



THE SENIOR ADVENTURER

CAMILLUS SENIOR CENTER NEWSLETTER

27 First Street, Camillus, NY 13031 (315) 672-5820

PROGRAMS FOR SENIORS AGE 55+

Open Mon – Fri 9 am – 3:30 pm

Teresa Roth, Senior Coordinator
Mary Sacco & Tricia Bacon, Assistants

May/June 2026
 troth@townofcamillus.com



Our newsletter is online at www.CamillusRecreation.com & www.townofcamillus.com

MOTHER'S DAY LUNCHEON

Join us for a celebration of moms. Menu is Herb Baked Chicken, Lemon Rice Pilaf, Dill Bean Salad, Hawaiian Roll & Peach Cobbler. Special entertainment after lunch by Bob Sealy.



Friday, May 8th

12:00 p.m.

Seniors age 60+

Suggested contribution is only **\$3.50**.

Call the Senior Center to make a reservation.

FATHER'S DAY LUNCHEON

Don't miss this special tribute to the dads! The meal will feature Beef Stroganoff w/Buttered Herbed Egg Noodles, Roasted Beet Salad w/Feta, Crusty Bread and Fruit Pie. Musical entertainment by singer - Jilissa Vellake.

Friday, June 12th @12:00pm

Seniors age 60+

Suggested contribution is only **\$3.50**. Call the Sr. Ctr to make a reservation.



FIREWORKS

Fireworks at dusk at Gillie Lake

Saturday, June 27th

Bring a lawn chair and listen to the sounds of the band "Mood Swings" from 7:30 – 9:30 p.m.

Sponsored by Sam Rao Florist and the Town of Camillus



SUMMERTIME PICNIC

Join us for our annual Summertime Picnic at the Erie Canal Park! Lunch menu to be determined. Stroll along the canal, tour the Sims Store museum, visit with friends, play a game or take a boat ride over the Nine Mile Creek aqueduct. Since parking is limited, carpooling is encouraged.

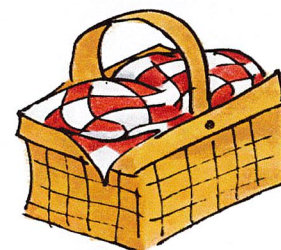
Thursday, July 23

11:00 a.m. – 2:00 p.m.

\$5 (cash) 60+ Must pay in advance in the senior center office

Due in advance. Space is limited.

Register in office.



FITNESS CLASSES

CHAIR YOGA

Improve your balance, posture, strength, stamina, flexibility – even your breathing! Tone your body, improve your breathing, and calm & clear your mind.

Monday mornings

9:30 – 10:30 a.m.

CY3: May 4 - June 15 (no class 5/25)

CY4: June 22 – July 27

\$20 per person

Students should bring a yoga mat to secure their chair.



STRETCH, STRENGTHEN & BALANCE

Exercises for all ability levels & done either in a seated position or standing with a sturdy chair.

Please bring stretch band and/or hand weights.

Tuesday and Thursday mornings

9:30 a.m. – 10:30 a.m.

SSB3: April 7 – May 14

SSB4: May 26 – July 2

\$20 per 6-week session - Missed classes will not be made up



POWER HOUR

An energetic fitness class that consists of 30 minute warm up and aerobic dance followed by a half hour of strength and flexibility training.

Please bring stretch band and/or hand weights.

Wednesday and Friday mornings

9:30 a.m. – 10:30 a.m.

PH3: April 8 – May 15

PH4: May 27 – July 1

\$20 per 6-week session Missed classes will not be made up



CARDIO DRUMMING

Cardio drumming is a popular fitness activity that combines music and drumming to stay fit and have fun. Using a stability ball in a bucket and drumsticks you will enjoy beating, dancing and laughing with a combination of easy-to-follow steps while drumming to the beat of the music. All equipment will be provided. Wear comfortable clothing and footwear and bring a water bottle. Drumming can be done either standing or in a seated position.

Tuesday mornings

11:00 a.m. – 11:45 a.m.

CD 3: March 31 – May 5

CD 4: May 12 – June 16

CD 5: June 23 – July 28

\$25 per session (min of 8 to hold class)



CARDS & GAMES

SUPER BINGO

Join us for an exciting afternoon playing Bingo! Prizes will be awarded.

1st Monday of each month (except for holidays)

Monday, May 4

Monday, June 1

1:00 p.m. – 3:00 p.m.

