

Canton Woods Newsletter

August 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.vanburenny.gov

www.townoflysander.org

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

Note from the Director and Assistant Director:

Happy August, everyone!

Prom was an amazing night filled with great food, lots of dancing, and plenty of laughter. Thank you to everyone who joined us and helped make it such a memorable evening.

We are now looking forward to our upcoming Car Show on Sunday, August 3, from 5:00 to 8:00 p.m.

It promises to be another fun event for our community. If Mother Nature has other plans, our rain date will be Monday, August 10. If you would like to register your vehicle, please stop by the center. We hope to see you there!

Rene' and Jeanne

Senior Activity Committee:

Hi everyone!

August is already here and we are having our Mid-Summer party on Wednesday, August 12th. We will be serving hamburgers, cheeseburgers, chips, watermelon and drinks. Music will be provided by

Rock Shadow. Cost is free to everyone. Please sign up at the front desk by August 6th. There will also be a 50/50 raffle.

Avis

Meals on Wheels:

Hello To All Our Friends

We would like you all to come and celebrate our wonderful 55th yrs. of feeding our community!

August 29th 3-6pm

Liverpool Elks Lodge

3730 Cold Springs Rd.

Baldwinsville, NY

We will have light music by Phil Sterling, appetizers, presentations, catered dinner, and a silent auction. Tickets can be purchased for \$20.00 at our office 8-1, or a phone call. We do accept charge cards! Please come and share our event! Any Questions call 315-638-2171.

Donna and Jessica

Special Events & Notices – See calendar for times

Please Sign up for all events at the front desk.

8/3 Car Show 5pm – 9pm

8/10 Rain Date – Car Show

8/12 End of Summer Party 11am

8/18 Mammogram Van

9/7 Closed- Labor Day

9/10 Rotary Picnic 4pm- 6pm

9/11 Geoff Clough- Storytelling 11am

9/11 Flu Shots 9am – 12pm

9/16 Autumn Celebration Party 11am

9/19 Walk for the Walk

Neighborhood Advisor

As we get ready to roll into the NYS Great Fair, all is quiet on the Neighborhood Advisor front. Let's quickly review some basic programs offered by Onondaga County: SNAP, HEAP, Subsidized Housing for Seniors, HHCAP, Home Delivered Meals (MOW) along with B'ville Express and OSCAR Transportation. B'ville Express is exceptionally popular! Our Transportation Coordinator Jeanne does her absolute BEST to accommodate as many requests as possible with Medical Appointments taking precedence. Please contact us as soon as you have Appointment in hand!!!

Farewell for now.

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.

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

Baldwinsville Veteran Outreach Coordinator

I would like to introduce myself Harvey Sellers. I have been appointed as the Veterans Outreach Coordinator for the Towns of Van Buren and Lysander as well as the Village of Baldwinsville. My role is to help assist Veterans and their spouses with any problem they may be having. Trying to get paperwork (DD214) medical assistance whatever it may be. I am at Canton Woods every Thursday at 1PM till 2PM (or later if needed) and also at The American Legion Post 113 on Wednesdays 1PM till 2PM (or later if needed).

Harvey E Sellers, Jr.

Canton Community Crafters

The Canton community crafters are so thankful to have a redesigned storage room. Thanks to a young man earning his eagle scout badge, we have sturdy shelves and a great cart. The members in this group are awesome and we are always looking for new things to make for our craft sales. One of our members has inspired the rest by making neck pillows. These will be available at our craft sales. Another innovative member has shown some unique talent with books. By folding pages a certain way, unique designs are made. These will be for sale at our craft sale in November.

We welcomed two new members to our group and are constantly growing. We welcome anyone who would like to join us. We meet Tuesdays nine to noon and the amount of time you stay is flexible.

A group of the Canton Community Crafters decided to take a little adventure. We took a cruise on the Syracuse Boat Tours. All sorts of options are available...sunset, Erie Canal, kids ride, historical tour of Onondaga Lake and many more. Check out their Facebook page

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. It's 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.

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: 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.*

Walking in Rhythm: Every Monday at 9am and Thursdays 11:15-12. Fun way to achieve aerobic conditioning through constant movement or 45 mins. Walking approximately 1 to 1 ½ miles of "steps" during one class. Rosie Lamphear the instructor has over 50 years of experience.

August Birthdays

1 Rose Lyon
3 Margaret Detran
9 Linda Williamson

17 Karen Cole
24 Della Falter

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!

Please note that Gatorade bottles are recyclable not refundable.

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

Sunshine

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:

Sympathy Cards were sent the family of:

None

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.

Dues & Newsletter Fees are due in January each year.

2026 - 2027 Travel with Belle Tours LLC

DAY TRIPS

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

Williamsburg, VA and Virginia Beach - September, 8-13, 2026

Canada and New England cruise on the Norwegian Escape Sept 19 – 26, 2026

Lancaster – “Joshua” October 26 – 28, 2026

Hawaii – April 2027

National Parks – May 17-28 2027

Outer Banks, NC – June 1-7 2027

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

Library

New Books

Whistler by Ann Patchett

Road Trip by Mary Kay Andrews

The Burning Side by Sarah Damoff

It Could Have Been Her by Lisa Jewell

The Shampoo Effect by Jenny Jackson

Remarkably Bright Creatures by Shelby Van Pelt

The Country Road Murders by James Patterson and Mike Lupica

Sharon

Baldwinsville Public Library offers Homebound Delivery Service.

