





FEBRUARY 2023

Town of Onondaga

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg	2 9-10 AM Chair Yoga 10-11AM Walking at St. Michael's 12Noon Pizza Party! *Sign up in front office*	3 10-10:50AM Light Weight Exercise
6 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15 PM Strength & Stretch	7 9-12Noon AARP Tax Assistance *Appointment REQUIRED* 9-12Noon Advanced Art 9-9:40AM Morning Start Exercise 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Left Center Right (LCR) 6:15-7:15PM Zumba	8 9-12Noon AARP Tax Assistance *Appointment REQUIRED* 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg	9 9-10 AM Chair Yoga 10-11AM Walking at St. Michael's 1PM Bingo 	10 10-10:50AM Light Weight Exercise
13 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15 PM Strength & Stretch	14 9-12Noon AARP Tax Assistance *Appointment REQUIRED* 9-12Noon Advanced Art 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM 'Chase the Ace Card' Game 6:15-7:15PM Zumba	15 9-12Noon AARP Tax Assistance *Appointment REQUIRED* 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg	16 10-11AM Walking at St. Michael's	17 10-10:50AM Light Weight Exercise
20 SENIOR CENTER CLOSED 	21 9-12Noon AARP Tax Assistance *Appointment REQUIRED* 9-12Noon Advanced Art 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Left Center Right (LCR) 6:15-7:15PM Zumba	22 9-12Noon AARP Tax Assistance *Appointment REQUIRED* 9:15-10:15AM Zumba Gold 10AM Wii Bowling 1PM Cards for fun & Mah Jongg	23 10-11AM Walking at St. Michael's 1PM Bingo 	24 10-10:50AM Light Weight Exercise
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