

Canton Woods Newsletter

February 2025

Canton Woods Staff

Rene' McMonagle, Director

Phone (315) 638-4536

Open: 8:00am-4:00pm Mon - Fri

Find our website at www.baldwinsville.org,

www.townofvanburen.com,

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 January all – as we enter our new upcoming month of February, I hope to see you all coming out to participate in our upcoming events. We are trying to continue the tradition of having a small get-together with entertainment almost monthly for your enjoyment. I would love to get some feedback from all my seniors as to what types of things you would be interested in doing and if there are other musical events you would like to see. I am looking forward to trying to create more fun and excitement this year.

We are continuing to look for a replacement of our assistant director so please be understanding if things get a little crazy at times, but we are trying our best to always keep all of you in mind!

Thanks for being such a great community to work within and remember we changed our age limit to 55 so please invite all your friends and neighbors to come out and see us!

Rene'

Notes from Canton Woods Senior Activity Committee:

So here we are in February... We had a great month in January.

On the 13th we had our first Trivia Game, about 11 people showed up to play and they had a great time. Pizza and drinks were provided, and the winner got a gift card from Tops.

On January 17th we had John Harrington play for us and Wegmans provided us with a treat...cupcakes, yummy.

So, in February we are having a Valentines Party on the 14th. George Leija is playing for us at 11 am with treats and a 50/50 raffle will be drawn. See you soon.

Kathy

Neighborhood Advisor

As we plow through the Winter, I will continue to be available to answer HEAP questions and assist with First and Second Emergency benefits as we were informed recently the Regular HEAP Benefit Season ended as of January 21, 2025.

National Grid Representative Mary Beth Basha will be here at the Center on Wednesday February 19th from about 10:30AM till Noon to answer any questions you may have about your account with National Grid.

Tax Season has arrived! The AARP Tax Aide Program offers Free Tax Preparation with area libraries throughout Onondaga County. Here locally, you can contact the Baldwinsville Library at 315-635-5631 to schedule an appointment. The program runs from January 30th through April 12th, 2025. Appointments are filling up fast so be sure and call right away! The other Free Tax Preparation is offered by PEACE Inc for individuals whose income is under \$67,000 or less and is by appointment only. PEACE Inc preparers will be on hand at 1201 East Fayette Street, Suite 22, Syracuse, NY 13210. Please call 315-634-3756 for more information.

Last, Onondaga County Office for Aging is sponsoring a group of six consecutive classes beginning February 7th to run through till March 14th, 2025, on becoming better Self Managers of Diabetes. The classes are being held at Maxwell Memorial Library, 14 West Genesee Street, Camillus, NY 13031. The library's phone number is 315-672-3661. You can also reach out to Maggie from Onondaga County at 315-435-2362, extension 4943 or Tara at 315-435-2362, extension 4968 for more details. A suggested donation of \$3.00 per class would be greatly appreciated.

● Theresa – Neighborhood Advisor / Outreach Person

B'VILLE EXPRESS

Welcome to the New Year! I hope your holidays were filled with joy!

I must give another shout out to our volunteer drivers. In 2024, our volunteer drivers provided 809 rides volunteering 1685 hours of their time. Way to go!!

NEED A RIDE TO A PROCEDURE? I have access to a free senior ride program that can help. If you are having a one-day procedure, just call me and I will arrange transportation for you.

Please note: B'ville Express will be closed on February 17, 2025, in observance of Presidents' Day.

Happy Valentines Day!

Gina Carroll

Transportation Coordinator

Yarn Crew

REGISTRATION FOR THE CRAFT GROUP (YARN CREW) at CANTON WOODS

(Yes, we are changing the name just haven't gotten around to it)

WE NEED YOU

If you can knit, sew, crochet, paint or do any type of craft or needlework Canton Woods senior center invites you to join the YARN CREW.

Our membership drive is this January/February.

Remote members are more comfortable staying at home or find getting to the center difficult. They create their magic and occasionally bring it into the center. In-house members meet every Tuesday from 9 to 12 for creating and socialization.

Lap robes walker bags and eyeglass cases are sent to St. Joseph's hospital. We have also donated to Meals on Wheels and Veterans organizations.

