

# Canton Woods Newsletter

November 2024

## Canton Woods Staff

Rene' McMonagle, Director  
Griffin Randazzo: Asst Director  
Phone (315) 638-4536  
Open: 8:00am-4:00pm Mon - Fri

Find our website at

[www.baldwinsville.org](http://www.baldwinsville.org),

[www.townofvanburen.com](http://www.townofvanburen.com),

[www.townoflysander.org](http://www.townoflysander.org)

**Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.**

The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long-Term Care Services.

## Notes from the Director

Happy Fall and Happy Thanksgiving! I am thankful for my family, friends and all of you! Each day here is a blessing to me because I have been able to enjoy doing what I love the most, which is to socialize. The company that we bring to each other is the best compliment we can give. We have lots of upcoming excitement for this month so please check it out and join in!

*Rene'*

**Assistant Director:  
Notes from Canton Woods  
Senior Activity Committee:**

Well now, Halloween is over, and we are on to Thanksgiving...We had a couple of things happening in October... We had a bird house raffle for Beaver Lake, and it was won by Carol Plucinik. The Halloween party was great, we had music by George Leija. Upcoming activities are the 85<sup>th</sup> Birthday Party on November 18<sup>th</sup> for all who are over the age of 85. Please sign up at the front desk or call the center.

Thanksgiving dinner is on November 22<sup>nd</sup> and if you are planning on coming, please call the front desk to make a reservation.

We are also having a thanksgiving party which will include live music, food, desserts and other fun activities on November 25<sup>th</sup> from 1-3pm.

Don't forget about our craft fair on November 22<sup>nd</sup> and 23<sup>rd</sup> from 10am - 3pm!

Have a great month, see you in December!  
**Griffin**

*Kathy Hogan*

## Neighborhood Advisor

The month of November is helping to inch us closer to the Christmas Season! Coming attractions: November 1st Onondaga County's HEAP Program is re-opening for the Season. See me (Theresa) to apply for the first time or to re-apply. Please don't hesitate to approach and ask questions about the many programs and services available to Seniors by Onondaga County! On Tuesday November 5<sup>th</sup> the Board of Elections will be here at the

Center. The doors will open early till late in the evening. Get your Vote in! A Medicare Excellus Representative will be here at the Center on November 7<sup>th</sup> from 10AM - 12PM and on November 18<sup>th</sup> from 10AM - 12PM. Also, Frank Fernenwein is the HIICAP Medicare Representative from Onondaga County who provides 1:1 counseling for Medicare plan questions/concerns. He meets with Seniors either in their homes or here at the Center.

Monday November 11th Veterans Day - THANK YOU to ALL Veterans. My Dad was a Marine who fought in the Chosen Frozen Battle during the Korean War, my Step Dad served in the ARMY during WWII in Guam.

Theresa 

### **B'VILLE EXPRESS**

The B'ville Express will be closed the following dates:

**Monday, November 11, 2024 in**

**observance of Veterans Day.**

**Thursday November 28, 2024 and**

**Friday, November 29, 2024 in**

**observance of the Thanksgiving holiday.**

If you need transportation when we are closed, you can utilize the following free senior ride programs- if you have previously registered for them:

OSCAR: 315-442-3434

GO-GO GRANDPARENT: 315-435-1400.

GO-GO GRANDPARENT is a new free senior ride program funded by the Office for the Aging. This is a UBER type of program. If you want further information on these programs, please call Gina @315-638-4536 and I will mail it to you.

To register for Go Go Grandparent please call 315-435-1400.

As a reminder, when the Baldwinsville School District is closed due to inclement weather, the B'ville Express will not be operating. If there is a delay due to the weather conditions, we will only be open in the afternoon. You will need to reschedule any ride requests.

As always, if our volunteer drivers feel the road conditions are not safe for them to transport our seniors, they do reserve the right to cancel that ride.

HAPPY THANKSGIVING!!

*Gina Carroll*

### **Meals On Wheels:**

Happy Fall to all our seniors!

A few things are happening at our Meals on Wheels!

On election day we will have a takeaway breakfast or lunch! 7am-3pm.

