



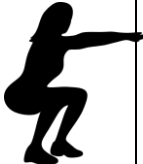




# MAY 2026

## Town of Onondaga

## Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10-10:50AM Light Weight Exercise
4 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	5 9-12Noon Advanced Art 9:00-10:00AM Zumba Gold 10-11AM Walking at St. Michael's & Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	6 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12Noon Senior Tap 1-3PM Mah Jongg	7 9:15AM Strength & Stretch 10-11AM Walking program (2 locations) 11-12 Noon Tech Help with OFL 12NOON CATERED LUNCH <i>ZITA, MEATBALLS, SALAD, DESSERT;</i> Jillisa Vellake Entertaining 10:30AM Chair Yoga 6:15PM Strength & Stretch	8 10-10:50AM Light Weight Exercise
11 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	12 9-12Noon Advanced Art 9:00-10:00AM Zumba Gold 10-11AM Walking at St. Michael's & Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	13 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12Noon Senior Tap 1-3PM Mah Jongg	14 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's & Summerfield 1PM Popcorn 10:30AM Chair Yoga 6:15PM Strength & Stretch	15 9:00AM-3:30PM AARP DRIVER SAFETY CLASS Registration Required 10-10:50AM Light Weight Exercise
18 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	19 9-12Noon Advanced Art 9:00-10:00AM Zumba Gold 10-11AM Walking at St. Michael's & Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game Day Trip: Rochester Spring Fling	20 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12Noon Senior Tap 1-3PM Mah Jongg	21 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's & Summerfield 10:00-12Noon Mah Jongg Lessons 1PM Games 10:30AM Chair Yoga 6:15PM Strength & Stretch	22 10-10:50AM Light Weight Exercise 
25 <b>Closed for Memorial Day</b> 	26 9-12Noon Advanced Art 9:00-10:00AM Zumba Gold 10-11AM Walking at St. Michael's & Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	27 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12Noon Senior Tap 1-3PM Mah Jongg	28 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's & Summerfield 10:00-12Noon Mah Jongg Lessons 1PM Popcorn (2 Hrs. 14 Min.) 10:30AM Chair Yoga 6:15PM Strength & Stretch	29 10-10:50AM Light Weight Exercise 

# JUNE 2026

## Town of Onondaga

## Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club Meeting <b>1PM</b> Dominoes & Mah Jongg <b>1PM</b> Chi Kung <b>2PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>2</b> <b>9-12Noon</b> Advanced Art <b>9:00-10:00AM</b> Zumba Gold <b>10-11AM</b> Walking at St. Michael's & Summerfield <b>10:15AM</b> Light Weight Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> Pass the Ace Card Game	<b>3</b> <b>9:15-10:15AM</b> Zumba Gold <b>10:30AM</b> Wii Bowling <b>11:00-12Noon</b> Senior Tap <b>1-3PM</b> Mah Jongg	<b>4</b> <b>9:15AM</b> Strength & Stretch <b>10-11AM</b> Walking program (2 locations) <b>10:30AM</b> Chair Yoga <b>11-12 Noon</b> Tech Help with OFL <b>10:00-12Noon</b> Mah Jongg Lessons <b>12NOON CATERED LUNCH: Rhythm &amp; Shoes entertaining.</b> <b>6:15PM</b> Strength & Stretch 	<b>5</b> <b>10-10:50AM</b> Light Weight Exercise
<b>8</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club Meeting <b>1PM</b> Dominoes & Mah Jongg <b>1PM</b> Chi Kung <b>2PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>9</b> <b>9-12Noon</b> Advanced Art <b>9:00-10:00AM</b> Zumba Gold <b>10-11AM</b> Walking at St. Michael's & Summerfield <b>10:15AM</b> Light Weight Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> Pass the Ace Card Game	<b>10</b> <b>9:15-10:15AM</b> Zumba Gold <b>10:30AM</b> Wii Bowling <b>11:00-12Noon</b> Senior Tap <b>1-3PM</b> Mah Jongg	<b>11</b> <b>9:15AM</b> Strength & Stretch <b>10-11AM</b> Walking at St. Michael's & Summerfield <b>10:00-12Noon</b> Mah Jongg Lessons <b>10:30AM</b> Chair Yoga <b>1PM</b> Games <b>6:15PM</b> Strength & Stretch	<b>12</b> <b>10-10:50AM</b> Light Weight Exercise
<b>15</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club Meeting <b>1PM</b> Dominoes & Mah Jongg <b>1PM</b> Chi Kung <b>2PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>16</b> <b>9-12Noon</b> Advanced Art <b>9:00-10:00AM</b> Zumba Gold <b>10-11AM</b> Walking at St. Michael's & Summerfield <b>10:15AM</b> Light Weight Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> Pass the Ace Card Game	<b>17</b> <b>9:15-10:15AM</b> Zumba Gold <b>10:30AM</b> Wii Bowling <b>11:00-12Noon</b> Senior Tap <b>1-3PM</b> Mah Jongg	<b>18</b> <b>9:15AM</b> Strength & Stretch <b>10-11AM</b> Walking program (2 locations) <b>10:30AM</b> Chair Yoga <b>1PM</b> Popcorn <b>6:15PM</b> Strength & Stretch <b>Day Trip: Rev Theater presents: A Bronx Tale</b>	<b>19</b> <b>10-10:50AM</b> Light Weight Exercise 
<b>22</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club Meeting <b>1PM</b> Dominoes & Mah Jongg <b>1PM</b> Chi Kung <b>2PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>23</b> <b>9-12Noon</b> Advanced Art <b>9:00-10:00AM</b> Zumba Gold <b>10-11AM</b> Walking program (2 locations) <b>10AM</b> Light Weight Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> Pass the Ace Card Game	<b>24</b> <b>9:15-10:15AM</b> Zumba Gold <b>10:30AM</b> Wii Bowling <b>11:00-12Noon</b> Senior Tap <b>10-2PM</b> Legal Aid (by Appt) <b>1-3PM</b> Mah Jongg	<b>25</b> <b>9:15AM</b> Strength & Stretch <b>10-11AM</b> Walking at St. Michael's & Summerfield <b>10:30AM</b> Chair Yoga <b>1PM</b> Games	<b>26</b> <b>10-10:50AM</b> Light Weight Exercise
<b>29</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club Meeting <b>1PM</b> Dominoes & Mah Jongg <b>1PM</b> Chi Kung <b>2PM</b> Tai Chi <b>6:15PM</b> Strength & Stretch	<b>30</b> <b>9-12Noon</b> Advanced Art <b>9:00-10:00AM</b> Zumba Gold <b>10-11AM</b> Walking program (2 locations) <b>10:15AM</b> Light Weight Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> Pass the Ace Card Game <b>Day Trip: Show &amp; Gaming at TS</b>			