



# JUNE 2023

## Town of Onondaga

## Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9-10AM Care Fall Prevention 10-11AM Walking at St. Michael's or Summerfield 12 Noon CATERED LUNCHEON <i>Picnic Lunch</i> Rock Shadows Band entertaining <i>*Sign up in front office*</i>	<b>2</b> 10-10:50AM Light Weight Exercise
<b>5</b> 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominos 1-2PM Chi Kung 2-3PM Tai Chi	<b>6</b> 9-10AM Chair Yoga 9-12Noon Adv. Art 12:30-2:30PM Beg. Art 10:15-11AM Light Weight Exercise 10-11AM Walking at St. Michael's or Summerfield 12:50PM 'Pass the Ace Card' Game	<b>7</b> 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg	<b>8</b> 9-10AM Care Fall Prevention 10-11AM Walking at St. Michael's or Summerfield	<b>9</b> 10-10:50AM Light Weight Exercise
<b>12</b> 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominos 1-2PM Chi Kung 2-3PM Tai Chi	<b>13</b> 9-10AM Chair Yoga 9-12Noon Adv. Art 12:30-2:30PM Beg. Art 10:15-11AM Light Weight Exercise 10-11AM Walking at St. Michael's or Summerfield 12:50PM Left Center Right (LCR)	<b>14</b> 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg 4-6PM Art Class Exhibit at OFL	<b>15</b> 9-10AM Care Fall Prevention 10-11AM Walking at St. Michael's or Summerfield	<b>16</b> 10-10:50AM Light Weight Exercise
<b>19</b> 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominos 1-2PM Chi Kung 2-3PM Tai Chi	<b>20</b> 9-12Noon Adv. Art 12:30-2:30PM Beg. Art 10:15-11AM Light Weight Exercise 10-11AM Walking at St. Michael's or Summerfield 12:50PM 'Pass the Ace Card' Game	<b>21</b> 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg 1PM Neighborhood Advisor <b>*appt required*</b>	<b>22</b> 9-10AM Care Fall Prevention 10-11AM Walking at St. Michael's or Summerfield	<b>23</b> 10-10:50AM Light Weight Exercise
<b>26</b> 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominos 1-2PM Chi Kung 2-3PM Tai Chi	<b>27</b> 9-12Noon Adv. Art 12:30-2:30PM Beg. Art 10:15-11AM Light Weight Exercise 10-11AM Walking at St. Michael's or Summerfield 12:50PM Left Center Right (LCR)	<b>28</b> 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 1PM Cards for fun & Mah Jongg	<b>29</b> 10-11AM Walking at St. Michael's or Summerfield  <b>LAKE GEORGE TRIP</b>	<b>30</b> 10-10:50AM Light Weight Exercise