

Canton Woods Newsletter

May 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 www.townofvanburen.com www.townoflysander.org

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

Note from the Director and Assistant Director:

Hello everyone! We're excited to share what's coming up this May. Join us for our Spring Craft Sale from 9am to 2pm—it's the perfect chance to browse handmade items and enjoy a cheerful spring outing. Don't forget to celebrate Mother's Day with us as well—it's a wonderful time to honor the special moms and mother figures in our lives. We're also offering our LeMoyne Falls class running from May 8th through June 12th, from 10:45 to 11:45. We'd love to see you there!

Rene' and Jeanne

Senior Activity Committee:

May already and with that comes Mother's Day. Our Mother's Day party will be on May 11th. So please sign up for the party at the front desk. We

are having ice cream, drinks and flowers and a raffle. Hope to see you all there.

Kathy

Meals on Wheels:

HELLO EVERYONE,

We think everyone knows by now, our Bingo is May 3rd. Doors open at 11. Bingo starts 1pm.

We still have available spots open but you need to come in and register with Donna.

Meals On Wheels would like to Thank everyone for all the constant on-going donations and for supporting our program.

We would love to wish all the Ladies out there a very Happy Mother's Day!

Have a wonderful day!

Donna and Jessica

Special Events & Notices – See calendar for times

Please Sign up for all events at the front desk.

5-11 Mother's Day Party- Richard Bill 11 am

5-8 Health Fair 1pm – 3pm

5-25 Closed – Memorial Day

6-18 Father's Day Party – 11am

7-2 July 4th Party- Anthony Pera- 11am

7-3 Closed- Independence Day

Neighborhood Advisor

It's May at Canton Woods and warmer weather is around the corner! Here are some updates from Onondaga County: Emergency HEAP is still open at this point – Emergency benefits are available for people who are eligible for HEAP and have an energy-related emergency such as a power shutoff, less than ¼ tank oil, kerosene or propane, or have less than 10 days' supply of wood, pellets or coal. Applicant households must meet a resource test. HEAP Cooling opened 4/15/2026. If you meet income limits and have at least one household member with a heat- exacerbated condition, vulnerable age. If you already have HEAP in place, no new application needed, just apply over the phone 315-425-8295. If not, a new application is required noting Cooling on top. Please see me with questions.

Theresa 😊

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

The B'ville Express is funded through Onondaga County's Office of the Aging

Closed May 25th – Memorial Day

Thank you for your volunteer spirit and willingness to help our senior friends of Baldwinsville! We are always in need of volunteer drivers. Many of our seniors in Baldwinsville go without medical services or groceries due to a lack of transportation. If you are interested in helping your senior friends, please call the center @315-638-4536.

Jeanne Paterek

Canton Community Crafters

MOSAIC CRAFT CLASS

Sometime this summer I plan on teaching a class on mosaics. We will be creating a piece of garden//yard art from a bowling ball. WHAT!!!! Yes, a bowling ball.

Some of you have taken a mosaic class before and know how much fun it is. This is new project for me so we will be learning together.

There are lots of things to tell you and you will have to do some thrifting at Rescue Missions and Goodwill stores. In order to give you lots of time, I plan on having an introductory meeting to explain some of the preparation and supplies. That meeting will be May 13 at 9:30 in the outdoor pavilion.... Rain or shine. Class size is limited 7 because that's how many bowling balls I have managed to scrounge up. IF you have your own bowling ball to use you will be automatically accepted in the class.

INFORMATIONAL MEETING WILL BE MAY 13 AT 9:30 IN THE OUTDOOR PAVILION. YOU'LL RECEIVE VALUABLE INFORMATION AND A LIST OF SUPPLIES.

Edwina Hay

ACTIVITIES PAGE

Beginners Bridge: Every Wednesday at 10:30.

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.

Karaoke: 1:15pm Check Calendar for exact days.

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.

May Birthdays

2 Annette Morris
4 Sally Starr
Caroline LaTray
Ann Chapman

6 Nancy Delasin
12 Eloise Rocco
14 Sylvia Preston
15 Dale Waldron

24 Charlotte Erbland
28 Tina Trainham

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 7246 State Fair Blvd. Baldwinsville for 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.

Please continue to bring in your \$.05 returnable bottles and cans. The money goes to the Senior Activity Committee. 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:

Jan Wojonovich

Sympathy Cards were sent the family of:

Free Legal Services

Legal services are available at Canton Woods. Call the center to make an appointment (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.

2026 - 2027 Travel with Belle Tours LLC

DAY TRIPS

July 7, 2026 – “9 to 5” @ The Cortland Repertory Theatre
August 11, 2026 – Canandaigua Lady Boat ride w/ lunch at Nolan’s Restaurant
September 16, 2026 -Mystery Trip Details TBA
October 1, 2026- Raquette Lake w/ Tour of Great Camp Sagamore
December 3, 2026 – Dick Clark Christmas the Turning Stone

OVERNIGHT TRAVEL

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
Best of Greece w/ Celebrity Cruise-
October 6-16, 2027

Library

New Fiction-April

The Devil’s Daughter by Danielle Steel
Want to Know a Secret by Freida McFadden
Sharp Force by Patricia Cornwell
Judge Stone by James Patterson and Viola Davis
The Keeper by Tana French
Hope Rises by David Baldacci

Sharon

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.

