

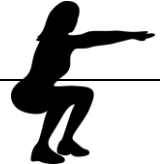


SEPTEMBER 2025

Town of Onondaga



Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Labor Day	2 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 Day Trip: Top Hat @ Rev Theatre	3 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	4 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10-12Noon Farmers Market Coupons 12:00 CATERED LUNCHEON Deli Sandwich, Salads, Dessert; Bob Sealey entertaining	5 10-10:50AM Light Weight Exercise
8 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	9 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	10 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	11 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10-12Noon Mah Jong Lessons 1PM Bingo For Bucks 6:15PM Strength & Stretch	12 10-10:50AM Light Weight Exercise
15 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	16 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	17 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	18 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 10-12Noon Mah Jong Lessons 11:30AM Fall Prevention 1PM Popcorn 6:15PM Strength & Stretch Day Trip: Seneca Wine Trail	19 10-10:50AM Light Weight Exercise
22 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	23 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:50PM Pass the Ace Card Game	24 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	25 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 10-12Noon Mah Jong Lessons 11:30AM Fall Prevention 1PM Bingo For Bucks 6:15PM Strength & Stretch	26 10-10:50AM Light Weight Exercise
29 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	30 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:50PM Pass the Ace Card Game			

OCTOBER 2025

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	2 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 10-12Noon Mah Jong Lessons 11:30AM Fall Prevention 12:00 CATERED LUNCHEON Pizza, Salad, Dessert; entertainment by Geoff Clough 'Name That Tune' 6:15PM Strength & Stretch	3 10-10:50AM Light Weight Exercise
6 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch Day Trip: Adirondack Adventure	7 10-11AM Walking at St. Michael's 10AM Light Weight Exercise 12:50PM Pass the Ace Card Game	8 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	9 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 11:30AM Fall Prevention 1PM Popcorn 6:15PM Strength & Stretch	10 10-10:50AM Light Weight Exercise
13 Closed For Columbus Day	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 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	16 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 11-12 Noon Tech Help with OFL 11:30AM Fall Prevention 1PM Bingo For Bucks 6:15PM Strength & Stretch	17 9:00AM-3:30PM AARP DRIVER SAFETY CLASS Registration Required 10-10:50AM Light Weight Exercise
20 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	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 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	23 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 11:30AM Fall Prevention 1PM Popcorn 6:15PM Strength & Stretch	24 10-10:50AM Light Weight Exercise
27 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 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 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	30 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 11AM HALLOWEEN PARTY 11:30AM Fall Prevention 6:15PM Strength & Stretch	31 10-10:50AM Light Weight Exercise