Canton Woods Newsletter
November 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:
As November is around the corner – we just wanted to remind everyone that it is coming to the end of the year so please remember to mark your calendars for renewal of your newsletter payment for January. They will all need to be renewed in January and we will take payments for the renewals in December. Please make sure that the you stop at the front desk to take care of this as well as anyone who is outside of the Baldwinsville area will need to renew their $25 fee for the activities.

We will again this year have our yearly 85+ birthday party for all our seniors who are 85 and older. Please make sure to sign up at the desk so that we can celebrate with you. There will be cake and flowers.

We will be having a Veterans Day celebration on the 13th to honor our Veterans so please come out and listen to the music at 11am. A light snack will be provided.

We are thankful for all of our patrons of the center – you make us what we are here! Thank you for coming and participating in our activities. You all mean a lot to the staff and volunteers here at the Center! We will be celebrating our Peace Thanksgiving Luncheon on November 20th – so we hope that you signed up to enjoy it with us!

Happy Thanksgiving to all!
Rene' & *Jeanne*

Senior Activity Committee:
Hi everyone!
Hope you are enjoying all the changing colors and the cooler weather. On November 6th we are having our 85+ celebration at 11am with a free lunch and carnation. Please sign up by November 2nd at the front desk. On November 13th we are having a Veterans Celebration. Music will be provided by Anthony Perra at 11am. Please sign up by November 9th.

Avis

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

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**
12/1 – Hearing Screens 1pm-3pm
12/4 – Tree Lighting 4pm
12/9 - B'ville Community Band 7pm
12/18 – Christmas w/ Geoff Clough
12/24 – **Center Closed**
12/25 – **Center Closed**
12/31 – New Years Eve Party 11am
1/1 – **Center Closed**

Neighborhood Advisor

Hello to all

If you have not heard of the Onondaga County TymeSavers Shopping Service let me introduce you to this program. This program is for Onondaga County seniors who are 60 and older with limitations, are homebound, and are unable to find assistance with their grocery shopping. **Criteria:** Not able to leave home due to being frail and or disabled, has no one willing or able to assist with shopping and does not have the advantage of free delivery services. If you have any questions about this program, please call the Onondaga County Office For Aging at: 315-435-2362 and press 0 for the receptionist. Ask for Taylor Frawley with the TymeSavers Program. It's a wonderful service!

All the best,
Sheryl DeMarco

B'ville Express

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

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.

Closed November 11th, 26 & 28th

Jeanne Paterek
Transportation Coordinator

Meals on Wheels:

Hello Everyone,

We are having a turkey & biscuit drive thru dinner! Turkey, biscuits, vegetable, mashed potatoes, and homemade apple crisp all for $15.00. Please come and support our fundraiser! We also accepting any extra turkeys for our Thanksgiving dinner for our clients! Also, remember our annual appeal letter goes out in November please help us to continue our mission to feed our seniors and make a donation.

Happy Thanksgiving!
Donna and Jessica

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

Shop for the holidays,,,

You can't beat our craft fair. We have been working diligently to get the items ready. Spread the word.

CANTON WOODS CRAFT FAIR

NOVEMBER 20 & 21

9am-2pm

Edwina

✂ _____

NEWSLETTER RENEWAL

☐ Email — FREE

☐ Mail — $10 for the Year (January- December)

Date: _____

Name: _____

Address: _____

Phone: _____

Email: _____

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: Monday at 1:15 pm. ***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.

Karate: Wednesday and Friday afternoon at 1:30pm 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.

November Birthday

2- Rene McMonagle
John Sleeth
5- Sally Graham
11- Tom Machut
15- Bob Deming
19- Ed Barlow
Janice Arlukiewicz
22- Pat Martin
23- Peggy Wojcikowski
26- Patricia Laine
27- Patricia Ann Perry
28- John Virgina
29- Barbara Verbeck
30- Carla Wiemers

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.

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 ou cards were sent to:
Andrea Ives
Christine Wierzbicki
Sharon Richards

Sympathy Cards were sent the family of:
Jean Jonov

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 November 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.

November Package: **Number of Packages:** _____ **X $20.50 = Total:** _____

Pork Tenderloin, 1.87 lbs. (avg.) (Frozen)
Chicken Tenders, 1.4 lbs. (avg.) (Frozen)
Meatballs, 1 lb. (Frozen)
Fish Sticks, 1 lb. (Frozen)
Stuffing Mix, 6 oz. (Dry)
Instant Potatoes, 13.5 oz. (Dry)
Gravy, 10.5 oz. (Dry)
Corn, 15 oz. (Dry)
Sweet Potatoes, 15 oz. (Dry)
Cranberry Sauce, 11.75 oz. (Dry)
Fresh Produce #1
Fresh Produce #2

November Specials

- **Whole Chicken Roaster, 6.5 lbs. for $13.00**: The whole chicken roasters are frozen and free of antibiotics and hormones.
- **Stuffed Shells, 48 oz. for $7.50**: The stuffed shells are frozen and have 18 shells per special.
- **American Cheese (sliced), 5 lbs. for $11.50**: The sliced American cheese is not individually wrapped.
- **Produce Box, 12 lbs. for $14.50**: Includes onions (2 lbs.), apples (3 lbs.), carrots (2 lbs.), potatoes (5 lbs.), celery (1 sleeve), yams (6 each), butternut squash (1 each).
- **Beef & Broccoli, 22 oz. for $7.00**: The beef and broccoli consists of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Breaded Shrimp, 3 lbs. for $13.00**: The shrimp are butterflied, breaded, and 21-25 per pound

