




NOVEMBER 2024

Town of Onondaga

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10-10:50AM Light Weight Exercise
10-12Noon 'Busy Hands' 4 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15PM Strength & Stretch	9-12Noon Advanced Art 5 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 6 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Mah Jongg	9:15AM Strength & Stretch 7 10-11AM Walking at St. Michael's 10:30 PEACE BRUNCH **11:30AM Bingo  6:15PM Strength & Stretch	8 10-10:50AM Light Weight Exercise 9-3:30PM AAA Defensive Driving Course
10-12Noon 'Busy Hands' 11 10:30-11:30AM Senior Tap 12Noon NO PEACE LUNCH 12:30PM Book Club 1PM Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15PM Strength & Stretch	9-12Noon Advanced Art 12 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 13 10AM Wii Bowling 10AM-2PM Legal Aid Society <i>*Appts required – waitlist only</i> 11-12PM Beg/Inter Tap 1PM Mah Jongg <i>*Neighborhood Advisor Appts</i>	9:15AM Strength & Stretch 14 10-11AM Walking at St. Michael's 12Noon Veterans Day Lunch Entertainment by the CNY Dulcimer Group 6:15PM Strength & Stretch	15 10-10:50AM Light Weight Exercise
10-12Noon 'Busy Hands' 18 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15PM Strength & Stretch	9-12Noon Advanced Art 19 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 20 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Mah Jongg	9:15AM Strength & Stretch 21 10-11AM Walking at St. Michael's 12Noon Harvest Meal *PEACE Lunch 6:15PM Strength & Stretch 	22 10-10:50AM Light Weight Exercise
10-12Noon 'Busy Hands' 25 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15PM Strength & Stretch	9-12Noon Advanced Art 26 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 27 10AM Wii Bowling 10:30AM PEACE BRUNCH 11-12PM Beg/Inter Tap 1PM Mah Jongg	28 SENIOR CENTER CLOSED 	29 SENIOR CENTER CLOSED 