



OCTOBER 2024

Town of Onondaga

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	9-12Noon Advanced Art 1 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	9:15-10:15AM Zumba Gold 2 10AM Wii Bowling 11-12PM Beg/Inter Tap 12:45PM Knit & Crochet Group 1PM Cards for fun & Mah Jongg	9:15AM Strength & Stretch 3 10-11AM Walking at St. Michael's 10-12Noon Mah Jongg Lessons 12Noon CATERED LUNCHEON Pizza, Salad, Dessert; Rock Shadows Band entertaining <i>\$5 – sign up in office</i> 6:15PM Strength & Stretch	10-10:50AM Light Weight Exercise 4
10-12Noon 'Busy Hands' 7 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	9-12Noon Advanced Art 8 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	9:15-10:15AM Zumba Gold 9 10AM Wii Bowling 11-12PM Beg/Inter Tap 12:45PM Knit & Crochet Group 1PM Cards for fun & Mah Jongg *Neighborhood Advisor Appts BETHEL WOODS TRIP	9:15AM Strength & Stretch 10 10-11AM Walking at St. Michael's 11-12Noon Tech Help from the OFL 6:15PM Strength & Stretch	10-10:50AM Light Weight Exercise 11 9-3PM AAA Defensive Driving Course
SENIOR CENTER CLOSED 14	9-12Noon Advanced Art 15 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	9:15-10:15AM Zumba Gold 16 10AM Wii Bowling 11-12PM Beg/Inter Tap 12:45PM Knit & Crochet Group 1PM Cards for fun & Mah Jongg	9:15AM Strength & Stretch 17 10-11AM Walking at St. Michael's 1PM Bingo  6:15PM Strength & Stretch	10-10:50AM Light Weight Exercise 18
10-12Noon 'Busy Hands' 21 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	9-12Noon Advanced Art 22 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	9:15-10:15AM Zumba Gold 23 10AM Wii Bowling 11-12PM Beg/Inter Tap 12:45PM Knit & Crochet Group 1PM Cards for fun & Mah Jongg	9:15AM Strength & Stretch 24 10-11AM Walking at St. Michael's 6:15PM Strength & Stretch	10-10:50AM Light Weight Exercise 25
10-12Noon 'Busy Hands' 28 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	9-12Noon Advanced Art 29 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	9:15-10:15AM Zumba Gold 30 10AM Wii Bowling 11-12PM Beg/Inter Tap 12:45PM Knit & Crochet Group 1PM Cards for fun & Mah Jongg	9:15AM Strength & Stretch 31 10-11AM Walking at St. Michael's 11:15AM HALLOWEEN PARTY! 6:15PM Strength & Stretch 