

Canton Woods Newsletter

July 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:

Hello all! Happy July – summertime is here, and the weather is getting hot! Karaoke was a hit, and we will be continuing it not only in the evenings but trying it out during the day a couple times each month! We have had a couple of amazing donations recently and I would love to give a shout out to our donors for the contributions. We got a large anonymous donation for a new electronic bingo system and we got gifted a new karaoke machine from another patron of the center to use for our singing fun! Thank you all for your input and as always keep it coming!

Rene'

Assistant Director:

Hi everyone! I hope everyone is having a nice summer! The cooking class went well and will be continuing monthly. This month we are going to try and do musical bingo. I am always open to new ideas and suggestions. We are also having an upcoming clothing exchange in August. Clothes need to be clean and in good shape.

Jeanne

Senior Activity Committee:

Happy July to us all!!

July 3rd Music by Jillisa,

12:00 Lunch Hamburgers, chips, fruit, Ice Tea, Lemonade \$8.00 Per person, **please sign up at the front desk to reserve your spot for lunch** (soda and water are available for sale at the office)

July 17th Thursday Strawberry Festival with music. Please sign up at front desk.

Kathy Hogan

Meals on Wheels:

HAPPY FOURTH DAY!

Just to let everyone know, we canceled our outside craft show due to not enough crafters signing up! For some fun news, we will be having a Grab-n-Go strawberry shortcake fundraiser on July 18th from 10 to 1:30 pm. Just come up to our kitchen window and grab yourself a yummy homemade dessert! Yes, we will have Gluten free, for those who need it too! If anyone needs our service please call us. We are here to deliver a nutritious meal to you! We are asking for any dish towels to dry dishes. Anything that you might not be using once again, ours are getting a lot of use out of them! We also are having a 50/50 right now in our office, tickets are \$5.00 winner will be drawn on July 19 at 3 pm. Come and buy a raffle! See Donna

Thank you!

Donna and Jessica

Special Events & Notices – See calendar for times

Please Sign up for all events at the front desk.

7/3 – 4th of July Party with music

7/4 – CENTER CLOSED

7/8 – Ice Cream at Locke 24

7/8 – Lafayette Community Band 7pm

7/9 – Mammogram Van- 9am-3pm

7/17 – John Harrington Evening Music 7pm

8/13 – Canton Woods Car Show

8/19 – Lynn Blair 2pm

8/20 – Car Show rain date

9/13 – Walk for the Woods

Neighborhood Advisor

Farmers Market Coupon books are expected to arrive early this month. You must be over 60 and sign a Statement of Eligibility form. If someone other than yourself will be picking up your coupon book, you will need to sign **BOTH** the Eligibility form along with Proxy Assignment sheet. Please bring identification with you. We are anticipating distribution here at Canton Woods, St Mary's, O'Brien Road and the Meadows at Radisson Apartments. We do not yet have dates and times. Avis will be reaching out to all of you on the list here at Canton Woods.

Theresa Neighborhood Advisor/Outreach Worker

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

Summer is finally here! The B'ville Express **NEEDS YOUR HELP!** Our senior transportation program has an **URGENT NEED** for volunteer drivers. Many of our senior friends lack transportation, therefore going without essential needs such as medical care or groceries. Through volunteer drivers, the B'ville Express arranges transportation for registered seniors of Baldwinsville, helping them access these essential services. **THE NEED FOR VOLUNTEER DRIVERS IS CRUCIAL.** If you are interested in helping your senior friends and neighbors, please call Gina at @315-638-4536. As a reminder, the B'ville Express does not operate when Canton Woods Senior Center is closed. The center will be closed on Friday, July 4, 2025, in observance of Independence Day. Enjoy your summer and stay safe!

HAPPY 4TH OF JULY!

Gina Caroll
Transportation Coordinator

Canton Community Crafters

The Canton Community Crafters continue to work diligently preparing for Christmas, yes, I said Christmas. We are constantly testing out new ideas, and patterns, hoping to create something special for our faithful followers.

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. *Sign up and play.*

TRIVIA: Come out and join us for the monthly Trivia Game – 2nd Monday of each month 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 cored 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.

July Birthdays

3rd - Janice Jenner
5th - Jeanne Paterek
6th - Sharon Criss
13th - Tracey Richards
16th - Paula Machut & Eloise Massett
17th - Cathy Spagnola
18th - Dick Wrona
21st - Frances Hull
26th - Avis Neupert
31st - Phil Seitzer

If you would like your birthday added please stop by or call the center! (315) 638-4536.



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.

Lock 24 Ice Cream Day 7/8. Bring your Canton Woods Membership Card and receive a 25% discount.