We will have Dunkin Donut coffee, Muffins, Broccoli soup, Jessica's chili, croissant chicken

salad sandwiches, or egg salad, cookies, and special meal combo prices! All to go!

Canton Woods is a polling place to vote for some of you, so just come to our place and grab some food.

It is a fundraiser for us, another fundraiser come to the bridge Saturday in town at 10:00 am and watch over 200+ runners dressed in Halloween costumes it's for the Willow Run and we help guide the way along Lions Park and Seneca River and serve their food at WT Brews afterwards all ages are welcome! A great fun event. In November our annual fundraiser goes in the mail to all our great supporters. This letter helps feed our seniors that are homebound and needs food. Calls are coming in every day for help, so please help us! We are sending out Thanksgiving Dinners to our clients, if anyone has an extra turkey, we will gladly accept it.

Thank-You!  
Happy Thanksgiving and God Bless all of you!  
Donna and Jessica

## **Special events for November:**

### **National Grid Senior Advocate**

Mary Beth Basha, will be at Canton Woods Wednesday **November 20, 2024** from **10:30am – 12:00pm** to answer any questions or issues you may have. Just stop in to see her.

### **Free Legal Services**

Legal services are available at Canton Woods on several Tuesdays in the calendar year. 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. Appointment dates in 2024 are **FULL**.

### **Blood Pressure Screening:**

Tuesday, **November 19th** at 9:30 – 11:00 am

## **Senior Programming:**

**Canton Woods Book Club** is canceled.

**Sign language classes** will be on the 2<sup>nd</sup> Tuesday and then again on the 4<sup>th</sup> Tuesday through December at 11:05am.

### **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: **Ed Barlow and Ro Lyon**

**Sympathy Cards** were sent the family of: **Betty Sykes**

### **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

## Ice Cream

Thank you for all the Byrne Dairy receipts! Please keep them coming. Sometimes you have to ask for one! Note: we cannot use gas receipts.

## PEACE LUNCH

Canton Woods invites you to enjoy the PEACE Lunch hot meal served in our dining room. Share a healthy and nutritious meal with others. ***Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.***

You must make a lunch reservation at least one day in advance. Lunch is available on Monday, Wednesday, and Friday. The monthly menu is in this newsletter.

Please come out to join us for our Harvest Meal provided by PEACE on November 22<sup>nd</sup> at noon – **please sign up at the front desk** and come share some fun and thanks with all our friends!!!

### November Birthdays:

11/5 Sally Graham  
11/11 Tom Machut  
11/15 Bob Deming  
11/19 Ed Barlow, Janice Arlukiewicz  
11/21 Ron Lilliquist  
11/22 Pat Martin  
11/27 Patricia Ann Parry  
11/28 John Virginia  
11/29 Barbara Verbeck  
11/30 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  
3 Marble St. Baldwinsville  
for a FREE birthday cupcake!  
Jessicakes 315-484-8228

**Smartphone, iPad, Tablet or Laptop  
Computer Assistance provided by  
Griffin Randazzo**

## Food Bank of CNY

The Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call (315) 437-1899 ext. 224 to set up an appointment or contact Theresa, CW's Outreach Worker (315) 638-4536.

**Food Sense program helps stretch your food buying dollars and is open to everyone and available each month.**

**Call the center to request the Package List or find it on the Village of Baldwinsville Website.**

**Cost: \$20.50**

**The order deadline is Friday, November 8, 2024 by 3:30pm.**

**The pick-up date is Wednesday, November 20, 2024 11:30 - 12:30 pm.**

**Pool Tournaments** every Friday at 1:00pm. Sign up ahead of time to get your name on the list.

## Tournaments for September

## 9 Ball Tournaments

9/6

1<sup>st</sup> Place: Dave G  
2<sup>nd</sup> Place: Harry

9/13

1<sup>st</sup> Place: Jerry  
2<sup>nd</sup> Place: Paul

9/20

1<sup>st</sup> Place: Dave G  
2<sup>nd</sup>: Nunzio L

9/27 – 8 Ball

1<sup>st</sup> Place: Dave A & Loren  
2<sup>nd</sup> Place: Dave G & Frank

**Wii Bowling T'ments:** Every Monday,  
at 1:00pm. We welcome more Wii  
Bowlers. Call to sign up.

**Lots and Lots of fun come check it out!**

### Wii Bowling

9/2

1<sup>st</sup> place: Ken Stewart & Jerry  
Dingman  
2<sup>nd</sup> Place: Sue Stapleton & Louise  
Barrone

