woods 76 Canton St.  
Baldwinsville, N.Y. 13027      638-4536

The evening will include: Beautiful Cars & Trucks,  
*Food to Purchase from Canal Side Café & Bistro*  
Prizes, Raffles, *Musical Entertainment from*  
*B'ville's own George Leija & Fun!*

Entry forms available at Canton Woods & on the Village of Baldwinsville  
website-- Entry fee \$10. for each car entered.

Car Show winners to be announced at 7:00pm

Categories for Car Show: Oldest entry, Fans Favorite, Senior  
Activity Committee's Choice

Rain Date: Monday August 19, 2024

Please come and enjoy the family event at Canton Woods!

# August 2024

## Senior Nutrition

PEACE, Inc. FSD

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
|  |   |   | 1<br>Sausage Link Hoagie w/ Peppers & Onions<br>Salt Potatoes<br>Field Greens Salad w/ Strawberries & Oranges<br>Italian Ice<br>(Regional Market)          | 2<br>Chicken Alfredo<br>Served over Bowtie Pasta<br>Steamed Broccoli<br>Apple<br>Italian Bread  |
| 5<br>Southwestern Style Grilled Chicken<br>Tex-Mex Corn<br>Roasted Red Skin Potatoes<br>Chocolate Chip Cookie<br>Whole Wheat Bread w/ Margarine PC | 6<br>BBQ Beef on Roll<br>Baked Beans<br>Fresh Spinach Salad w/ Mushroom & Diced Hard Boiled Egg<br>Diced Pineapple                              | 7<br>Smothered Seared Pork<br>Baked Potato w/ Sour Cream & Chives<br>Buttery Sliced Carrots<br>Fruit Salad<br>Whole Wheat Bread w/ Margarine PC                       | 8<br>Chicken Speedies w/ Italian Bread<br>Red Skin Potato Salad<br>Cole Slaw<br>Berry Cobbler<br>(Regional Market)   | 9<br>Boneless Chicken Cacciatore<br>Penne Rigate Pasta<br>Roasted Brussel Sprouts<br>Jello w/ Whip<br>Whole Wheat Bread w/ Margarine PC |
| 12<br>Sloppy Joe on Kaiser Roll<br>Butter & Herb Baby Potatoes<br>Buttery Carrots<br>Diced Pears   | 13<br>Syracuse Famous Chicken Riggie's<br>Sautéed Greens<br>Juicy Diced Peaches<br>Fresh Baked Dinner Roll                                      | 14<br>Home Made Old Fashioned Meatloaf w/ Mushroom Gravy<br>Garlic Red Skin Smashed Potatoes<br>Broccoli<br>Peanut Butter Cookie<br>Whole Wheat Bread w/ Margarine PC | 15<br>Julienne Salad<br>Topped w/ Ham, Turkey, Swiss Cheese<br>Tomatoes, Cucumbers,<br>Hard Boiled Egg and Olives<br>Orange<br>Dinner Roll w/ Margarine PC | 16<br>Breaded Haddock<br>on a Whole Wheat Bun<br>Cole Slaw<br>Potatoes O'Brien<br>Brownie   |
| 19<br>Oven Baked Ziti w/<br>Gianelli Italian Sausage<br>Green Beans<br>Crusty Italian Bread<br>Banana  | 20<br>Tuna Salad w/ Chopped Egg Salad<br>on Kaiser with Shredded Lettuce<br>Cream of Cheddar Potato Soup<br>Italian Ice                         | 21<br>Beef Pot Roast w/ Gravy<br>Roasted Root Veg<br>Mashed Potatoes<br>Mango<br>Dinner Roll w/ Margarine PC  | 22<br>Sweet & Sour Chicken<br>Served over Sesame Rice<br>Oriental Blend Vegetables<br>Apricots<br>Whole Wheat Bread w/ Margarine PC                        | 23<br>Beef Goulash<br>4-Way Vegetable Blend<br>Fresh Baked Chocolate Chip Cookie<br>Dinner Roll   |
| 26<br>Cranberry & Walnut Chicken Salad<br>served on Croissant<br>Chunky Tomato Florentine Soup<br>Banana   | 27<br>Glazed Ham<br>Sweet Potatoes<br>w/ Cinnamon Pecan Crunch<br>Roasted Brussel Sprouts<br>Peach Cobbler<br>Whole Wheat Bread w/ Margarine PC | 28<br>Swedish Style Meatballs over<br>Parsley & Butter Egg Noodles<br>Green Beans<br>Applesauce<br>Whole Wheat Bread w/ Margarine PC                                  | 29<br>Herb Roasted Chicken<br>Mashed Sweet Potatoes<br>Broccoli<br>Tapioca Pudding<br>Whole Wheat Bread w/ Margarine PC                                    | 30<br>AGENCY CLOSED   |
| All meals include: Coffee, Tea, Milk, Bread, and Margarine   |   |   |  |   |
| Menu meet 1/3 of RDA<br>Menu is subject to change  |   |   | Suggested contribution: \$3.50<br>Guest meal: \$7.00   |   |