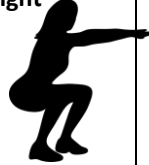


JULY 2026

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11AM Protein Presentation 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg	2 9:15AM Strength & Stretch 10:30-11:30AM Chair Yoga 10-11AM Walking at St. Michael's or Summerfield 11:30 CATERED LUNCHEON Pizza, Salad, Berry Shortcake for Dessert! Harvey Nusbaum/The Little Jazz Trio entertaining <i>Wear Red, White & Blue contest!!!</i>	3 SENIOR CENTER CLOSED 
6 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	7 9-12Noon Advanced Art 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	8 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg	9 10-11AM Walking at St. Michael's or Summerfield 10:30-11:30AM Chair Yoga 1PM Popcorn	10 10-10:50AM Light Weight Exercise Day Trip: Cortland Rep Theater-9 to 5
13 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	14 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	15 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg	16 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's or Summerfield 1PM Bingo For Bucks	17 10-10:50AM Light Weight Exercise 
20 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi Collecting begins for Table Sale!	21 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	22 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg	23 NO Strength & Stretch 10-11AM Walking at St. Michael's or Summerfield 1PM Popcorn	24 10-10:50AM Light Weight Exercise
27 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	28 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	29 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg SANTARO PARK CONCERT 6-8 PM "Vote for Pete" performing Day Trip: Cortland Adventure	30 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's or Summerfield 1PM Bingo For Bucks	31 10-10:50AM Light Weight Exercise

AUGUST 2026

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	4 9-12Noon Advanced Art 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game Table Sale Begins!	5 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg 	6 12 NOON CATERED LUNCHEON Deli Lunch, Turkey, Ham, Rye Bread, Salad, Dessert; Steal Bingo Party after lunch \$5 – <i>sign up in office by 8/4</i> 9:15AM Strength & Stretch 11-12 Noon Tech Help with OFL 10-11AM Walking at St. Michael's or Summerfield	7 10-10:50AM Light Weight Exercise
10 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	11 9-12Noon Advanced Art 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	12 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg	13 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's or Summerfield 1PM Popcorn 	14 10-10:50AM Light Weight Exercise
17 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	18 9-12Noon Advanced Art 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	19 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg SANTARO PARK CONCERT 6-8 PM "Todd Hobin & Letizia with the Band" performing	20 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's or Summerfield 1PM Bingo For Bucks	21 10-10:50AM Light Weight Exercise
24 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	25 9-12Noon Advanced Art 9-10AM Zumba Gold 10-11AM Walking at St. Michael's or Summerfield 10:15AM Light Weight Exercise 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game	26 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11:00-12:00PM Senior Tap 1PM Pitch (Cards) 1-3PM Mah Jongg Day Trip: Rev Theater-Carousel	27 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's or Summerfield 1PM Popcorn	28 10-10:50AM Light Weight Exercise
31 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jongg 1PM Chi Kung 2PM Tai Chi	 Get Your Songs Together for Karaoke in September!!! 			