9/9

1<sup>st</sup> Place: Ed Barlow/Jerry Dingman  
2<sup>nd</sup> Place: Gloria Saccone/ Doug  
Clark

9/16

1<sup>st</sup> Place: Ken/ Cathy  
2<sup>nd</sup> Place: Tom Spagnola / Pat

9/23

1<sup>st</sup> Place: Pat Reynolds/ Roe  
2<sup>nd</sup> Place: Tom Spagnola/ Jane

9/30

1<sup>st</sup> Place : Sue / Louise

2<sup>nd</sup> Place: Tom Spagnola / Maryann  
*Please remember to arrive 10 to 15  
minutes before the beginning of each  
game. Thank you!*

**Bunco** has moved to *Monday* mornings,  
the 2<sup>nd</sup> and 3<sup>rd</sup> Mondays at  
10am-12:00pm. This is a fun fast moving  
dice game. Give it a try.  
Check the calendar for exact dates.

**BINGO!!! Come join the fun!**  
**BINGO! Wednesdays and Fridays at  
1pm**

### Mexican Train Dominoes

Join the fun every Friday at 10:30am.  
Learn to play Mexican Train Dominoes.  
This is a fun game that is very easy to  
learn.

**Pitch** is every Thursday at 1:00pm!  
Call to sign up, double check the  
calendar.

**Duplicate Bridge** Tuesday at 12:00pm  
**Party Bridge** Wednesday at **12:00pm**  
If you are a Bridge player, please think  
about joining our games!!!!

**Stay fit & Well at Canton Woods!**  
**Try one of these fun fitness  
classes!**

### Senior Cardio Ball Drumming

Facilitated by Arlette.  
Ball drumming class is 9:15am Wednesday  
and Friday!  
Equipment is provided.

### Falls Prevention Class

Classes are on Tuesdays and Thursdays at  
10:00 a.m. **FREE!** 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 lead by Yvonne Martin Certified Kripalu Yoga Teacher:**

Classes are on Tuesday mornings at 11:10am Donation to the instructor. Check calendar for dates.

**Tai Chi Classes (Yang short form)**

Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to the instructor. Please check the calendar for dates.

**Art Group**

Art group will meet in person on Tuesday November 12th & November 26th at 2pm. Art Studio on the other Tuesdays of the month at 2:00pm.

**How about getting together for Adult Coloring!? We need folks to return to this activity.**

Adult coloring can reduce stress and anxiety, increase mindfulness, and it's fun. Try it! Wednesdays at 10:30am.

**Sharing Memories Writing Program!**

Every Wednesday at 1:00pm.  
Facilitated by Tina Trainham.

**Yarn Crew**

Whoooooohooooo

The Yarn Crew at Canton Woods is so excited. Recently, we were given more storage room and that has allowed us to organize and get things the way we'd really like them. We have things stored that are labeled and we now can find things when we need them and we are not tripping over boxes of goodies that have been donated but have no place to go. We are so thankful.

What's in a Name?

I hope people realize that the Yarn Crew at Canton Woods is very much interested in helping our community. Occasionally, we make little things to be sent to the people who get Meals on Wheels. We also have donated hundreds of blankets to Saint Joe's Hospital along with little baby hats, eyeglass holders, and other items that they have needed.

We have decided that the name Yarn Crew does that truly reflect what we do. We have people who do needlepoint, we have people who sew, so it's not just a matter of using yarn. We have the craft sale which also helps fund many of the activities done here at the center.

We would like to open a contest where people can come up with names for our group. We would like the name to reflect that we come from Canton Woods, that we create things by hand and that we are humanitarian. So, get those thinking caps on and watch the newsletter to see when you can submit those ideas. There might even be a prize involved for the winning name!

