

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 
19 SENIOR CENTER CLOSED 	20 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	21 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	22 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 1PM Bingo For Bucks 6:15PM Strength & Stretch	23 10-10:50AM Light Weight Exercise
26 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	27 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	28 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	29 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 1PM Popcorn 6:15PM Strength & Stretch	30 10-10:50AM Light Weight Exercise 

FEBRUARY 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 9-12Noon Income Tax Assistance (Appointment Needed) 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	4 9-12Noon Income Tax Assistance (Appointment Needed) 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	5 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 11AM Tech Help 12NOON Catered Lunch: Chicken Riggies, Mac & Cheese, Salad, Ice Cream; <i>Clear Entertaining</i> 6:15PM Strength & Stretch	6 10-10:50AM Light Weight Exercise
9 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	10 9-12Noon Income Tax Assistance (Appointment Needed) 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	11 9-12Noon Income Tax Assistance (Appointment Needed) 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1-3PM Mah Jong	12 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 11-12 Noon Tech Help with OFL 1PM Bingo For Bucks 6:15PM Strength & Stretch	13 10-10:50AM Light Weight Exercise
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