



OCTOBER 2021

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10-10:45AM Light Weight Exercise
4 9-12Noon 'Busy Hands' 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for Fun Bridge & Dominoes 2-3PM Tai Chi 6:30-7:30PM Meditative Movement	5 9-12Noon Advanced Art 10-11AM Walking at St. Michaels 10-11AM Fit After Fifty Exercise 12:30-2:30PM Beginner Art 12:50PM Left Center Right	6 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 1PM Cards for Fun & Mah Jongg	7 10-11AM Walking at St. Michaels 10-11AM Chair Yoga 11:30-12:30PM Flu Shot Clinic 1PM Bingo	8 10-10:45AM Light Weight Exercise
11 SENIOR CENTER CLOSED COLUMBUS DAY	12 9-12Noon Advanced Art 10-11AM Walking at St. Michaels 10-11AM Fit After Fifty Exercise 12:30-2:30PM Beginner Art 1PM Easy Trivia	13 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 1PM Cards for Fun & Mah Jongg AUTUMN SCENIC TRIP	14 10-11AM Walking at St. Michaels 10-11AM Chair Yoga	15 10-10:45AM Light Weight Exercise
18 9-12Noon 'Busy Hands' 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for Fun Bridge & Dominoes 2-3PM Tai Chi 6:30-7:30PM Meditative Movement	19 9-12Noon Advanced Art 10-11AM Walking at St. Michaels 10-11AM Fit After Fifty Exercise 12:30-2:30PM Beginner Art 12:50PM Left Center Right	20 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 1PM Cards for Fun & Mah Jongg	21 10-11AM Walking at St. Michaels 10-11AM Chair Yoga 1PM Bingo	22 10-10:45AM Light Weight Exercise
25 9-12Noon 'Busy Hands' 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for Fun Bridge & Dominoes 2-3PM Tai Chi 6:30-7:30PM Meditative Movement	26 9-12Noon Advanced Art 10-11AM Walking at St. Michaels 10-11AM Fit After Fifty Exercise 12:30-2:30PM Beginner Art	27 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 1PM Cards for Fun & Mah Jongg	28 10-11AM Walking at St. Michaels 10-11AM Chair Yoga 11:30AM Halloween Party 	29 10-10:45AM Light Weight Exercise

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