\$1 per board – we provide boards and the bingo chip.
Raffle tickets also available



BUNKO

Join us for this fun dice game. Great chance to get out, meet friends and socialize. All supplies provided. **PRIZES!**

2nd & 4th Mondays of month (usually)

May 11 (closed 5/25)

June 8 & 22

1:00 p.m. – 3:00 p.m.



\$2.00 per person (CASH)

Call (315) 672-5820 to sign up

Sign-up for lunch and enjoy a delicious meal beforehand.

BRIDGE

If you are interested in playing Bridge at the center on Thursday afternoons.

please call the office at
(315) 672-5820.

Substitutes are needed.



MEXICAN TRAIN DOMINOES

Join us for a fun afternoon playing the dominoes game of Mexican Train.

Tuesdays

12:45 p.m. – 3:00 p.m.

Come early and have lunch!
(Call in advance to order)



MAH JONGG

Friday mornings

9:30 a.m. – 12 noon

All players welcome.

Newcomers are encouraged.



PITCH

Looking for something fun to do in the afternoon? Stop by the center for an exciting time playing pitch.

Tuesday afternoons

12:45 p.m.

All are welcome



TRIVIA DAY

Teams or tables will compete against each other to answer a variety of trivia questions.

Wednesday, May 27

Wednesday, June 17

12:30 p.m. – 1:30 p.m.

No charge

Sign-up for lunch and enjoy a delicious meal beforehand.



CENTER CLOSING:

Monday, May 25 –

Memorial Day Observed



HAND & FOOT CARD GAME

Come try this fun card game that is similar to Canasta.

Fridays at 12:30 p.m. (except on party days or when center closes early)

FOR YOUR INFORMATION

NEIGHBORHOOD ADVISOR

Our Neighborhood Advisor, Kristin Kadaji, from the Salvation Army can help you remain independent and living in your own home. She can help with SNAP & HEAP apps, phone discount, EISEP, Medicare savings programs & other services.

**Last Thursday of every month
May 28th & June 25th, 11am-12:30pm**

There is no charge for this service. To reach Kristin call (315) 960-4813.



COMMUNITY GARDEN

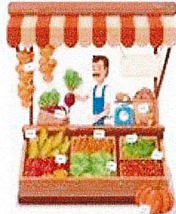
Anyone interested in participating in a community garden – please contact Linda Radford @ (315) 498-0962.



FARMERS' MARKET

Camillus Municipal Building front lawn
4600 West Genesee Street

**Mondays
1:00 p.m. – 6:00 p.m.
May 4th – October 5th**



shutterstock - 377863669

SAFETY NOTICE

When arriving at the senior center, please **use the curb cut** to access the sidewalk or ramp to the entrance doors. This will reduce the risk of tripping on the curb & falling.

E-MAILING LIST

We can email our newsletter to you. If interested, leave your email address with the office staff.



AAA DEFENSIVE DRIVING COURSE

Learn defensive driving techniques to keep you safe on the road and receive a reduction on your car insurance. Five classes will be offered this year. You only attend one class. This is a 3 year certification.

DC2 – Thursday, May 21st

DC3 – Wednesday, July 8th

DC4 – Thursday, October 15th

9:00 a.m. – 3:30 p.m.

(½ hour for lunch at noon)

YOU MUST BE HERE FOR THE ENTIRE CLASS



\$39 per person
(must be 55+)

Make checks payable to AAA

You may bring a lunch or order lunch at the center (see PEACE lunch program for details). Participants should bring their unexpired driver's license and a pen, and may want to bring a drink and/or snack.

Class size is limited so early registration is recommended. Phone registration will NOT be accepted. Payment must accompany registration form.

MONARCH BUTTERFLIES

Are you interested in learning about the now endangered monarch butterflies, their metamorphosis and life cycle, migratory patterns, and diet? We'll talk about all that and how you can raise and release monarchs on your own.

Led by Linda Radford

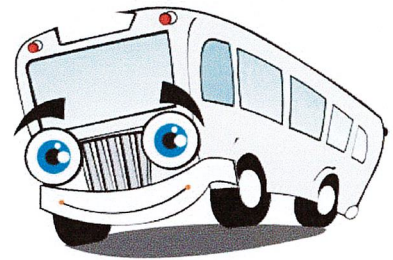
Thursday, June 4th

10:45 a.m.