The group is also responsible for the items at the craft sales. Those craft sales earn revenue used by the center to provide programs for the seniors.

If you are interested in becoming either a remote member or in-house member, please fill out the registration below and return it to Canton Woods Senior center. **Even current members must re-register each year so we can keep our records up to date.**

Please fill out the form below and return it to the senior center.

Name

Address

Phone

Email (if you have one)

DONATIONS

Hurrah! Our craft storeroom size has doubled, and we are thrilled. Organizing it has been so much fun. Therefore, if you are organizing and home and need a place to donate yarn, fabric or other craft items we now have room. Thank you to the powers that be for helping us to expand.

GIVE US A NEW NAME

The name Yarn Crew just doesn't fit us. We do more than use yarn and we would like to change the name to reflect that we are a group of people who use our talents to benefit our Canton Woods Community. Please submit your idea along with your name and phone number. You may win a \$25.00 gift certificate to either Tops or Wegmans (your choice) ...Members of the group will vote on the name without knowing who submitted it. You can submit your idea at the main desk. The contest ends February 14.

Edwina

Meals On Wheels:

I hope this message finds you well, despite the recent cold weather.

Our organization still has a good supply of 2025 Syracuse coupon books available for purchase at \$25.00 each. WE encourage you to stop by and pick one up if interested.

We extend our sincere gratitude for your past donations, which have been instrumental in supporting our programs.

We are excited to announce upcoming fundraising events. We are planning a bingo fundraiser, tentatively scheduled for April, and a new event, a craft garage sale featuring food and music tentatively scheduled for July. Further details regarding dates, times and locations for both events will be shared in the subsequent communications.

Sincerely,
Donna and Jessica

Special events for February:

National Grid Senior Advocate

Mary Beth Basha, will be available to answer any questions or issues you may have. Please reach

out to the Center for questions and come stop in to see Marybeth on Wednesday, February 19th from 10:30 – 12:30.

Free Legal Services

Legal services are available at Canton Woods will resume in May of 2025. 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.

Blood Pressure Screening:

Tuesday, **February 18th** from 9:30 – 11:00 am with Terry Risley.

Senior Programming:

Sign language classes will be on the 2nd Tuesday and then again on the 4th Tuesday from January through June and then will resume September to December at 11:15am. February dates are the 11th and 25th.

UPCOMING MUSICAL EVENTS -

2/14 George Leija at 11am

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:
Mirelle Peluso

Sympathy Cards were sent the family of:

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.

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

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 for all seniors 60 and above. **Please note that after January 31, 2025, take-out lunches will no longer be available.**

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 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!

February Birthdays:

2/6 Linda Russell and Deborah McGavin

2/11 Annette Celestian

2/15 Dave Au

2/17 Joann Mathieson and Margaret Durant

2/18 Kurt Lyon

2/20 Deb Au

2/21 Diane Quinn-Miller

If you would like your birthday added please stop by or call the center! (315) 638-4536.



JESSICAKES

On your birthday, (or very very close), stop by
Jessicakes

3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

The Lions need you

If you have an interest in serving your community in a variety of ways, may we suggest you consider membership in the Baldwinsville Lions Club. The Lions have always dedicated themselves to help those with sight, speech and hearing difficulties but also strive to help those dealing with diabetes, and aging. The Lions also help the youth in our community when families are experiencing financial stress and a lack of some basic needs. Most recently the Baldwinsville Lions Club provided 2 beds to a family with 2 children and a student desk to another family.

Members of the Baldwinsville Lions quite often raise funds to help people in need that they will never meet. To learn more about the Baldwinsville Lions Club please send an E-mail to Jack Osinski at josinski120@gmail.com.

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 or Town websites.

Cost: \$20.50

The order deadline is Friday, February 14, 2025, by 3:30pm.

The pick-up date is Wednesday, February 26th, 2025, at 11:15 - 12:15 pm.

PLEASE BRING YOUR OWN RE-USABLE BAGS TO BRING YOUR FOOD HOME AS WE WILL NO LONGER HAVE BOXES AVAILABLE.

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.

BINGO!!! Come join the fun!