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:

Charlene Laughlin
Ken Stewart

Sympathy Cards were sent the family of:

Clara Rose
Deborah Cobb

Free Legal Services

Call the center for upcoming dates. To make an appointment call (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

Mystery Trip with boat ride – Aug 14, 2025
Discover Cayuga Lake – September 25, 2025
Letchworth State Park with Luncheon- October 16, 2025
A “Barry” Merry Christmas tribute to Barry
Manilow at the Turning Stone- December 11, 2025

Overnight Travel

Maine/Ogunquit – **September 8 – 11, 2025**
America’s Music Cities – New Orleans, Memphis & Nashville – **October 19 – 26, 2025**
New York City w/ the Rockettes- **December 2-3, 2025**
Holland & Belgium Springtime River Cruise – **April 14 – 22, 2026**
Williamsburg, VA and Virginia Beach- September **14-19, 2026**
Scotland and Ireland – TBD October 2026
Hawaii- April 2027
National Parks- May 2027 TBA

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

Library

New Fiction
Nightshade by Michael Connelly
Mind of Her Own by Danielle Steel
Writer: A Thriller by James Patterson
Bonded in Death by J. D. Robb
Battle Mountain by C. J. Box
Griffin Sisters' Greatest Hits By Jennifer Weiner
Strangers in Time: A World War II Novel by David Baldacci

Donated Fiction

Adelaide by Genevieve Wheeler
Such a Fun Age by Kiley Reid
By Any Other Name by Jodi Picoult
The Twelve Dogs of Christmas by Susan Wiggs
My Dark Vanessa by Kate Russell
Christmas in Bethel by Richard Paul Evens
The Rabbit Hutch by Tess Gunty
Unnatural Death by Patricia Cornwell
The Guest by B. A. Paris
Table for Two by Amor Towles

Donated Nonfiction

Caste The Origins of Our Discontents by Isabel Wilkerson
I'll Be There for You by Kelsey Miller
The Wealth Money Can't Buy by Robin Sharma

Jacquie and Sharon, your librarians

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.

Community Wesleyan Church
Lee Evans
Anonymous donation

PEACE - SENIOR NUTRITION - JULY 2025

	Wednesday - July 2	Friday - July 4
	Mongolian (Asian Brown Sauce) Beef	
	Asian Stir Fry Vegetables	HAPPY 4TH
	Sesame Rice	AGENCY CLOSED
	Mandarin Oranges	
	Fortune Cookie	
Monday - July 7	Wednesday - July 9	Friday - July 11
Meathball Sub	Sloppy Joe on Wheat Roll	Julienne Salad Topped w/
On a whole wheat sub roll	Potatoes O'Brien	Ham, Turkey, Swiss Cheese,
Lima Beans	Chuck Wagon Corn	Tomatoes, Cukes, Hard Boiled
Fruit Cocktail	Diced Pineapple	Egg & Olives
		Dinner Roll w/ Margarine
		Sugar Cookie
Monday - July 14	Wednesday - July 16	Friday - July 18
Beef Stroganoff over	Chicken Alfredo	Chicken Taco Casserole
Parsley & Butter Egg Noodles	Served over Whole Wheat Bowtie Pasta	Mexican Salad (Romaine, Cukes,
Marinated Beets	Steamed Broccoli	Tomatoes, Corn w/ Honey Lime
Diced Pear	Banana	Vinaigrette)
Whole Wheat Bread w/ Margarine	Italian Bread	Lemon-Blueberry Cookie
Monday - July 21	Wednesday - July 23	Friday - July 25
Chicken Riggies - Whole Wheat	Kielbasa	Homemade Stuffed Peppers
Italian Greens & White Beans	Braised Red Cabbage	(Ground Beef & Rice)
Peaches	Boiled Baby Potatoes	w/ Red Sauce
Italian Bread	Cantaloupe	Tossed Salad
	Marble Rye	Dinner Roll w/ Margarine
		Rice Pudding
Monday - July 28	Wednesday - July 30	
Shepaherd's Pie	Avocado Ranch Chicken Salad	
(Beef w/ 4 way Vegetable &	on a Croissant	
Whipped Potato Topping)	Caesar Salad	
Diced Peaches	Watermelon	
All meals include: Coffee, Tea, Milk,	Menus meet 1/3 of RDA	Suggested Contribution: \$3.50
Bread & Margarine	* 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 July 11	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 July 23	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	at 11:15 - 12:30 PM.	

Canton Woods

July 2025

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 8 Tai Chi 9:30 CC Crafters 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 th of July Party- 11am	4 Center Closed	5
6	7 9 Walking Club 10 Bunco 12 Peace Lunch 1 Wii Bowling	8 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 11:15 Sign Language 12 Dup Bridge 1 Poker 2 Art Group Lafayette Band 7pm- 8pm Locke 24 - Senior Day	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 Mammogram 9-3	10 8 Tai Chi 10 Falls Class 1pm Pitch 1pm Karaoke	11 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament 1 Shuffleboard	12
13	14 9 Walking Club 10 Trivia 10 Bunco 12 Peace Lunch 1 Wii Bowling	15 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group Terri Risley- Blood Pressures 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 Marybeth- National Grid 10:30-12:30	17 8 Tai Chi 10 Falls Class 1pm Pitch John Harrington 7pm	18 9:15 Cardio Ball Drumming 12 Peace Lunch 1 Bingo 1 Pool Tournament	19
20	21 9 Walking Club 10 Bunco 12 Peace Lunch 1 Wii Bowling Musical Bingo 10 am	22 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 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 Food Sense Pick Up	24 8 Tai Chi 10 Falls Class 1pm Pitch 1pm Karaoke	25 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	26
27	28 9 Walking Club 10 Bunco 12 Peace Lunch 1 Wii Bowling	29 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 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	31 8 Tai Chi 10 Falls Class 1pm Pitch		

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