Ronald Crook in Memory of Shirley Deloff

Tom & Dorrie Armstrong

PEACE - SENIOR NUTRITION - MAY 2026

Friday - May 1		
		Julienne Salad w/ Ham, Turkey, Swiss Cheese, Tomatoes, Olives, Hard Boiled Egg & Cucumbers Dinner Roll w/ Margarine Rice Crispy Treat
Monday - May 4	Wednesday - May 6	Friday - May 8
Chicken Divan Casserole (Chicken, Broccoli, Cheese, Bread Crumbs) White Rice Tossed Salad Strawberries w/ Whip	Beer Battered Haddock Loin Waffle Cut Fries Confetti Coleslaw Diced Peaches	Herb Baked Chicken w/ Lemon Rice Pilaf & Dill Bean Salad Hawaiian Roll Peach Cobbler "Mother's Day Meal"
Monday - May 11	Wednesday - May 13	Friday - May 15
Crab Salad on a Kaiser with Shredded Lettuce Lemon Orzo Salad Old Bay Seasoned Shoestring Fries Fresh Kiwi	Herb Roasted Pork Chop Roasted Summer Squash w/ Red Bell Pepper & Wild Rice Apple Pie "National Apple Pie Day"	Cheeseburger w/ Lettuce, & Tomato Home Style Potato Salad Blended Vegetable Slaw Whole Wheat Bun Applesauce
Monday - May 18	Wednesday - May 20	Friday - May 22
BBQ Beef on Roll Steak Fries Fresh Spinach Salad w/Diced Hard Boiled Egg & Mushrooms Diced Pineapple	Bacon & Tomato Chicken Salad on Pretzel Roll Strawberry Feta Spinach Salad w/ Balsamic Vinaigrette Juicy Diced Peaches	"Brunch 10:30" Breakfast Strata (Egg & Bread Bake - Spinach, Red Peppers & Swiss) Homefries / Sausage / Pear
Monday - May 25	Wednesday - May 27	Friday - May 29
CLOSED MEMORIAL DAY	Mashed Potato Topped Chicken Pot Pie (Chicken w/ Vegetables & Whipped Potato Topping) Buttermilk Biscuit Ice Cream Cup	Chicken Primavera w/ Penne Pasta Fresh Vegetables Caesar Salad Jello
* Menu is subject to change.*		
All meals include: Coffee, Tea, Milk, Whole Wheat Bread unless specified and Margarine	Menus meet 1/3 of RDA	Suggested Contribution: \$3.49 Guest Meal: \$7.00
*****	FOOD SENSE PROGRAM	*****
Food Sense Program helps stretch your food buying dollars and is open to everyone and available ea. month. Package List can be found on the Baldwinsville or Town websites.	Cost: \$20.50 Order deadline is May 15 by 3:30 PM Pick-up date is May 27 at 11:15 - 12:30 PM.	PLEASE BRING YOUR OWN RE-USABLE BAGS TO BRING YOUR FOOD HOME AS WE NO LONGER HAVE BOXES AVAILABLE