Ready, Set, Craft

Mark your calendars and bring a friend to the next yarn crew craft sale at Canton Woods. The sale is from 10 to 3 on Friday and Saturday, November 22 and 23rd

Edwina Hay  
Facilitator

## **2024 Library News**

### **Donations-Fiction**

The Cellist by Daniel Silva  
The House in the Pines by Ana Reyes  
The Record Keeper by Charles Martin  
The Devil May Dance by Jake Tapper

### **Donations-Nonfiction**

An Unfinished Love Story-A Personal History of the 1960's by Doris Kernes Goodwin

### **Donations-Large Print Fiction**

28 Summers by Elin Hilderbrand  
City Walls-An Amos Walker Mystery by Loren D. Estleman  
Monkey in the Middle-An Amos Walker Mystery by Loren D. Estleman  
Cutthroat-An Amos Walker Mystery by Loren D. Estleman  
The Sweet Goodbye-A Danny Barrett Thriller by Ron Corbett  
My Grandmother Asked Me to Tell You She's Sorry by Fredrik Backman  
A Man Called Ove by Fredrik Backman  
An Amish Christmas Star by Shelley Shepard Gray  
Bones of Holly by Carolyn Haines  
A Catered New Year's Eve by Isis Crawford  
The Echo Wife by Sarah Gailey  
Lost Souls at the Neptune Inn by Betsy Carter  
The Daughters of Foxcote Manor by Eve Chase  
Another Kind of Eden by James Lee Burke  
Indigo-A Valentino Mystery by Loren D. Estleman  
Lights! Camera! Puzzles! A Puzzle Lady Mystery by Parnell Hall  
The Amazing Adventures of Aaron Broom by A. E. Hotchner  
The Flicker of Old Dreams by Susan Henderson  
Dreaming Death Krewe of Hunters by Heather Graham  
Children of the Stars by Mario Escobar Actress by Anne Enright

These Ghosts Are Family by Maisy Card  
When Old Midnight Comes Along-An Amos Walker Novel by Loren D. Estleman  
The Socialite by J'Nell Ciesielski  
How Quickly She Disappears by Raymond Fleischmann  
The Girl You Left Behind by JoJo Moyes  
The Yankee Widow by Linda Lael Miller  
Snakehead by Chad Merriman  
Homecoming by Kate Morton  
The Shadows by Alex North  
**Donations-Biography**  
Greenlights by Matthew McConaughey

From your new librarians,  
Sharon and Jacquie

## ***Ask the Physical Therapist...***

**Why is it important to choose the right PT?**

## ***Ask the Physical Therapist...***

**What Is Your Fall Risk?**

Your risk of falling is not measured on age alone. Many factors influence it, including balance, strength and functional mobility - to name a few. Knowing if you're at risk of falling is an important first step to prevention. As we enter the colder and snowy months in CNY, it's important to maintain and improve your balance to minimize your risk of falling. There are many factors that influence your balance as well. Vertigo, vision, neurological conditions (stroke), diabetic neuropathy, strength, flexibility and endurance all play a key role in your balance. A proper balance assessment by a Physical Therapist will address these factors, and more! We have simple tests that can predict your risk of falling. At Onondaga PT, we focus solely on one-on-one care so your assessment is thorough

and uninterrupted. Do you feel like your balance is "off" or has declined some recently? Do you struggle to walk on the grass or in busy stores? Don't wait until you fall - come see us today to learn your fall risk and *prevent a fall!*

*\*\*If you are having any trouble with your balance, consult a Physical Therapist.*

**Onondaga Physical Therapy**  
(across from the B'ville Diner)  
19 E. Genesee St

Call Or Text: 315-635-5000 | [www.onondagapt.com](http://www.onondagapt.com)

November travel for  
Canton Woods and Belle  
Tours LLC

### Day Trips

A Classic Christmas @ The Turning  
Stone - December 12, 2024

### Overnights

New York City w/ The Rockettes -  
December 3-4, 2024

### 2025 Overnight Travel

Middlebury Inn, Vermont - June 2 -  
5, 2025

Maine/Ogunquit - September 8 -  
11, 2025

Colorado Rockies - September 20-  
28, 2025

America's Music Cities - New  
Orleans, Memphis & Nashville -  
October 19 - 26, 2025

Spain, Portugal and Casablanca -  
November 7 - 17, 2025

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

Please continue to bring in your  
\$.05 returnable bottles and cans.  
You can also drop off any bottles  
and cans to J&R Claim Your Change  
which is located in the Smokey  
Hollow Plaza and let them know you  
want to put it on the Canton  
Woods Senior Center account.  
Thank you so much!



