## **DECEMBER 2024**

## Town of Onondaga

## **Senior Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10-12Noon 'Busy Hands'	9-12Noon Advanced Art	9:15-10:15AM Zumba Gold	9:15AM Strength & Stretch	10-10:50AM Light Weight
10:30-11:30AM Senior Tap	10-10:50AM Light Weight Exercise	10AM Wii Bowling	10-11AM Walking at St. Michael's	Exercise
12:30PM Book Club	10-11AM Walking at St. Michael's	11-12PM Beg/Inter Tap	12Noon HOLIDAY PARTY / 🛛 📁	
1PM Dominoes	12:30-2:30PM Beginner Art	<b>1PM</b> Mah Jongg	CATERED LUNCHEON	
1-2PM Chi Kung 2-3PM Tai Chi	12:50PM Pass the Ace Card Game		\$8 – Sign up in office	
6:15PM Strength & Stretch				$\wedge$
			6:15PM Strength & Stretch	
9	10	11	9:15AM Strength & Stretch 12	13
10-12Noon 'Busy Hands'	9-12Noon Advanced Art	9:15-10:15AM Zumba Gold	10-11AM Walking at St. Michael's	10-10:50AM Light Weight
10:30-11:30AM Senior Tap	10-10:50AM Light Weight Exercise	10AM Wii Bowling		Exercise
12:30PM Book Club	10-11AM Walking at St. Michael's	11-12PM Beg/Inter Tap	6:15PM Strength & Stretch	
1PM Dominoes	12:30-2:30PM Beginner Art	<b>1PM</b> Mah Jongg	TURNING STONE BUS TRIP	
1-2PM Chi Kung 2-3PM Tai Chi	12:50PM Pass the Ace Card Game	*Neighborhood Advisor appts		
6:15PM Strength & Stretch				
16	9-12Noon Advanced Art 17	<b>9:15-10:15AM</b> Zumba Gold <b>18</b>	9:15AM Strength & Stretch 19	20
10-12Noon 'Busy Hands'	10-10:50AM Light Weight Exercise	10AM Wii Bowling	10-11AM Walking at St. Michael's	10-10:50AM Light Weight
10:30-11:30AM Senior Tap	10-11AM Walking at St. Michael's	11-12PM Beg/Inter Tap	11AM-12Noon Tech Help w/ OFL	Exercise
12:30PM Book Club	12:30-2:30PM Beginner Art	1PM Mah Jongg	*After Lunch "Our Town Tappers"	
1PM Dominoes	12:50PM Pass the Ace Card Game	*Neighborhood Advisor Appts	performing Holiday Special	
1-2PM Chi Kung 2-3PM Tai Chi				
6:15PM Strength & Stretch			6:15PM Strength & Stretch	
<b>10-12Noon</b> 'Busy Hands' <b>23</b>	24	25	9:15AM Strength & Stretch 26	27
10:30-11:30AM Senior Tap	SENIOR CENTER CLOSED	SENIOR CENTER CLOSED	10-11AM Walking at St. Michael's	10-10:50AM Light Weight
12:30PM Book Club			1PM Bingo	Exercise
1PM Dominoes	Holidaus.		BLNG	
1-2PM Chi Kung 2-3PM Tai Chi	Juliugs		CAEDIA Stars ath & Startah	
6:15PM Strength & Stretch		All and a second s	6:15PM Strength & Stretch	
30	31			
10-12Noon 'Busy Hands'	10-10:50AM Light Weight Exercise			
10:30-11:30AM Senior Tap	10-11AM Walking at St. Michael's		A	
12:30PM Book Club	12:50PM Pass the Ace Card Game			
1PM Dominoes				$\bigcirc$
1-2PM Chi Kung 2-3PM Tai Chi				
6:15PM Strength & Stretch				