This free service provides a monthly delivery of books, DVDs, audiobooks, music, and more. Whether you need temporary assistance or ongoing service, the library can help. If you can't leave home to get to us, we will deliver to you! To learn more, call 315-635-5631 and ask for a member of the Homebound Delivery Team.

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.

William Magnerelli

David Rustin

PEACE - SENIOR NUTRITION - AUGUST 2026

Monday - August 3	Wednesday - August 5	Friday - August 7
Shepherd's Pie	Julienne Salad - Topped w/ Ham,	Beef Goulash
(Beef w/4-way Vegetable &	Turkey, Swiss Cheese, Tomatoes,	Italian Blend Vegetables
Whipped Potato Topping)	Cucumbers, Hard Boiled Egg & Olives	Fresh Baked Bread
Dice Peaches & Poundcake	Rice Crispy Treat	Orange Dreamsicle Salad
Garlic Bread	Dinner Roll	
Monday - August 10	Wednesday - August 12	Friday - August 14
Chicken Cordon Bleu Casserole	Chicken Tenders	Montreal Seasoned Cube Steak
Broccoli	Macaroni & Cheese	Baked Potato w/Sour Cream & Chives
S'Mores Bars	w/ Stewed Tomatoes	Peas & Mushrooms
Diced Pears	BBQ Lima Beans	Coffee Cake
* National S'Mores Day *	Applesauce	Fresh Baked Dinner Roll
Monday - August 17	Wednesday - August 19	Friday - August 21
Creamy Tuscan Ravioli	Sweet & Sour Chicken	Beef Pot Roast w/Gravy & Pearl Onion
(Sundried Tomatoes & Spinach)	Served over Sesame Rice	Roasted Root Vegetables
Roasted Zucchini	Oriental Blend Vegetables	Mashed Potatoes, Dinner Roll
Watermelon	Apricot	Diced Pears
Garlic Bread	Fortune Cookie	* Nat'l Senior Citizen Day *
Monday - August 24	Wednesday - August 26	Friday - August 28
Dill-Greek Yohurt Chicken Salad	Clasic Philly Style Cheese Steak	Tuna & White Bean
on Croissant	Hoagie w/ Provolone, Peppers,	Panzanella Salad - Bread Salad
Broccoli & Cheddar Soup	Onions & Mushrooms	Tossed in Wine & Dijon Dressing
Peach Pie	Tossed Salad	Spiced Roasted Cauliflower
* National Peach Pie Day *	Fresh Baked Peanut Butter Cookie	Italian Ice
Monday - August 31		
Corned Beef & Swiss on Rye		
w/ Russian Dressing		
Confettie Coleslaw		
Kettle Chips		
Orange		
	* 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
your food buying dollars and is open	Order deadline is August 14	RE-USABLE BAGS TO BRING
to 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 August 26	LONGER HAVE BOXES AVAILABLE
Baldwinsville or Town websites.	at 11:15 - 12:30 PM.	

Canton Woods

August 2026

Calendar is subject to change

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 12:30 Bridge 1:15 Wii Bowling Car Show 5pm-9pm	4 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group	5 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1:15- 2:15 Karaoke 1 Shuffleboard	6 8 Tai Chi 10 Falls Class 11:15 -12 Walking in Rythm 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	7 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Pool Tournament 1 Bingo	8
9	10 9 Walking in Rhythm 10 Bunco 10 Trivia 12-1 Peace Lunch 12:30 Bridge 1:15 Wii Bowling Rain Date- Car Show	11 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group Blood Pressures Terry 9:30-11	12 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Shuffleboard Mid- Summer Party 11	13 8 Tai Chi 10 Falls Class 11:15- 12 Walking in Rhythm 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	14 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Pool Tournament 1 Bingo Food Sense Deadline Before 3:30	15
16	17 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 12:30 Bridge 1:15 Wii Bowling	18 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group Upstate Mammogram Van 9-12	19 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1:15- 2:15 Karaoke 1 Shuffleboard	20 8 Tai Chi 10 Falls Class 11:15 -12 Walking in Rythm 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	21 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	22
23	24 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 12:30 Bridge 1:15 Wii Bowling	25 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group	26 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12-1 Peace Lunch 1 Bingo 1 Shuffleboard Food Sense Pick Up 10:45	27 8 Tai Chi 10 Falls Class 11:15 -12 Walking in Rhythm 1 Pitch 1-2 Veterans Coordinator- Harvey Sellers	28 9:15 Cardio Ball Drumming Mexican Train 12-1 Peace Lunch 1 Bingo 1 Pool Tournament	
29	30 9 Walking in Rhythm 10 Bunco 12-1 Peace Lunch 12:30 Bridge 1:15 Wii Bowling	31 8 Tai Chi 9:30 CC Crafters 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group				

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.
