





MAY 2024

Town of Onondaga

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:15-10:15AM Zumba Gold 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Cards for fun & Mah Jongg</p>	<p>2</p> <p>10-11AM Walking at St. Michael's & Brookdale Summerfield 1PM Bingo  6:15 PM Strength & Stretch</p>	<p>3</p> <p>10-10:50AM Light Weight Exercise</p>
<p>6</p> <p>10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15 PM Strength & Stretch</p>	<p>7</p> <p>9-12Noon Advanced Art 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's & Brookdale Summerfield 12:30-2:30PM Beginner Art 12:50PM Pass the Ace Card Game</p>	<p>8</p> <p>9:15-10:15AM Zumba Gold 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Cards for fun & Mah Jongg</p> <p>BINGHAMTON BUS TRIP</p>	<p>9</p> <p>10-11AM Walking at St. Michael's & Brookdale Summerfield 12Noon CATERED LUNCH - \$5 <i>Deli Lunch - \$5 sign up in office</i> <i>Entertainment by Tommy Key</i> 6:15 PM Strength & Stretch</p>	<p>10</p> <p>9-3:30PM AAA Defensive Driving Course 10-10:50AM Light Weight Exercise</p>
<p>13</p> <p>10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15 PM Strength & Stretch</p>	<p>14</p> <p>9-12Noon Advanced Art 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's & Brookdale Summerfield 12:30-2:30PM Beginner Art 12:50PM – LCR Game</p>	<p>15</p> <p>9:15-10:15AM Zumba Gold 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Cards for fun & Mah Jongg 1PM Neighborhood Advisor <i>*Appt. Req.*</i></p>	<p>16</p> <p>10-11AM Walking at St. Michael's & Brookdale Summerfield 6:15 PM Strength & Stretch</p>	<p>17</p> <p>10-10:50AM Light Weight Exercise</p>
<p>20</p> <p>10-12Noon 'Busy Hands' 10:30-11:30AM Senior Tap 12:30PM Book Club 1PM Cards for fun/Dominoes 1-2PM Chi Kung 2-3PM Tai Chi 6:15 PM Strength & Stretch</p>	<p>21</p> <p>9-12Noon Advanced Art 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's & Brookdale Summerfield 12:30-2:30PM Beginner Art</p> <p>TURNING STONE BUS TRIP</p>	<p>22</p> <p>9:15-10:15AM Zumba Gold 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Cards for fun & Mah Jongg</p>	<p>23</p> <p>10-11AM Walking at St. Michael's & Brookdale Summerfield 12:10PM Mind Diet Presentation 1PM Bingo  6:15 PM Strength & Stretch</p>	<p>24</p> <p>10-10:50AM Light Weight Exercise</p>
<p>27</p> <p>SR. CENTER CLOSED</p>  <p>MEMORIAL DAY</p>	<p>28</p> <p>9-12Noon Advanced Art 10-10:50AM Light Weight Exercise 10-11AM Walking at St. Michael's & Brookdale Summerfield 12:30-2:30PM Beginner Art 12:50PM - Pass the Ace Card Game</p>	<p>29</p> <p>9:15-10:15AM Zumba Gold 10AM Wii Bowling 11-12PM Beg/Inter Tap 1PM Cards for fun & Mah Jongg</p>	<p>30</p> <p>10-11AM Walking at St. Michael's & Brookdale Summerfield 6:15 PM Strength & Stretch</p>	<p>31</p> <p>10-10:50AM Light Weight Exercise</p>