BINGO! Wednesdays and Fridays at 1pm

Mexican Train Dominoes

Join the fun every Friday at 9am and 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 and double check the calendar. Please be sure you know how to play before signing up. **If you are interested in learning or know someone how is, please reach out and we can provide some instruction lessons.**

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 – February 4, 11, 18 & 25th. Donation to the instructor.

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 every Tuesday at 2pm.

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 or at any time at the center.

Sharing Memories Writing Program!

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

2025 Library News

Donations-Nonfiction (Large Print)

Become a Better You by Joel Osteen
The Idea of America by Gordon S. Wood
Intimations Six Essays by Zadie Smith
Meet Me at Emotional Baggage Claim by Lisa Scottoline
Best Friends, Occasional Enemies by Lisa Scottoline
Best. State. Ever. by Dave Barry
There Plant Eyes by M. Leona Godin
Your Life Calling by Jane Pauly
Before You Wake by Erick Erickson
Mrs. Lee's Rose Garden by Carlo DeVito
Small Wonder Essays by Barbara Kingsolver
The Dog Who Ate the Truffle by Suzanne Carreiro
Signed, Sealed, Delivered by Nina Sankovitch
Killing Crazy Horse by Bill O'Reilly and Martin Dugard
French Women Don't Get Facelifts by Mireille Guiliano
The Horse Boy by Rupert Isaacson
Killing Reagan by Bill O'Reilly and Martin Dugard
First in Line by Kate Anderson Brower
We by Gillian Anderson and Jennifer Nadel
Stampede by Brian Casner
A Man of Passion and Destiny David by Charles R. Swindoll
Because I Said So by Ken Jennings
The Great Leader and the Fighter Pilot by Blaine Harden
The Hills of Tuscany by Ferenc Mate

Donations-Nonfiction (Small Print)

First Women by Kate Anderson Brower
The Age of Turbulence by Alan Greenspan
The Open Bible Expanded Edition
Why Did I Come Into This Room? A Candid Conversation
About Aging by Joan Lunden

Unbroken by Laura Hillenbrand
The Everyday Bible New Century Version
Culture Warrior by Bill O'Reilly
Syracuse Television by Christie Casciano Burns
The Purpose Driven Life by Rick Warren
Killing Jesus by Bill O'Reilly and Martin Dugard
Operation Paperclip by Annie Jacobsen
In Hoffa's Shadow by Jack Goldsmith
The No Spin Zone by Bill O'Reilly
The Imperial Cruise by James Bradley
Killing the Legends by Bill O'Reilly and Martin Dugard
Killing the Rising Sun by Bill O'Reilly and Martin Dugard
Killing Reagan by Bill O'Reilly and Martin Dugard
The Gotti Wars by John Gleeson
In Harm's Way by Doug Stanton
Baseball's Good Guys by Marshall J. Cook and Jack Walsh

From your new librarians, Sharon and Jacquie

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.

2025 Travel with Belle Tours LLC

Day Trips

Clayton Boat Tour with Luncheon June
18th

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.

Ask the Physical Therapist...

Is Aging and Dizziness Related?

Dizziness is a frequent issue in older adults. Although there are natural physical changes that occur as we age, dizziness is not just "part of getting old." Dizziness is usually described as a spinning sensation or "vertigo" or lightheadedness. Or, simply a feeling of being unbalanced. This can make it difficult to walk, cause nausea, anxiety, fatigue and difficulty concentrating. This can all create a higher risk of falling. We use three primary systems to keep our balance: vision, sensation and inner ear.

Dizziness and vertigo can be a result of a dysfunction of all of these systems. It is often multi-factorial in cause and requires a team approach of Physicians and PT's. Frequent vision examinations aid in the diagnosis and treatment as well. A PT is trained to assess all the components of balance and dizziness and communicate with your Physician. At Onondaga PT, our specialists create a custom treatment plan for you to improve your dizziness and prevent falls. Our team is ready to help - we know vertigo and dizziness.

