


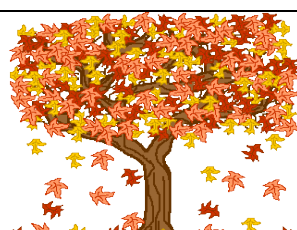



# SEPTEMBER 2018

## Town of Onondaga

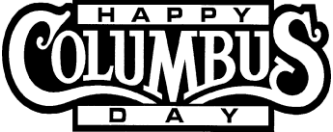
## Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>SENIOR CENTER CLOSED</b> 	<b>4</b> <b>9-12Noon</b> Art Class <b>9-11AM</b> Walking at Summerfield <b>10-11AM</b> Fit After Fifty Exercise <b>12:30-2:30PM</b> Beginner Art <b>1:15PM</b> Klassy Red Hatter's	<b>5</b> <b>1PM</b> Cards for Fun & Mah Jongg 	<b>6</b> <b>9-11AM</b> Walking at Summerfield <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi <b>12Noon Catered Lunch:</b> Baked Chicken, Potato, Rolls, Salad, Dessert Entertaining: Rhythm n' Shoes	<b>7</b> <b>10:00-10:45AM</b> Light Weight Exercise MAKE-UP CLASS
<b>10</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>11</b> <b>9-12Noon</b> Art Class <b>9-11AM</b> Walking at Summerfield <b>10-11AM</b> Fit After Fifty Exercise <b>10-1:30PM</b> Legal Aid Society (Appointment Needed) <b>12:30-2:30PM</b> Beginner Art	<b>12</b> <b>1PM</b> Cards for Fun & Mah Jongg  <b>MOHEGAN SUN @            POCONO DOWNS</b>	<b>13</b> <b>9-11AM</b> Walking at Summerfield <b>10:30-11:15AM</b> Light Weight Exercise <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi <b>1PM</b> Bingo For Bucks	<b>14</b> 
<b>17</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>18</b> <b>9-12Noon</b> Art Class <b>9-11AM</b> Walking at Summerfield <b>10-11AM</b> Fit After Fifty Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:30-2:30PM</b> Senior Assistance Services (Appointment Needed) <b>1PM</b> LCR Dice Game	<b>19</b> <b>1PM</b> Cards for Fun & Mah Jongg	<b>20</b> <b>9-11AM</b> Walking at Summerfield <b>10:30-11:15AM</b> Light Weight Exercise <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi	<b>21</b> <b>10-11AM</b> Chair Yoga
<b>24</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>25</b> <b>9-12Noon</b> Art Class <b>9-11AM</b> Walking at Summerfield <b>10-11AM</b> Fit After Fifty Exercise <b>12:30-2:30PM</b> Beginner Art <b>MGR PLAYHOUSE BEE HIVE</b>	<b>26</b> <b>1PM</b> Cards for Fun & Mah Jongg	<b>27</b> <b>9-11AM</b> Walking at Summerfield <b>10:30-11:15AM</b> Light Weight Exercise <b>11-12PM</b> Chi Kung <b>11:45-1PM</b> Flu Shot Clinic <b>12Noon-1PM</b> Intermediate Tai Chi <b>1PM</b> Bingo For Bucks	<b>28</b> <b>10-11AM</b> Chair Yoga
				

# OCTOBER 2018

## Town of Onondaga

## Senior Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>2</b> <b>9-12Noon</b> NO CLASS/Art <b>10-AM</b> Walking at St. Mike's <b>10-11AM</b> Fit After Fifty Exercise <b>12:30PM</b> NO CLASS/ Beg. Art <b>1:15PM</b> Klassy Red Hatter's	<b>3</b> <b>1PM</b> Cards for Fun & Mah Jongg	<b>4</b> <b>10-11AM</b> Walking at St. Mike's <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi <b>12Noon Catered Lunch:</b> Pizza, Zita, Meatballs, Salad, Dessert Entertaining: Lori Wilber	<b>5</b> <b>10-11AM</b> Chair Yoga <b>10:00-10:45AM</b> Light Weight Exercise MAKE-UP CLASS
<b>8</b> <b>SENIOR CENTER CLOSED</b> 	<b>9</b> <b>9-12Noon</b> Art Class <b>10-11AM</b> Walking at St. Mike's <b>10-11AM</b> NO CLASS Fit After Fifty <b>12:30-2:30PM</b> Beginner Art <b>1PM</b> Pain Recovery Presentation	<b>10</b> <b>1PM</b> Cards for Fun & Mah Jongg	<b>11</b> <b>10-11AM</b> Walking at St. Mike's <b>10:30-11:15AM</b> Light Weight Exercise <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi	<b>12</b> <b>10-11AM</b> Chair Yog
<b>15</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>16</b> <b>9-12Noon</b> Art Class <b>10-11AM</b> Walking at St. Mike's <b>10-11AM</b> Fit After Fifty Exercise <b>12:30-2:30PM</b> Beginner Art <b>12:30-2:30PM</b> Senior Assistance Services (Appointment Needed) <b>1PM</b> LCR Dice Game	<b>17</b> <b>1PM</b> Cards for Fun & Mah Jongg  <b>LAKE GEORGE FALL DAY</b>	<b>18</b> <b>10-11AM</b> Walking at St. Mike's <b>10:30-11:15AM</b> Light Weight Exercise <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi <b>1PM</b> Bingo For Bucks	<b>19</b> <b>10-11AM</b> Chair Yoga <b>8:45AM-4PM</b> AARP 50+ Driver Safety Class Registration Required
<b>22</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>23</b> <b>9-12Noon</b> Art Class <b>10-11AM</b> Walking at St. Mike's <b>10-11AM</b> Fit After Fifty Exercise <b>12:30-2:30PM</b> Beginner Art	<b>24</b> <b>1PM</b> Cards for Fun & Mah Jongg	<b>25</b> <b>10-11AM</b> Walking at St. Mike's <b>10:30-11:15AM</b> Light Weight Exercise <b>11-12PM</b> Chi Kung <b>12Noon-1PM</b> Intermediate Tai Chi	<b>26</b> <b>10-11AM</b> Chair Yoga
<b>29</b> <b>10-12Noon</b> 'Busy Hands' <b>10:30-12Noon</b> Senior Tap <b>12:45PM</b> Book Club Meeting <b>1PM</b> Cards for Fun Bridge & Pinochle; Dominoes	<b>30</b> <b>9-12Noon</b> Art Class <b>10-11AM</b> Walking at St. Mike's <b>10-11AM</b> Fit After Fifty Exercise <b>12:30-2:30PM</b> Beginner Art	<b>31</b> <b>11:30AM Halloween Party</b> 