



# SEPTEMBER 2023

## Town of Onondaga

## Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>10-10:50AM</b> Light Weight Exercise
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>SENIOR CENTER CLOSED</b>  <i>Labor Day</i>	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> Adv. Art <b>12:30-2:30PM</b> Beg. Art <b>10:15-11AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's or Summerfield <b>12:50PM</b> 'Pass the Ace Card' Game	<b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>10:30-11:30 AM</b> Beginner Tap <b>11-12Noon</b> Intermediate Tap <b>1PM</b> Cards for fun & Mah Jongg	<b>10-11AM</b> Walking at St. Michael's or Summerfield <b>10-12Noon</b> Mah Jongg Lessons <b>12Noon</b> Catered Lunch: Goulash, salads, dessert; Lori Wilber entertaining <b>\$5- Sign up in office</b>	<b>10-10:50AM</b> Light Weight Exercise
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> Adv. Art <b>12:30-2:30PM</b> Beg. Art <b>10:15-11AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's or Summerfield <b>12:50PM</b> Left Center Right (LCR)	<b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>10:30-11:30 AM</b> Beginner Tap <b>11-12Noon</b> Intermediate Tap <b>1PM</b> Cards for fun & Mah Jongg	<b>10-11AM</b> Walking at St. Michael's or Summerfield	<b>10-10:50AM</b> Light Weight Exercise
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> Adv. Art <b>12:30-2:30PM</b> Beg. Art <b>10-2PM</b> Legal Aid Society *Appt req.* <b>10:15-11AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's or Summerfield <b>12:50PM</b> 'Pass the Ace Card' Game	<b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>10:30-11:30 AM</b> Beginner Tap <b>11-12Noon</b> Intermediate Tap <b>1PM</b> Cards for fun & Mah Jongg <b>1PM</b> Neighborhood Advisor *appt req.*	<b>10-11AM</b> Walking at St. Michael's or Summerfield <b>1PM</b> Popcorn & Movie <b>A DOG'S JOURNEY</b> (1 Hr. 40 Min.)  <b>TURNING STONE BUS TRIP</b>	<b>10-10:50AM</b> Light Weight Exercise
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> Adv. Art <b>12:30-2:30PM</b> Beg. Art <b>10:15-11AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's or Summerfield <b>12:50PM</b> Left Center Right (LCR)	<b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>10:30-11:30 AM</b> Beginner Tap <b>11-12Noon</b> Intermediate Tap <b>1PM</b> Cards for fun & Mah Jongg <b>ZOO BUS TRIP</b>	<b>10-11AM</b> Walking at St. Michael's or Summerfield <b>11-12Noon</b> Tech Help w/ OFL	<b>10-10:50AM</b> Light Weight Exercise