The program is FREE of charge but call the office if you are interested in attending.

2026 BUS TRIPS



Detailed flyers with registration forms are available for each trip.
Be sure to read all trip policies on reverse side before signing up for any trip.
Space is limited to one bus per trip.

Trip #1 – OFF WE GO TO OSWEGO

Enjoy the day exploring Oswego’s H. Lee White Maritime Museum and the Safe Haven Holocaust Refugee Shelter Museum. Lunch at Bridie Manor with an ice cream stop at Bev’s Dairy Treats on the shore of Lake Ontario.
Depart First Baptist Church of Memphis at 9:00 a.m. and return approximately 4:30 p.m.

Wednesday, May 20th

Cost per person \$80 Non-residents pay \$85

Trip #2 –OKLAHOMA! AT CORTLAND REPERTORY THEATRE

Start the day at the CNY Living History Museum in Cortland followed by lunch at Bob’s BBQ. Enjoy an afternoon performance of Oklahoma! at the Cortland Rep Theatre.

Depart First Baptist Church of Memphis at 9:15 a.m. and return approximately 5:15 p.m.

Wednesday, June 10th

Cost per person \$105 Non-residents pay \$110

Trip #3 – ERIE CANAL & LOCK 24 LUNCH AND BOAT CRUISE

Meet at Syracuse Boat Tours (Dutchman’s Landing 7439 Hillside Rd Baldwinsville) at 10:45 a.m. and end at approximately 1:30 p.m.

Wednesday, July 15th (FULL) and Wednesday July 22nd

2nd DATE ADDED

Cost per person \$50 Non-residents pay \$55

Trip #4 – SONNENBERG GARDENS

Join us as we travel to Canandaigua to visit Sonnenberg Gardens and Mansion. After that, we’ll head to Warfield’s Restaurant in Clifton Springs for lunch before heading to L.W. Emporium in Ontario.

Depart First Baptist Church of Memphis at 8:30 a.m. and return approximately 5:00 p.m.

Wednesday, August 5th

Cost per person \$75 Non-residents pay \$80

Trip #5- SIP, SAIL & SAVOR: SENECA LAKE

Our day starts by sampling a variety of cheeses at Muranda Cheese. Then it’s off to Watkins Glen for Captain Bill’s Seneca Lake Twist & Shout luncheon cruise followed by wine tasting at Hazlett Vineyards.

Depart Camillus Park at 8:00 a.m. and return approximately 6:30 p.m.

Wednesday, September 9th

FULL – waiting list started

Cost per person \$135 Non-residents pay \$140

Trip #6 – HARVEST SIPS & APPLE PICKS AT BEAK AND SKIFF

Enjoy a Fall day at Beak and Skiff Orchards picking apples, sampling cider and spirits, and shopping in the General Store. Lunch at their cafe followed by a visit to Skaneateles Historical Society.

Depart Camillus Park at 9:30 a.m. and return approximately 4:30 p.m.

Wednesday, October 7th

Cost per person \$60 Non-residents pay \$65

Trip #7 – DICK CLARK’S COUNTDOWN TO CHRISTMAS SHOW @ TURNING STONE CASINO

Celebrate the holiday season with this festive concert of greatest hits and holiday classics from the 50s and 60s at the Turning Stone Casino. Everyone will receive \$25 slot free play, \$5 food voucher & matinee show.

Depart Camillus Park at 10:00 a.m. and return approximately 6:00 p.m.

Thursday, December 3rd

**FULL – waiting list started.
May add a 2nd bus**

Cost per person \$84 Non-residents pay \$89

MORE FITNESS PROGRAMS

LINE DANCING FOR ABSOLUTE BEGINNERS

This 45 minute class will help you get comfortable on the dance floor and get your steps in while you learn popular, easy to follow line dances including Cupid Shuffle, Fles, It's So Easy, ChaCha Slide, BarSong, PYT, Cowboy boogie, Wagon Wheel, Mamma Maria, Rocket to the Sun & more. Certified instructor Sue Mirra welcomes song suggestions.

Please bring water bottle and hand towel

Tuesday mornings (6 weeks)

10:00 a.m. – 10:45 a.m.