****If you are experiencing dizziness or vertigo, 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

**Come out and join us for the
monthly Trivia Game – Monday,
February 10th from 10 to 12. We will
be spending some time enjoying
each other's company and becoming
trivia experts.**

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

**Tournaments for November,
December and January**

9 Ball Tournaments

11/22

1st Place: Nunzio Lipari

2nd Place: Frank O'Donnell

12/6

1st Place: Griffin Randazzo

2nd Place: Dave Au

12/13

1st Place: Paul Dreher-Wiberg

2nd: Loren Preston

12/20

1st Place: Nunzio Lipari

2nd Place: Loren Preston

8 Ball Tournament

12/27

1st Place: Frank O'Donnell/Dave Gorman

2nd Place: Nunzio Lipari/ Micky Bisha

9 Ball Tournament

1/3

1st Place: Dave Au

2nd Place: Jerry Dingman

1/10

1st Place: Micky Bisha

2nd Place: Nick Peluso

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

12/2

1st place – Doug Clark/Jan Wojnovich 1314

2nd place – Louise Barone/Mary Ann Deming

1215

High Series - Doug Clark 704

High Game – Doug Clark 249

12/9

1st place – Bob Hahn/Kurt Lyon 1387

2nd place – Mae Slaunwhite/Doug Clark 1294

High Series – Bob Hahn 679

High Game – Bob Hahn 265

12/16

1st place – Bob Hahn/Doug Clark 1362

2nd place – Gloria Saccone/Louise Barone 1307

High Series – Bob Hahn 693

High Game – Bob Hahn 234

12/30

1st place – Linda Giddens/Rose Lyon 1346

2nd place – Tom Spagnola/Kurt Lyon 1330

High Series – Rose Lyon 625

High Game – Rose Lyon 234

1/6

1st place – Cathy Spagnola/Doug Clark 1303

2nd place – Linda Giddens/Mary Ann Deming

1236

High Series – Doug Clark 703

High Game – Doug Clark 243

1/13

1st place – Sylvia Preston/Bob Hahn 1328

2nd place – Mike Slaunwhite/Sue Stapleton 1306

High Series – Sylvia Preston 732

High Game – Mike Slaunwhite 278

Please remember to arrive 10 to 15 minutes before the beginning of each game. Thank you!

Canton Woods

February 2025

Calendar is subject to change

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | |
|----|---|--|--|---|---|----|
| | | | | | | 1 |
| 2 | 3 Bunco 10-12 12 Peace Lunch 1 Wii Bowling | 4 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group | 5 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker | 6 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch | 7 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament | 8 |
| 9 | 10 Trivia 10-11:30 Bunco 10-12 12 Peace Lunch 1 Wii Bowling | 11 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:15 Sign Language 12 Dup Bridge 1 Poker | 12 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker | 13 8 Tai Chi 10 Falls Class 1pm Pitch Jordan Reynolds - Victory in Motion - Presentation on Knee Repair not Replacement | 14 9:15 Cardio Ball Drumming 10:30 Mexican Train 11am George Leija - Valentine's Party 12 Peace Lunch 1 Bingo 1 Pool Tournament Excellus Rep 10-12 | 15 |
| 16 | 17 Center Closed Presidents' Day | 18 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group BP Checks - Terry Risley 9:30 | 19 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker National Grid - Marybeth 10:30 - 12 | 20 8 Tai Chi 9:00 Chinese Brush Painting 10 Falls Class 1pm Pitch | 21 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament | 22 |
| 23 | 24 Bunco 10-12 12 Peace Lunch 1 Wii Bowling | 25 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 11:15 Sign Language 12 Dup Bridge 1 Poker 2 Art Group | 26 9:15 Cardio Ball Drumming 10:30 Adult Coloring 12 Peace Lunch 12 Party Bridge 1 Bingo 1 Sharing Memories Writing Program 1 Poker | 27 8 Tai Chi 10 Falls Class 1pm Pitch | 28 9:15 Cardio Ball Drumming 10:30 Mexican Train 12 Peace Lunch 1 Bingo 1 Pool Tournament | |

Canton Woods Food Sense February 2025 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.

February Package: Number of Packages: _____ X \$20.50 = Total: _____

Marinated Beef Portions, 1 lb.

Boneless Chicken Breast, 1.25 lb. (avg)

Loop Kielbasa, 15 oz.

Fish Sticks, 1 lb.

Ground Turkey, 1 lb.

Potato & Cheese Pierogies, 13 oz.

Green Beans, 16 oz.

French Fries, 24 oz.

White Rice, 1 lb.

