



OCTOBER 2023

Town of Onondaga

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	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 6:15PM Strength & Stretch	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 12:50PM 'Pass the Ace Card' Game	9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 11-12Noon Intermediate Tap 1PM Cards for fun & Mah Jongg	10-11AM Walking at St. Michael's ADIRONDACK BUS TRIP	10-10:50AM Light Weight Exercise
9	10	11	12	13
SENIOR CENTER CLOSED	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 12:50PM Left Center Right (LCR)	9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 11-12Noon Intermediate Tap 1PM Cards for fun & Mah Jongg	10-11AM Walking at St. Michael's 12Noon CATERED LUNCH Pork tenderloin; Tommy Key entertaining \$5 - sign up in office	10-10:50AM Light Weight Exercise
16	17	18	19	20
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 6:15PM Strength & Stretch	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 12:50PM 'Pass the Ace Card' Game	9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 11-12Noon Intermediate Tap 1PM Cards for fun & Mah Jongg 1PM Neighborhood Advisor <i>*appt req.*</i>	10-11AM Walking at St. Michael's SCENIC TRAIN RIDE BUS TRIP	9:30-3PM AAA Defensive Driving *sign-up req.* 10-10:50AM Light Weight Exercise
23	24	25	26	27
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 6:15PM Strength & Stretch	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 12:50PM Left Center Right (LCR)	9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30 AM Beginner Tap 11-12Noon Intermediate Tap 1PM Cards for fun & Mah Jongg	10-11AM Walking at St. Michael's	10-10:50AM Light Weight Exercise
30	31	 		
10-12Noon NO 'Busy Hands' today 10:30-11:30AM Senior Tap 11:15AM HALLOWEEN PARTY 12:30PM Book Club <i>(after party)</i> 1PM Cards for fun/Dominoes <i>(after party)</i> 1-2PM Chi Kung 2-3PM Tai Chi 6:15PM Strength & Stretch	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 12:50PM 'Pass the Ace Card' Game			