CAR SHOW

COME DOWN TO OUR 16TH ANNUAL SHOW

AUGUST 3, 2026

5 - 9 P M

Music by George Leija
Food, Drinks & Ice cream
available

ENTRY FEE \$10 PER CAR

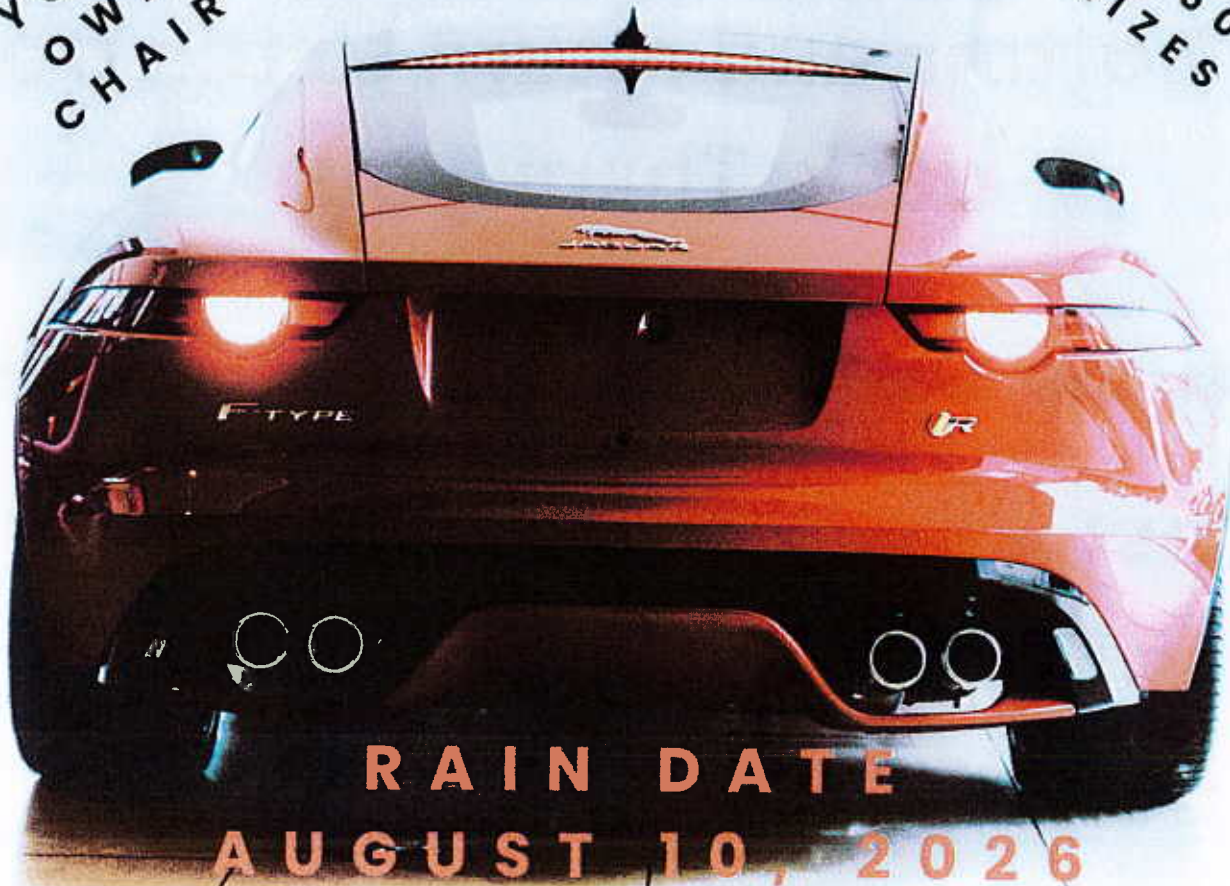
Canton Woods Senior Center

76 CANTON STREET,
BALDWINSVILLE, NY 13027

315 - 638 - 4536

BRING
YOUR
OWN
CHAIR

RAFFLES
50/50
PRIZES



RAIN DATE
AUGUST 10, 2026

Canton Woods

May 2026

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<p>1</p> <p>9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament</p> <p>Craft Sale 9am-2pm</p>	2
3	4	5	6	7	8	9
	<p>9- Moving in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling</p>	<p>8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group</p>	<p>9:15 Cardio Ball Drumming 10:30 Beginner's Bridge Class 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo</p>	<p>8 Tai Chi 10 Falls Class 1 Pitch</p>	<p>9:15 Cardio Ball Drumming Mexican Train 10:45 Le Moyne Falls 12-1 Peace Lunch 1 Pool Tournament</p> <p>Health Fair 1-3</p>	
10	11	12	13	14	15	16
	<p>9- Moving in Rhythm 12-1 Peace Lunch 1:15 Wii Bowling</p> <p>Mother's Day Party - Richard Bill 11am</p>	<p>8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group</p>	<p>9:15 Cardio Ball Drumming 10:30 Beginner's Bridge Class 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo</p>	<p>8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke</p>	<p>9:15 Cardio Ball Drumming Mexican Train 10:45 Le Moyne Falls 12-1 Peace Lunch 1 Bingo 1 Pool Tournament</p> <p>Food Sense Deadline Before 3:30</p>	
17	18	19	20	21	22	23
	<p>9- Moving in Rhythm 10- Trivia 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling</p>	<p>8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group</p>	<p>9:15 Cardio Ball Drumming 10:30 Adult Coloring 10:30 Beginner's Bridge Class 12-1 Peace Lunch 1 Bingo</p>	<p>8 Tai Chi 10 Falls Class 1 Pitch 1:15- 2:15 Karaoke</p>	<p>9:15 Cardio Ball Drumming Mexican Train 10:45 Le Moyne Falls 12-1 Peace Lunch 1 Bingo 1 Pool Tournament</p>	
24	25	26	27	28	29	30
	<p>CLOSED (Memorial Day)</p>	<p>8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group</p>	<p>9:15 Cardio Ball Drumming 10:30 Adult Coloring 10:30 Beginner's Bridge Class 12-1 Peace Lunch 1 Bingo</p> <p>Food Sense Pick Up 11:00</p>	<p>8 Tai Chi 10 Falls Class 1 Pitch</p>	<p>9:15 Cardio Ball Drumming Mexican Train 10:45 Le Moyne Falls 12-1 Peace Lunch 1 Bingo 1 Pool Tournament</p>	
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2026 MONTHLY NEWSLETTER

(OPEN MONDAY – FRIDAY 8:00AM – 4:00PM)

WWW.BALDWINSVILLE.ORG

TELEPHONE # 315-638-4536

BALDWINSVILLE, NY 13027

76 CANTON STREET

CANTON WOODS SENIOR CENTER

Non-Profit Organization
U.S. Postage
Baldwinsville, NY 13027
Permit # 10

CANTON WOODS MISSION STATEMENT

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 – Helping seniors to remain active members of the community.