ORDER GRAND TOTAL: _____

IMPORTANT DATES:

Order deadline date: Friday, November 6, 2026 before 3:30 pm. Pick up date is Wednesday, November 18, 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**
(Oh, WHAT A NIGHT) Turning Stone **June 24, 2027**
Raquette Lake September **29, 2027**
Woodbury Commons Holiday Shopping Day **November TBA**
Rat Pack Christmas Show **December 9, 2027**

Overnight Travel

Hawaii- **April 14-27, 2027**
National Parks- **May 17-28, 2027**
Outer Banks, NC- **June 1-7, 2027**
Cape Cod September **7 – 11, 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 Pickle Factory: by Sam Oyken
Chain Reaction: by Andrew Child
Buried in the Woods Below by Daniel G Miller
Hollow Bones by Jodi Picoult
The Zookeeper's Wife by Diane Ackerman
The Family Cross by James Patterson
The Witch by Freida McFadden, Saskia Maarleveld

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.

PEACE - SENIOR NUTRITION - NOVEMBER 2026

Monday - November 2	Monday - November 4	Friday - November 6
Chicken Salad w/ Walnuts &	Salisbury Steak w/ Beef Demi-Gravy	Chicken Cordon Bleu Casserole
Cranberries on a Pretzel Roll	Macaroni & Cheese	Peas & Pearl Onions
Broccoli & Cheddar Soup	w/ Stewed Tomatoes	Cherry Pie
Mandarin Oranges	Steamed Asparagus w/ Lemon	
	Pear	

Monday - November 9	Wednesday - November 11	Friday - November 13
Lasagna Rolls w/ Red Sauce		Classic Philly Style Cheese Steak
Beef Meat Sauce	**AGENCY CLOSED**	Sandwich w/ Peppers & Onions
Mediterranean Vegetable Blend	**VETERAN'S DAY**	Pease & Pearl Onions
Fruit Cocktail		Fresh Bakes Snickerdoodle Cookie

Monday - November 16	Wednesday - November 18	Friday - November 20
Cheddar Burger	Chicken Taco Casserole	Roast Turkey w/ Sage Gravy
w/ Lettuce, Tomato on Wheat Bun	Mexican Salad	Stuffing, Mashed Potatoes
Ranch Seasoned Tater Tots	(Romaine Cukes, Tomatoes, Corn w/	Green Beans, Cranberry Sauce
Banana	Honey-Lime Vinaigrette)	Dinner Roll
*** National Fast Food Day ***	Fig Newton	Pumpkin Pie

Monday - November 23	Wednesday - November 25	Friday - November 27
Swedish Style Meatballs over	Brunch @ 10:30 AM	
Parsley & Butter Egg Noodles	Strata w/ Spinach, Cheddar & Sun-	AGENCY CLOSED
Corn	dried Tomatoes, Chicken Sausage	THANKSGIVING BREAK
Sliced Peaches	Patty, Breakfast Potatoes	
Whole Wheat Bread	Strawberry Parfait	
	*** National Parfait Day ***	

Monday - November 30		
Sweet & Sour Chicken		
Served over Sesame Rice		
Oriental Blend Vegetables		
Chunky Apple Sauce, Italian Bread		
	* Menu is subject to change.*	
All meals include: Coffee, Tea, Milk,		Suggested Contribution: $3.50
Whole Wheat Bread unless specified	Menus meet 1/3 of RDA	Guest Meal: $7.00
and Margarine		

**********	**FOOD SENSE PROGRAM**	**********
Food Sense Program helps stretch	Cost: $20.50	PLEASE BRING YOUR OWN
our food buying dollars and is oper	**Order deadline is November 6**	RE-USABLE BAGS TO BRING
o everyone and available ea. month	**by 3:30 PM**	YOUR FOOD HOME AS WE NO
Package List can be found on the	**Pick-up date is November 18**	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	**at 11:15 - 12:30 PM.**	

Canton Woods

November 2026

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch	3 9:30 CC Crafters 1 Poker **Election Day**	4 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	5 8 Tai Chi 10 Falls Class 1 Pitch **1-2 Veterans Coordinator- Harvey Sellers**	6 9:15 Cardio Ball Drumming 9/ 10 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 1:30 Karate **85 + Birthday Party - 11am** **Food Sense Deadline Before 3:30**	7
8	9 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	10 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 1 Art Group	11 **Closed Veterans Day**	12 8 Tai Chi 10 Falls Class 11:30-12:30 Karaoke 1 Pitch **1-2 Veterans Coordinator- Harvey Sellers**	13 9:15 Cardio Ball Drumming 9/ 10 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 1:30 Karate **Veterans Celebration 11am**	14
15	16 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	17 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group	18 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** **AAA Defensive Driving**	19 8 Tai Chi 10 Falls Class 1 Pitch **1-2 Veterans Coordinator- Harvey Sellers**	20 9:15 Cardio Ball Drumming 9/ 10 Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament 1:30 Karate	21
22	23 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling	24 8 Tai Chi 9:30 CC Crafters 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 1 Art Group	25 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	26 **Closed Thanksgiving**	27 **Closed**	28
29	30 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 1:15 Wii Bowling					

2026 MONTHLY NEWSLETTER

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

CANTON WOODS SENIOR CENTER
76 CANTON STREET
BALDWINSVILLE, NY 13027
TELEPHONE # 315-638-4536
WWW.BALDWINSVILLE.ORG

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.