




NOVEMBER 2021

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 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	3 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 1PM Cards for Fun & Mah Jongg	4 10-11AM Walking at St. Michaels 10-11AM Chair Yoga	5 10-10:45AM Light Weight Exercise
8 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	9 9-12Noon Advanced Art 10-11AM Walking at St Michaels 10-11AM Fit After Fifty Exercise 12:30-2:30PM Beginner Art	10 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 12Noon Veterans PEACE Lunch 1PM Cards for Fun & Mah Jongg	11 SENIOR CENTER CLOSED 	12 10-10:45AM Light Weight Exercise
15 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	16 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	17 9:15-10:15AM Zumba Gold 10-12Noon Wii Bowling 10:30-11:30AM Beginner Tap 1PM Cards for Fun & Mah Jongg	18 10-11AM Walking at St. Michaels 10-11AM Chair Yoga 1PM Bingo	19 10-10:45AM Light Weight Exercise
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