

Canton Woods Newsletter

October 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.gov www.townofvanburen.gov www.townoflysander.org

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

Note from the Director/Assistant Director:

Welcome to fall! I can't say I am happy to see summer go so quickly as it doesn't seem like we had it long enough but I guess we will just have to go with it. As fall is around the bend it is time for us to remind everyone to start bringing a jacket or sweater to wear if it is cool.

We are getting a new furnace and air conditioning unit installed so hopefully we will be nice and warm this winter! We want to thank the Town of Van Buren for making this possible through a Community Development Block Grant.

We have some new upcoming changes in our programming – Walking in Rhythm has changed the date and time of their second class each week and it will now be on Wednesday morning at 10:30am.

Also, we will be changing our dates and time for karaoke back to Thursdays at 11:30am. And we are trying out to add a new class depending on interest for a Karate class on Wednesday and Friday afternoon at 1:30pm. This class will be

taught by Barbara Cruz – she has been training karate for over 35 years and we look forward to seeing our seniors have a fun time learning karate!

We just had the Walk for the Woods and if you would like to support the center, please feel free to purchase a T-shirt at the front desk. The cost is \$15 for S-XL and \$18 for 2XL and 3XL – we thank you for your support.

Rene' & Jeanne

Senior Activity Committee:

Hi everyone!

Fall is here and I hope everyone is ready for the white stuff. We are having our Halloween Party on October 30th. There will be a costume contest for the spookiest, most original and the funniest. Also, music will be by Dave Lekki and we will have ice cream sundaes for your treat. Please sign up at the front desk by October 29th.

Avis

Special Events & Notices – See calendar for times Please Sign up for all events at the front desk.

10/2 – Flu Shots 9am -12pm

10/12 – **Center Closed**

10/30 – Halloween Party 11am

11/3 – ELECTION DAY

11/6 - 85+ Birthday Party 11am

11/11 – **Center Closed**

11/13 Veteran's Celebration 11am

11/20 & 11/21 Craft Show

11/26 – **Center Closed**

11/27 – **Center Closed**

12/3 – Tree Lighting 4pm

12/9 B'ville Comm Band 7pm

12/18 – Christmas w/ Geoff Clough

12/24 – **Center Closed**

12/25 – **Center Closed**

12/31 – New Years Eve Party 11am

Neighborhood Advisor

Hi everyone!

Hope you are having a beautiful day!

The Onondaga County Office for Aging's Institute for Caregivers supports and empowers current and future caregivers through education and training. The following are upcoming classes for October:

10/5 12pm-1pm Medicare & You – Zoom Meeting

10/13 5-6:30pm – Making Sense of Medicaid – Zoom meeting

10/20 6-7:30pm - End of Life Care Options – Maxwell Library, Camillus

To register, please call the Dept. of Adult and Long-Term Care Services @ 315-435-2362 and press 0 to be connected to the receptionist who can further assist you.

Also, the Home Energy Assistance Program, (HEAP), will be opening its HEAP Clean and Tune Program on October 1st. This program assists you with the cleaning of primary heating equipment, (furnaces, boilers), as well as helping with minor repairs. They can also install carbon monoxide detectors and do chimney cleaning for safety. Any questions, please call the HEAP department at: 315-435-2700.

The lovely fall foliage here in upstate NY should be coming soon! Enjoy! Please stop in the office here anytime. It would be lovely to meet you!

Sheryl DeMarco

B'ville Express provided rides essential trips to the grocery store, bank, pharmacy, or Canton Woods Senior Center. Seniors who need a ride can request service by calling Canton Woods Senior Center at 315-635-4536.

We are always in need of volunteer drivers. If you are interested in helping your senior friends, please contact the center.

Jeanne Paterek
Transportation Coordinator

Meals on Wheels:

Happy fall everyone!

We would like to Thank everyone that came to our anniversary celebration it was a beautiful time! As we continue to feed our seniors for the next 50 yrs. our numbers are going up tremendously. We would like to start a blizzard food drive as soon as we can for some extra emergency shelf stable food for them, it can be dropped off at our kitchen anytime! Jessica will be making some great comfort food for the cold winter months.

We will be selling 2027 Syracuse coupon books in our office Nov.1st, also our annual fundraiser letter will be out the first week of November, this letter and your donation helps us to continue to keep feeding the homebound. All contributions are tax deductible!

Thank You!
Happy Halloween

B'ville Express

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

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.***

Canton Community Crafters

OUR CUP RUNNETH OVER

People in this community are so generous to think of us when donating items that we use. Please know that we are overwhelmed with the amount of yarn and fabric we have been getting. We've decided to spread the wealth with other philanthropic organizations.

A friend of mine belongs to a church in New Hampshire and their church members are committed to the PROJECT LINUS, which makes blankets, comforters, and afghans for Seriously ill children. She was commenting on this while visiting me, so I offered her some of the donated fabric. If you donated fabric to our Canton community crafters, please be assured that that fabric is being used either here in the community or bringing smiles to children's faces miles away. I would much rather give the fabric to another organization who will make use of it, than to have it sit in bins in our beautiful storeroom.

