

# Canton Woods Newsletter

## February 2026

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](http://www.baldwinsville.org)   [www.townofvanburen.com](http://www.townofvanburen.com)   [www.townoflysander.org](http://www.townoflysander.org)

Center open 8:00 AM – 4:00 PM Monday – Friday   Phone (315) 638-4536

### Note from the Director and Assistant Director:

During the month of February, the Senior Center continues to provide a welcoming environment with a variety of programs that support social engagement, wellness, and safety for older adults.

In recognition of American Heart Month and Valentine's Day, members are encouraged to participate in wellness activities and social gatherings that promote healthy living and community connection. Winter safety remains a priority and participants are reminded to exercise caution during inclement weather.

**Rene' and Jeanne**

### Senior Activity Committee:

Hi, everyone.

Hope you're doing well. February brings us Valentines Day and we will celebrate on Friday the 13<sup>th</sup>. We will have a party with snacks. Please sign up at the front desk or call the center. The raffle this month will be drawn on the 13<sup>th</sup> also. Our

basket this month is a Bath and Body Works gift bag, 3 tickets for \$1 or 18 for \$5. Hope to see you all.

**Kathy**

### Meals on Wheels:

Hello friends,

We are hoping everyone is staying warm, out in this frigid weather!

If anyone needs our services please call us at 315-638-2171. Jessica likes cooking up her homemade soups!

We hope to be doing our annual Bingo fundraiser in May, so please watch for details, it will be with preregistration. We like to send our prayers to Theresa Gross family; she was a loved senior of ours!

We would like to wish everyone a Happy Valentines Day! Don't forget your sweet heart!

**Donna and Jessica**

## Special Events & Notices – See calendar for times

**Please Sign up for all events at the front desk.**

2- 13 Valentines Day Party- music by Jillisa  
11am

2-16 Center Closed- Presidents Day

3-17 Ron Schlie Irish Music 11am

4-3 Easter Party- Golden Memories 11am

4-16 Marcel Pouliot – Classic Country Band

## ACTIVITIES PAGE

**SIGN LANGUAGE CLASSES:** Every Monday from 9 to 9:30.

**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 –The Second Monday every month 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 core and balance. You will feel the benefit in your daily activities!*

**KRIPALU "CHAIR OPTIONAL" YOGA:** Tuesday mornings at 11:10am. Please see calendar for exact dates. *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.*

**Moving in Rhythm:** Every Monday at 9am.

## 2026 - 2027 Travel with Belle Tours LLC

### DAY TRIPS

July 7, 2026 – "9 to 5" @ The Cortland  
Repertory Theatre  
September TBA  
October 1, 2026- Raquette Lake  
December 3, 2026 – Dick Clark Christmas  
the Turning Stone

### OVERNIGHT TRAVEL

Holland & Belgium Springtime River Cruise –  
April 14 – 22, 2026  
Trains Across the Mountains – June 8 – 12,  
2026  
Williamsburg, VA and Virginia Beach -  
September, 8-13, 2026  
Canada and New England cruise on the  
Norwegian Escape Sept 19 – 26, 2026  
Scotland & Ireland - October 11-23, 2026  
Lancaster – "Joshua" October 26 – 28, 2026  
Tuscany, Lago Maggiore & Italian Riviera  
November 6-14, 2026  
Hawaii – April 2027  
National Parks – May 2027 TBA

### Library

#### Donated Fiction

The Book of Witching by C. J. Cooke  
Mask of the Deer Woman by Laurie L. Dove  
Lightbreakers by Aja Gabel  
The Haunting of Paynes Hollow by Kelley  
Armstrong  
The Ten Year Affair by Erin Somers  
The Other Side of Now by Paige Harbison  
At Dark I Become Loathsome by Eric Larocca  
Hazelthorn by C. G. Drews  
Hemlock & Silver by T. Kingfisher  
Woodworking by Emily St. James  
The Haunting of Room 904 by Erika T. Wurth  
White Horse by Erika T. Wurth  
The Cemetery of Untold Stories by Julia Alvarez  
See You Yesterday by Rachel Lynn Solomon  
Summer in the City by Alex Aster  
Expiration Dates by Rebecca Serle  
The Heist (Clive Cussler) by Jack Du Brul  
Condor's Fury (Clive Cussler) by Graham Brown  
Overkill by Sandra Brown

#### Donated Nonfiction

The Man No One Believed by Joshua Sharpe

Your librarians, Jacquie and Sharon

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## **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.

Jackie Armelino  
Norma Widmann  
Bridget McDonell in memory of Theresa A. Gross

# Canton Woods

## February 2026

Calendar is subject to change

| Monday |                                                                                         | Tuesday                                                                                                        |                                                                                                            | Wednesday                                                    |                                                                                                                                                               | Thursday |   | Friday |    |
|--------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---|--------|----|
| 1      | 2                                                                                       | 3                                                                                                              | 4                                                                                                          | 5                                                            | 6                                                                                                                                                             | 7        | 8 | 9      | 10 |
|        | 9- ASL Class<br>9- Moving in Rhythm<br>10 Bunco<br>12-1 Peace Lunch<br>1:15 Wii Bowling | 8 Tai Chi<br>9:30 CC Crafters<br>10 Falls Class<br>11:10 Chair Yoga<br>12 Dup Bridge<br>1 Poker<br>2 Art Group | 9:15 Cardio Ball<br>Drumming<br>10 Chinese Painting<br>10:30 Adult Coloring<br>12-1 Peace Lunch<br>1 Bingo | 8 Tai Chi<br>10 Falls Class<br>1 Pitch<br>1:15- 2:15 Karaoke | 9:15 Cardio Ball<br>Drumming<br>10:30 Mexican Train<br>12-1 Peace Lunch<br>1 Bingo<br>1 Pool Tournament                                                       |          |   |        |    |
| 8      | 9                                                                                       | 10                                                                                                             | 11                                                                                                         | 12                                                           | 13                                                                                                                                                            | 14       |   |        |    |
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| 15     | 16                                                                                      | 17                                                                                                             | 18                                                                                                         | 19                                                           | 20                                                                                                                                                            | 21       |   |        |    |
|        | <b>Closed</b><br>President's Day                                                        | 8 Tai Chi<br>9:30 CC Crafters<br>10 Falls Class<br>11:10 Chair Yoga<br>12 Dup Bridge<br>1 Poker<br>2 Art Group | 9:15 Cardio Ball<br>Drumming<br>10:30 Adult Coloring<br>12-1 Peace Lunch<br>1 Bingo                        | 8 Tai Chi<br>10 Falls Class<br>1 Pitch<br>1:15- 2:15 Karaoke | 9:15 Cardio Ball<br>Drumming<br>10:30 Mexican Train<br>12-1 Peace Lunch<br>1 Bingo<br>1 Pool Tournament                                                       |          |   |        |    |
| 22     | 23                                                                                      | 24                                                                                                             | 25                                                                                                         | 26                                                           | 27                                                                                                                                                            | 28       |   |        |    |
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