





# APRIL 2024

## Town of Onondaga

## Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15 PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> AARP Tax Assistance <b>9-12Noon</b> Advanced Art <b>10-10:50AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> – Pass the Ace Card Game	<b>9-12Noon</b> AARP Tax Assistance <b>*Appointment REQUIRED*</b> <b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>11-12PM</b> Beg/Inter Tap <b>1PM</b> Cards for fun & Mah Jongg	<b>10-11AM</b> Walking at St. Michael's <b>12Noon CATERED LUNCH - \$5</b> <i>Spaghetti, Meatballs, Antipasto</i> <i>Entertainment by Clear</i> <b>6:15 PM</b> Strength & Stretch	<b>10-10:50AM</b> Light Weight Exercise 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15 PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> AARP Tax Assistance <b>9-12Noon</b> Advanced Art <b>10-10:50AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> - LCR Game	<b>9-12Noon</b> AARP Tax Assistance <b>*Appointment REQUIRED*</b> <b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>11-12PM</b> Beg/Inter Tap <b>1PM</b> Cards for fun & Mah Jongg	<b>10-11AM</b> Walking at St. Michael's <b>6:15 PM</b> Strength & Stretch	<b>9-3:30PM</b> AAA Defensive Driving Course <b>10-10:50AM</b> Light Weight Exercise
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15 PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> Advanced Art <b>10-10:50AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> Pass the Ace Card Game	<b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>11-12PM</b> Beg/Inter Tap <b>1PM</b> Cards for fun & Mah Jongg <b>1PM</b> Neighborhood Advisor <b>*Appt. Req.*</b>	<b>10-11AM</b> Walking at St. Michael's <b>1PM</b> Bingo  <b>6:15 PM</b> Strength & Stretch	<b>10-10:50AM</b> Light Weight Exercise
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>10-12Noon</b> 'Busy Hands' <b>10:30-11:30AM</b> Senior Tap <b>12:30PM</b> Book Club <b>1PM</b> Cards for fun/Dominoes <b>1-2PM</b> Chi Kung <b>2-3PM</b> Tai Chi <b>6:15 PM</b> Strength & Stretch	<b>9-10AM</b> Chair Yoga <b>9-12Noon</b> Advanced Art <b>10-10:50AM</b> Light Weight Exercise <b>10-11AM</b> Walking at St. Michael's <b>10-2PM</b> Legal Aid <b>*Appt. Req.*</b> <b>12:30-2:30PM</b> Beginner Art <b>12:50PM</b> – LCR Game	<b>9:15-10:15AM</b> Zumba Gold <b>10AM</b> Wii Bowling <b>11-12PM</b> Beg/Inter Tap <b>1PM</b> Cards for fun & Mah Jongg	<b>10-11AM</b> Walking at St. Michael's <b>6:15 PM</b> Strength & Stretch	<b>10-10:50AM</b> Light Weight Exercise 
<b>29</b>	<b>30</b>			
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