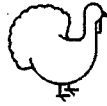
**We are celebrating everyone who is 85+ this month on November 18<sup>th</sup>. Please reach out to the center at 315-638-4536 if you have not received a phone call from us to sign up and celebrate your big day with us! We will provide lunch and dessert in honor of you! The celebration begins at 11:15 and lunch will commence at 12:00pm.**

Hey all – just wanted to remind everyone that it is time to start renewing your newsletter for 2025 – please reach out to the Center and pay the upcoming fee for the next year to receive your newsletter in print. We will be making a slight adjustment to this year's cost because we are now printing the newsletter at the Center and of course the cost of the printing and supplies are not being covered by what we charge. Our old charge was \$5.00 for the year and we will be raising our costs to \$7.00 per year.

# Canton Woods

## November 2024

Calendar is subject to change

Monday		Tuesday		Wednesday		Thursday		Friday	
								1 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	2
3	4 8:30 - 12 Open Rec 9 Walking Club 10 - 12 Bunco PEACE LUNCH Nutrition Talk 11:30 12 Peace Lunch 1 Wii Bowling	5 ELECTION DAY 9:30 Yarn Crew 1 Poker	6 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker	7 8 Tai Chi 9 - 9:30am Tech class 10 Falls Class 1pm Pitch  Excellus Insurance Meeting 10-12	8 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament	9			
10	11 Center Closed - Veteran's Day	12 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:05 Sign Language 12 Dup Bridge 1 Poker 2 Art Group	13 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge - 1 Bingo 1 Sharing Memories Writing Program 1 Poker	14 8 Tai Chi 10 Falls Class 1pm Pitch	15 9:15 Cardio Ball Drumming 10:30 Mexican Train 11:30 Debbie Snyder - Talking about Housing and Estate planning 12 Peace Lunch 1 Bingo 1 Pool Tournament	16			
17	18 8:30 - 12 Open Rec 9 Walking Club 10-12 Bunco 12 Peace Lunch 1 Wii Bowling  Excellus Ins 10 - 12  85+ Birthday Party - sign up at the Center	19 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker  Terry - BP Checks	20 9 - 3:30 AAA Defensive Driving Course 10:30 Marybeth Basha - National Grid FOOD SENSE P/UP 11:30-12:30 12 Peace Lunch 12 Party Bridge - other side of building 1:30 Bingo 1 Sharing Memories Writing Program 1 Poker	21 8am Tai Chi 10am Falls Class 1pm Pitch	22  10:30 Mexican Train 12 Peace Lunch 1 Pool Tournament  CRAFT SHOW 10am - 3pm Friday and Saturday	23			
24	25 8:30 - 12 Open Rec 9 Walking Club 12 Peace Lunch  Thanksgiving Party Music by Geoff Clough	26 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:05 Sign Language 12 Dup Bridge 1 Poker 2 Art Group	27 9:15 Senior Ball Drumming 12 Peace Lunch 12 Party Bridge 1pm Bingo 1pm Sharing Memories Writing Program 1pm Poker	28 Center Closed -  Happy Thanksgiving  	29 Center Closed	30			

**Canton Woods Food Sense November 2024 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, 1.8 lbs (avg.)

Chicken Breast, 1.7 lbs

Pollock Fillets, 1 lb

Ground Beef, 1 lb

Stuffing Mix, 6 oz

Instant Potatoes, 13.3 oz

Gravy (canned), 10.5 oz

Corn (canned), 15 oz

Sweet Potatoes (canned), 15 oz

Cranberries (frozen), 1 lb

Produce Item #1 (contents TBD)

Produce Item #2 (contents TBD)

**November Specials**

\_\_\_\_\_ **Whole Turkey, 14-16 lbs. (avg.) for \$15.75:** The whole turkey is pre-basted and has a pop-timer.

\_\_\_\_\_ **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.

