











JANUARY 2025

Town of Onondaga




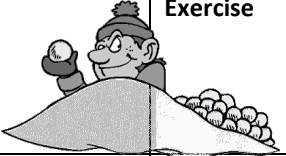
Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SENIOR CENTER CLOSED 	2 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's	3 10-10:50AM Light Weight Exercise 
6 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	7 9-12Noon Advanced Art 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 10-2PM Legal Aid Society "Appts Required" 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	8 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30AM Beg/Inter Tap 1-3PM Mah Jongg	9 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 1PM <i>Sentimental Serenade Singers</i> entertaining after lunch	10 10-10:50AM Light Weight Exercise 
13 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	14 9-12Noon Advanced Art 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	15 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30AM Beg/Inter Tap 1-3PM Mah Jongg 	16 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 1PM Bingo For Bucks	17 10-10:50AM Light Weight Exercise 
20 SENIOR CENTER CLOSED 	21 9-12Noon Advanced Art 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	22 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30AM Beg/Inter Tap 1-3PM Mah Jongg	23 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's	24 10-10:50AM Light Weight Exercise 
27 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	28 9-12Noon Advanced Art 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	29 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30AM Beg/Inter Tap 1-3PM Mah Jongg	30 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 1PM Bingo For Bucks	31 10-10:50AM Light Weight Exercise 

FEBRUARY 2025

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Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	4 9-12Noon Income Tax Assistance (Appointment Needed) 9-12Noon Advanced Art 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	5 9-12Noon Income Tax Assistance (Appointment Needed) 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30AM Beg/Inter Tap 1-3PM Mah Jongg	6 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 12NOON CATERED Pizza Party <i>Rock Shadows Band Entertaining</i>	7 10-10:50AM Light Weight Exercise
10 10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	11 9-12Noon Income Tax Assistance (Appointment Needed) 9-12Noon Advanced Art 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	12 9-12Noon Income Tax Assistance (Appointment Needed) 9:15-10:15AM Zumba Gold 10AM Wii Bowling 10:30-11:30AM Beg/Inter Tap 1-3PM Mah Jongg	13 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 11-12 Noon Tech Help with OFL	14 10-10:50AM Light Weight Exercise 
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