IT'S ALMOST HERE, MARK YOUR CALENDARS

Our annual craft sale will be the Friday and Saturday before Thanksgiving.

Because the community donate so much in supplies, the prices are unbelievable. We like to have new items every year and this year we have quite a few things that we want to share with you. Please come check it out and bring a friend who has never been before.

Craft show is held at Canton Woods Senior Center on NOVEMBER 20 and 21 from 10am-2pm

I would encourage people to come both days because after Friday, we put more things and sometimes different things out for the sale on Saturday. It doesn't cost anything to come in and look.

ACTIVITIES PAGE

Beginners Bridge: Every Wednesday at 10:30

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: 11:30am- 12:30pm Check Calendar for exact days.

Shuffleboard: Every Wednesday at 1pm.

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: 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 In Rhythm: Every Monday at 9am and Wednesdays 10:30am. Fun way to achieve aerobic conditioning through constant movement for 45 mins. Walking approximately 1 to 1 ½ miles of "steps" during one class. Rosie Lamphear the instructor has over 50 years of experience

October Birthdays

3- Shirley Einsenhauer

19- Jean Gentilcore

30- Sally Morse

9- Arnold Emerson

21- Linda Hance

31- Darla Wood

11- Edwina Hay

23- Monique Finan

16 -Rita Seitzer

24 - Arlette Folckemer

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 Activities Committee. Thank you so much!

Please note that Gatorade bottles are recyclable not refundable.

Please Remember to bring a sweater the Air Conditioner is on.

Dues & Newsletter Fees are due in January each year.

Sunshine Lady

We are pleased to welcome Kathy Hogan as our new Sunshine Lady. Kathy has graciously volunteered to help reach out to our members during difficult times, such as illness, hospitalization, or the loss of a family member. We sincerely thank Kathy for her kindness, compassion, and willingness to serve our center in this meaningful role.

If you know of anyone who is ill, has been hospitalized or has lost a family member, please notify the office or a volunteer.

Get Well / Thinking of you cards were sent to:

Bea Sharp
Jack Smelski
James Stolusky

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.

Canton Woods Food Sense October 2026

Order Form

Name: _____

Phone Number: _____

1. Food Sense is open to **EVERYONE!** To place your order, drop off this form with a check/money order **PAYABLE TO: CW Food Sense, or mail to Canton Woods 76 Canton St, B'ville, NY 13027**

2. You may pay with **EBT, CASH OR CHECK.** Call the center (315)638-4536 for more information. Be sure to mail well in advance of the deadline.

October Package: Number of Packages:

X \$20.50 = Total: _____

Chicken Breast, 1.5 lb. (Avg) (Frozen)

Ground Beef, 1 lb. (Frozen)

Pollock Fillets, 1 lb. (Frozen)

Marinated Pork, 1 lb. (Frozen)

Hamburger Helper, 5.8 oz. (Dry)

Corn, 1 lb. (Frozen)

Strawberries, 1 lb. (Frozen)

Macaroni & Cheese, 7.25 oz. (Dry)

Applesauce, 15 oz. (Dry)

Fruit Salad, 15 oz. (Dry)

Fresh Produce #1

Fresh Produce #2

October Specials

- **Chicken Nuggets, 5 lbs. for \$11.00:** The chicken nuggets are fully-cooked and are ready for the oven or fryer.
- **Mozzarella Sticks, 3 lbs. for \$12.00:** The mozzarella sticks are par-cooked and ready for the oven.
- **Pulled Pork, 1 lb. for \$6.50:** The pulled pork is fully cooked and in a Carolina BBQ sauce.
- **Pantry Box, 8 items for \$11.50:** The pantry box includes baking mix (40 oz.), quick oats (14 oz.), pears (15 oz.), ziti (1 lb.), strawberry spread (19 oz.), macaroni & cheese (7.25 oz.), scalloped potatoes (4.7 oz.), and peanut butter (16 oz.).
- **Shrimp, 2 lb. for \$10.50:** Shrimp are farm-raised, individually quick frozen, and E-Z peel.

- **Meatloaf Mix, 2 lbs. for \$12.00:** This traditional meatloaf mix is made with only ground beef, veal, and pork.

ORDER GRAND TOTAL: _____

IMPORTANT DATES:

Order deadline date: Friday, October 16, 2026

before 3:30 pm. Pick up date is

Wednesday, October 28, 2026 (from 11:00am – 12:30 pm) Due to the very large number of

orders that need to be sorted and packaged,

PLEASE do not arrive before 11:00am. Thank

you for your patience and understanding. We

encourage folks to order on-line if you are able

to. Just follow the steps on the Food Bank of CNY website. Please call CW with any questions.