LD Session 1: May 5 – June 9

LD Session 2: June 16 – July 21

\$25 per session (min of 5 to hold class)



SENIOR DANCERCISE

Geared for the active older adult, this 45-minute class combines rhythmic muscle toning, dance moves and stretching. It is designed to improve your core and stability, cardiovascular endurance and increase your overall energy. **AND IT'S FUN!** Use a chair for balance and/or bring hand weights.

Instructed by Sue Mirra, Certified instructor

Please bring water bottle and hand towel



Tuesday mornings

(6 weeks)

9:00 a.m. – 9:45 a.m.

DZ Session 1:

May 5 – June 9

DZ Session 2:

June 16 – July 21

\$25 per session (min of 5 to hold class)

HEALTH TIPS

Stay Hydrated: Even if you don't feel thirsty, your body still needs water!

- Keep a water bottle nearby
- Drink a glass of water w/each meal
- Eat water-rich foods like fruit (oranges, watermelon, grapes)

Move More, Feel Better: A little movement goes a long way!

- Take a short daily walk
- Do seated stretches
- Join group activities

Even 10 minutes at a time makes a difference!

Stay Connected Socially: A quick chat can brighten your whole day. Sit with someone new at lunch; share a story or memory; join a group activity.

BOCCE COURTS ARE OPEN!

The Bocce courts at Camillus Park are now open and ready for play! You are welcome to bring your own bocce balls and utilize the official-sized crushed stone courts in a fenced-in area.



PICKLEBALL

There are several outdoor pickleball courts available for use. **Camillus Park** courts are located at the west end of the parking lot, six (6) courts, fenced with tennis surface and permanent nets. **Munro Park** in the village has courts next to the tennis courts on LeRoy Street. Pickleball is a paddle ball sport that combines elements of badminton, tennis and ping pong into a fun game for all ages and abilities. It is played with a paddle and wiffle ball. You will need to bring your own equipment.

EXTENDED TRIPS WITH COLLETTE

ALASKA DISCOVERY LAND AND CRUISE JULY 28 - AUGUST 9, 2026

Traverse the Pacific coast by land and sea aboard a Holland America Cruise Line ship. This trip is full, but you can be put on a wait list if interested.

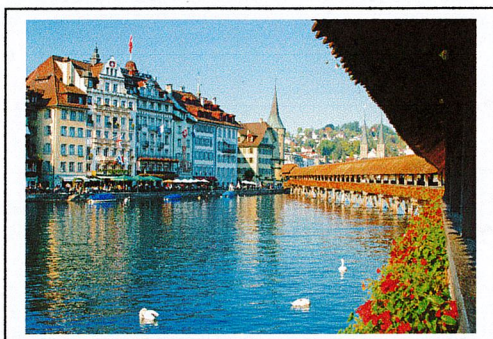
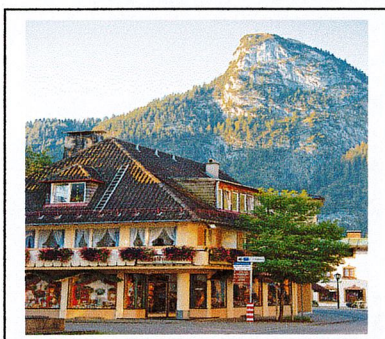
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DISCOVER THE ALPINE COUNTRIES SEPTEMBER 19 - 30, 2026

The highlights of this exciting trip include visiting Vienna, Austria, Schonbrunn Palace, Salzburg, Munich, Oberammergau, Linderhof Palace, the Black Forest, Freiburg, Lucerne and attending a Classical Concert and a Danube Cruise.

Double \$5749, Single \$6949 Check out the website at

<https://gateway.gocollette.com/link/1282744>



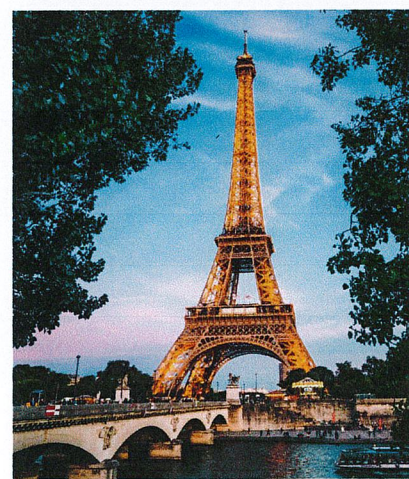
DISCOVER LONDON & PARIS

APRIL 17 - 25, 2027

From cosmopolitan London to romantic Paris, see the best of the world's most captivating cities. Highlights include a walking tour in London, a Traditional Pub Dinner, a flight on the iconic London Eye, riding the Eurostar Train, having an Eiffel Tower Dinner, attending a Perfume Workshop and visiting the Suresnes American Cemetery.

