






JANUARY 2026

Town of Onondaga


Senior Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|  | |  | 1 SENIOR CENTER CLOSED Happy New Year!!!! | 2 10-10:50AM Light Weight Exercise |
| 5 10-12Noon 'Busy Hands' 10-11AM Learn to Dance 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch | 6 9-12Noon Advanced Art 9-10 AM Zumba Gold 10-11AM Walking at St. Michael's 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game | 7 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong | 8 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 12NOON <i>Catered Lunch: Pizza, Salad, Dessert. Entertainment: Karaoke with Bob Sealey and Joe Mingin</i> 6:15PM Strength & Stretch | 9 10-10:50AM Light Weight Exercise |
| 12 10-12Noon 'Busy Hands' 10-11AM Learn to Dance 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch | 13 9-12Noon Advanced Art 9-10 AM Zumba Gold 10-11AM Walking at St. Michael's 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game | 14 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong | 15 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 1PM Popcorn 6:15PM Strength & Stretch | 16 10-10:50AM Light Weight Exercise  |
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FEBRUARY 2026

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