




AUGUST 2022

Town of Onondaga

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 9-12Noon 'Busy Hands' 10:00-11:00AM Beginner Tap 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi	2 9-12Noon Advanced Art 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM LCR Game	3 9:15-10:15AM Zumba Gold 10AM Wii Bowling 1PM Cards for fun & Mah Jongg	4 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's 11:30AM SENIORS 50 TH ANNIVERSARY CELEBRATION	5 10-10:45AM Light Weight Exercise TIL DEATH DO US PART TRIP
8 9-12Noon 'Busy Hands' 10:00-11:00AM Beginner Tap 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi	9 9-12Noon Advanced Art 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:45PM SIMPLE, EASY TRIVIA	10 9:15-10:15AM Zumba Gold 10AM Wii Bowling 1PM Cards for fun & Mah Jongg	11 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's	12 10-10:45AM Light Weight Exercise
15 9-12Noon 'Busy Hands' 10:00-11:00AM Beginner Tap 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi SOUND OF MUSIC TRIP	16 9-12Noon Advanced Art 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM LCR Game	17 9:15-10:15AM Zumba Gold 10AM Wii Bowling 1PM Cards for fun & Mah Jongg	18 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's 1PM Bingo 	19 10-10:45AM Light Weight Exercise
22 9-12Noon 'Busy Hands' 10:00-11:00AM Beginner Tap 10:30-12Noon Senior Tap 12:45PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi	23 9-12Noon Advanced Art 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:30PM Make Your Own Sundae! 	24 9:15-10:15AM Zumba Gold 10AM Wii Bowling 1PM Cards for fun & Mah Jongg	25 9-11AM Walking at Brookdale 10-11AM Walking at St. Michael's	26 10-10:45AM Light Weight Exercise
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