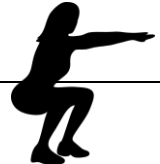
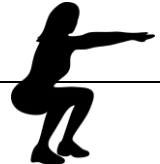


SEPTEMBER 2026

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9-12Noon Advanced Art 9-10AM 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	2 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards	3 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 12:00 CATERED LUNCHEON Zita, Meatballs, Salad, Dessert; KARAOKE with Bob Sealey and Joe Mingin	4 10-10:50AM Light Weight Exercise
7 Closed for Labor Day	8 9-12Noon Advanced Art 9-10AM 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	9 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards	10 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10-12Noon Mah Jong Lessons 1PM Bingo 6:15PM Strength & Stretch	11 10-10:50AM Light Weight Exercise
14 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi	15 9-12Noon Advanced Art 9-10AM 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	16 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards Day Trip: Wadsworth Homestead, Letchworth Park	17 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 10-12Noon Mah Jong Lessons 1PM Popcorn	18 10-10:50AM Light Weight Exercise
21 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	22 9-10AM Zumba Gold 10-11AM Walking at St. Michael's 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	23 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards	24 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 10-12Noon Mah Jong Lessons 1PM Bingo 6:15PM Strength & Stretch	25 10-10:50AM Light Weight Exercise 
28 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	29 9-10AM Zumba Gold 10-11AM Walking at St. Michael's 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	30 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards 1-2:15 Make a Scarecrow Door Hanger Class - Register online!		

OCTOBER 2026

Town of Onondaga

Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 12:00 CATERED LUNCHEON Chicken Tenders, Mac & Cheese, Salad, Dessert; Rock Shadows entertaining 6:15PM Strength & Stretch	2 10-10:50AM Light Weight Exercise
5 10-11AM Learn to Dance 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	6 9-10AM Zumba Gold 10-11AM Walking at St. Michael's 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	7 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards	8 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10-12Noon Mah Jong Lessons 10:30AM Chair Yoga 1PM Popcorn 6:15PM Strength & Stretch	9 10-10:50AM Light Weight Exercise 9:00AM-3:30PM AARP DRIVER SAFETY CLASS Registration Required
12 Closed For Columbus Day	13 9-12Noon Advanced Art 9-10AM 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 10AM-2PM Legal Aid (by appt) 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards Day Trip: Lake George	15 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10-12Noon Mah Jong Lessons 10:30AM Chair Yoga 11-12 Noon Tech Help with OFL 1PM Bingo 6:15PM Strength & Stretch	16 10-10:50AM Light Weight Exercise
19 10-11AM Learn to Dance 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	20 9-12Noon Advanced Art 9-10AM 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 1PM Mah Jong & Cards	22 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10-12Noon Mah Jong Lessons 10:30AM Chair Yoga 1PM Popcorn 6:15PM Strength & Stretch	23 10-10:50AM Light Weight Exercise
26 10-11AM Learn to Dance 10-12Noon 'Busy Hands' 12:30PM Book Club Meeting 1PM Dominoes & Mah Jong 1PM Chi Kung 2PM Tai Chi 6:15PM Strength & Stretch	27 9-10AM Zumba Gold 10-11AM Walking at St. Michael's 10:15AM Light Weight Exercise 12:50PM Pass the Ace Card Game	28 9:15-10:15AM Zumba Gold 10:30AM Wii Bowling 11-12Noon Senior Tap 1PM Mah Jong & Cards	29 9:15AM Strength & Stretch 10-11AM Walking at St. Michael's 10:30AM Chair Yoga 11AM HALLOWEEN PARTY! 6:15PM Strength & Stretch	30 10-10:50AM Light Weight Exercise