\_\_\_\_\_ **American Cheese, 5 lbs. for \$13.50:** The sliced American cheese is not individually wrapped.

\_\_\_\_\_ **Produce Box, 18 lbs. (avg.) for \$14.00:** Includes onions (2 lbs.), apples (3 lbs.), carrots (2 lbs.), potatoes (5 lbs.), celery (1 each), sweet potatoes (3 lbs.), and winter squash (1 each).

\_\_\_\_\_ **Italian Meatballs, 5 lbs. for \$13.00:** The Italian meatballs are fully cooked and are in a five-pound bag.

\_\_\_\_\_ **Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.

**ORDER GRAND TOTAL:** \_\_\_\_\_

**IMPORTANT DATES:**

**Order deadline date : Friday November 8, 2024, before 3:30 pm. Pick up date is**

**Wednesday, November 20, 2024 (from 11:45am - 12:45 pm)** Due not the very large orders that need to be sorted and boxed, **PLEASE do not arrive before 11:45am.** 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.



# November 2024

## Senior Nutrition

PEACE, Inc. FSD		November 2024		Senior Nutrition	
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>4 Chicken Alfredo Served over Bowtie Pasta Steamed Broccoli Apple Italian Bread</p>	<p>5 Apricot Glazed Pork Mashed Sweet Potatoes Roasted Balsamic Brussels Sprouts w/ Cranberries Cherry Cobbler</p>	<p>6 New England Clam Chowder Roasted Asparagus Fresh Baked Dinner Roll Orange</p>	<p>7 <b>BRUNCH @ 10:30AM</b> Spinach &amp; Swiss Breakfast Strata Home Fries w/ Peppers and Onions Sausage Patties Fresh Melon Salad</p>	<p>8 Cube Steak w/ Mushroom Gravy Macaroni &amp; Cheese Italian Blend Vegetables Applesauce</p>	<p>1 Tuna Salad w/ Chopped Egg Salad on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Mango</p>
<p>11 AGENCY CLOSED VETERANS' DAY</p>	<p>12 Corned Beef &amp; Swiss on Rye French Onion Soup Orange</p>	<p>13 Swedish Style Meatballs over Parsley &amp; Butter Egg Noodles Broccoli Pear Whole Wheat Bread w/ Margarine PC</p>	<p>14 Beef Pot Roast w/Gravy Roasted Root Veg Mashed Potatoes Mango Dinner Roll w/ Margarine PC</p>	<p>15 Chicken Cordon Bleu Casserole California Blend Vegetable Apple*</p>	<p>18 Bacon Cheddar Burger w/ Lettuce, Tomato on Wheat Bun Seasoned Potatoes Cubes Marinated Beets Grapes</p>
<p>25 Sweet &amp; Sour Chicken Served over Sesame Rice Oriental Blend Vegetables Banana Italian Bread</p>	<p>19 Meatball Sub on a Whole Wheat Sub Roll Green Beans Peaches</p>	<p>20 Crab Salad served on Croissant Cream of Asparagus Soup Pear</p>	<p>21 Glazed Ham Yukon Gold Potatoes Roasted Broccoli Peanut Butter Cookie</p>	<p>22 Roast Turkey w/ Gravy Stuffing Smashed Potatoes Butternut Squash Pumpkin Pie Cranberry Sauce &amp; Dinner Roll</p>	<p>26 Sloppy Joe on Kaiser Roll Butter &amp; Herb Baby Potatoes Snow Peas &amp; Carrots Honey Dew</p>
		<p>27 <b>BRUNCH @ 10:30AM</b> French Toast Bake Home Fries w/ Peppers and Onions Sausage Patty Fresh Fruit Salad</p>	<p>28 AGENCY CLOSED THANKSGIVING DAY</p>	<p>29 AGENCY CLOSED DAY AFTER THANKSGIVING DAY</p>	<p>All meals include: Coffee, Tea, Milk, Bread, and Margarine Menus meet 1/3 of RDA Menu is subject to change Suggested contribution: \$3.50 Guest meal: \$7.00</p>

2024 MONTHLY NEWSLETTER

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

[WWW.BALDWINSVILLE.ORG](http://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.**