PLEASE BRING YOUR REUSABLE BAGS!!

2026-2027 Travel with Belle Tours LLC

Day Trips

Dick Clark Christmas Show @ Turning Stone –
December 3, 2026

Overnight Travel

Lancaster- "Joshua"- **October 26-28, 2026**

Hawaii- **April 14-27, 2027**

National Parks- **May 17-28, 2027**

Outer Banks, NC- **June 1-7, 2027**

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

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

Library

The Munich Affair by James Patterson

Furry In Death by J.D. Robb

The Most Dangerous Games by Mr. Beast &
James Patterson

Delusional: A Michael Bennett Thriller by

James Patterson
You'll Be Sorry by Lisa Gardner
The French Illusion: A Novel by John Grisham

**Your librarian,
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.

Both in memory of Loretta Panton

Carlson Family

Mike and Karleen Braun

Joseph and Sandra Maguire

Pat and Janet Lawler

Donations in memory of Mary LaDue

Cynthia and Jeffery Oram

Other Donations

Marianne Thibault

Raymond Mincolla

David Ruston

Larry Panton

PEACE - SENIOR NUTRITION - OCTOBER 2026

Friday - October 2

Beer Bratwurst w/ Sauerkraut
German Potato Salad
Bavarian Pretzel Stick
Diced Peaches

*** OKTOBERFEST ***

Monday - October 5

Breaded Haddock on a Whole
Wheat Bun
Coleslaw, Potatoes O'Brien
Apple Betty

*** Nat'l Apple Better Day ***

Wednesday - October 7

Meatball Sub w/ Mozzarella
on a Whole Wheat Sub Roll
Chunky Tomato Florentine Soup
Tropical Fruit Cocktail

Friday - October 9

Clams Casino Linguini (Whole Wheat)
Winter Blend Vegetables
Fresh Baked Bread
Banana

Monday - October 12

AGENCY CLOSED

INDIGENOUS PEOPLES' DAY

Wednesday - October 14

Herbed Baked Chicken
Wild Rice
Butternut Bisque
Diced Pears

Friday - October 16

Chicken Alfredo - Served over
Whole Wheat Bowtie Pasta
Broccoli Florets
Apple
Italian Bread

Monday - October 19

Sloppy Joe on Kaiser Roll
Split Pea Soup
Rice Pilaf
Ice Cream Cup

Wednesday - October 21

Lasagna Rolls
w/ Red Beef Meat Sauce
Mediterranean Vegetable Blend
Fruit Cocktail

Friday - October 23

Classic Philly Style Cheese Steak
Sandwich w/ Peppers & Onions
Peas & Pearl Onions
Fresh Baked Snickerdoodle Cookie

Monday - October 26

Chicken Fried Steak w/ Onion Gravy
Yukon Gold Whipped Potatoes
Green Beans, Apple Sauce
Lemon Cookie

*** Nat'l Chicken Fried Steak Day ***

Wednesday - October 28

Chicken Francese (egg battered)
w/ Lemon Wine Butter Sauce
Fresh Basil Linguini, Roasted Asparagus
Diced Pears, Chocolate Cream Pie

*** National Chocolate Day ***

Friday - October 30

Beef "GHOUL"ash
"HAUNTED" House Salad w/
Blood Orange Vinaigrette
"BOO"berry Muffin

*** 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: \$3.50
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 October 16
by 3:30 PM**
**Pick-up date is October 28
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

Canton Woods

October 2026

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 8 Tai Chi 10 Falls Class 1 Pitch	2 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 9am - 12pm Flu Shots	3
4	5 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	6 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 1 Art Group	7 9:15 Cardio Ball Drumming 10:30 Walking in Rhythm 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Shuffleboard	8 8 Tai Chi 10 Falls Class 11:30-12:30 Karaoke 1 Pitch	9 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	10
11	12 Closed Columbus Day	13 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group	14 9:15 Cardio Ball Drumming 10:30 Walking in Rhythm 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Shuffleboard 1:30 Karate	15 8 Tai Chi 10 Falls Class 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	16 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 1:30 Karate Food Sense Deadline Before 3:30	17
18	19 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	20 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 1 Art Group	21 9:15 Cardio Ball Drumming 10:30 Walking in Rhythm 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Shuffleboard 1:30 Karate	22 8 Tai Chi 10 Falls Class 11:30-12:30 Karaoke 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	23 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 1:30 Karate	24
25	26 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	27 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 1 Art Group	28 9:15 Cardio Ball Drumming 10:30 Walking in Rhythm 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Shuffleboard 1:30 Karate Food Sense Pick Up 10:45	29 8 Tai Chi 10 Falls Class 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	30 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 1:30 Karate Halloween Party 11am	

2026 MONTHLY

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

76 CANTON

CANTON WOODS SENIOR

WWW.BALDWINVILLE.ORG

TELEPHONE # 315-638-

BALDWINVILLE, NY

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

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.