Applesauce, 15 oz.

Fresh Produce #1

Fresh Produce #2

February Specials

- _____ **Baby Back Ribs, 2 lbs. for \$6.00:** The ribs are fully cooked and based in a BBQ sauce.
- _____ **Breaded Chicken Fritters, 5 lbs. for \$10.00:** The breaded chicken is fully cooked, and the fritter is a larger 3 oz. portion.
- _____ **Italian Meatballs, 5 lbs. for \$13.00:** The Italian meatballs are fully cooked and are in a five-pound bag.
- _____ **Shrimp Scampi, 24 oz. for \$6.00:** The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy sauce.
- _____ **Protein Box 8 lbs. (avg) for \$15.00:** Protein box includes Ground Beef (1 lb.), Pork Tenderloin (1.7 lb. avg), Chicken Drumsticks (3.5 lbs. avg), Pollock Fillets (1 lb.), and Bologna (1 lb.).

ORDER GRAND TOTAL: _____

IMPORTANT DATES:

Order deadline date : Friday February 17, 2025 before 3:30 pm. Pick up date is

Wednesday, February 26, 2025 (from 11:45am – 12:45 pm) Due not the very large orders that need to be sorted and packaged, **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.

PLEASE BRING YOUR REUSABLE BAGS!!

February 2025

PEACE, Inc. FSD

Senior Nutrition

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | | | |
| | | | | |
| 3 New England Clam Chowder Roasted Asparagus Oyster Crackers Orange | 4 Bacon Cheddar Burger w/ Lettuce, Tomato on Wheat Bun Housemade Ranch Kettle Chips Marinated Beets Banana | 5 Syracuse Famous Chicken Riggie's Sautéed Greens Diced Peaches Fresh Baked Dinner Roll | 6 Tuscan Bean & Vegetable Soup (Ribollita) w/ Croutons Corned Beef Sandwich Diced Cantaloupe | 7 Breaded Haddock Served on a Whole Wheat Bun Coleslaw Potatoes O'Brien Brownie |
| 10 Apricot Glazed Pork Red Skin Mashed Roasted Brussel Sprouts Fig Newton | 11 Classic Philly Cheese Steak Sandwich w/ Peppers & Onions Whipped Sweet Potatoes Roasted Cauliflower Fresh Oatmeal Rasian Cookie | 12 Bacon & Tomato Chicken Salad on Croissant Hearty Minestrone Soup Applesauce | 13 Clams Casino Lingini Winter Blend Vegetables Fresh Baked Bread Banana | 14 Roasted Turkey Dinner w/ Gravy Stuffing Honey Glazed Baby Carrots Mandarin Oranges Dinner Roll w/ Margarine PC |
| 17 AGENCY CLOSED PRESIDENT'S DAY | 18 Chicken Cordon Bleu Sandwich Served on a Whole Wheat Bun w/ Ham, Swiss & Honey Mustard Mayo Scandinavian Vegetable Blend Orange* | 19 Shepherd's Pie (Beef w/ 4-way Vegetable & Whipped Potato Topping) Diced Pears | 20 Sweet & Sour Shredded Pork Served over Sesame Rice Oriental Blend Vegetables Fortune Cookie | 21 Meatloaf w/ Mushroom Gravy Green Beans Mashed Potatoes Grapes Dinner Roll w/ Margarine PC |
| 24 Chicken Tenders Macaroni & Cheese w/ Stewed Tomatoes Broccoli Banana | 25 Tuna Salad w/ Chopped Egg Salad on Kaiser with Shredded Lettuce Broccoli & Cheddar Soup Fruit Cocktail | 26 Lasagna Rolls w/ Red Sauce Gianelli Sausage Links Mediterranean Vegetable Blend Mandarin Oranges | 27 Beef Pot Roast w/ Gravy Roasted Root Veg Mashed Potatoes Mango Dinner Roll w/ Margarine PC | 28 Chicken Alfredo Served over Bowtie Pasta Broccoli Florets Apple Italian Bread |

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

CANTON WOODS – Helping seniors to remain active members of the community.

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 MISSION STATEMENT

CANTON WOODS SENIOR CENTER

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

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

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

2025 MONTHLY NEWSLETTER