Double \$4999, Single \$6299 (if booked by 10/18/26)

Check out website, <https://gateway.gocollette.com/link/1381718>



COMING LATER IN 2027

Canadian Rockies & Glacier National Park: August 8 - 14, 2027. Get ready for an adventure that brings together the expanse of the prairies, the majesty of the Canadian Rockies, & Montana's Glacier National Park. Highlights: Head-Smashed-In Buffalo Jump, Waterton Lakes Park, Banff

FOOD & NUTRITION

NUTRITION EDUCATION

This will be the final session for this program. A Food Bank dietician will share important nutrition information. A recipe featuring a seasonal fruit or vegetable will be prepared and sampled with the group.

Monday, May 11th at 10:45a.m.
Fruits & Veggies, Full of Flavor

Look beyond the taste of fruits and vegetables and focus on the experience.

FREE – To register, call the office at (315) 672-5820



DAILY LUNCHES

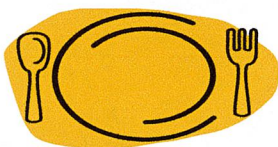
Lunches are served at **12:00 noon**

Monday – Friday

Seniors age 60+ and their spouses of any age are eligible. Suggested contribution is only **\$3.50**. Guests under 60 are \$7.00. Reservations are required by noon of the business day before you plan to attend. Call the office at (315) 672-5820.

Meal Cancellations

If you are unable to keep your lunch reservation, please call and cancel as soon as possible. We may be able to find someone else to take your place. **Our caterer (PEACE, Inc.) loses money for all meals that aren't accounted for. THE ACTUAL MEAL COST IS \$7.00.** We appreciate your donation if you do not show up for your reservation. Thank You!



PUNCH CARDS ARE AVAILABLE

Lunch Punch Cards may be purchased for \$35 for a total of 10 lunches. Stop into the office to purchase.



Checks made payable to "PEACE Inc."

FOOD SENSE

This food buying co-op is available to anyone who wants to save money on their groceries. Monthly units of 12 staple grocery items cost only \$20.50. Rotating monthly specials can be purchased in addition to the basic unit. Orders may be placed at the senior center Mondays - Fridays 9:00 am - 3 pm. or on distribution days. (These orders must be paid with exact cash). Online orders may be placed at <https://foodsense.foodbankcny.org/>. You will be asked to enter your credit or debit card information. **Food pick up is on Wednesdays, May 27 & June 17** from 2:30 p.m. – 4:00 p.m. Anyone can participate in this program. **THERE ARE NO AGE OR INCOME REQUIREMENTS.** Stop by the center to pick up the monthly Food Sense flyer which lists the items to be included in the package as well as specials or visit our website at www.camillusrecreation.com.

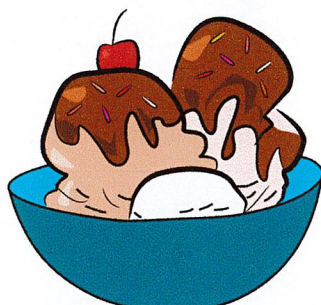


ICE CREAM SUNDAE SOCIAL

Wednesday, June 24th from 1-2pm.
FREE

Sponsored by Angela Pulis (our Medicare Advisor) and Senior Advisory Insurance Services.

Please register in advance at the office. Enjoy ice cream with all the fixings.



Create your own sundae with several delicious toppings.

ART PROGRAMS

DRAWING & PAINTING IN BLACK AND WHITE

This course will focus on value as we draw and use wet media to create images in black and white. We will continue to work on composition, line quality, and learning how to see and represent what we see.

You will need a Strathmore 400 series multimedia pad or good watercolor paper, a range of Copic or micron pens, a range of drawing pencils, a few watercolor brushes and Art graph carbon if you have it.

Instructed by Christine Patsos.

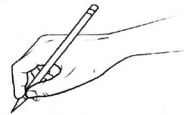
Thursdays – 8 weeks

June 4 – July 30

1:00 – 3:00 p.m., \$60

(no class on 7/2 but will meet

at 3pm to hang our show at Maxwell Library)



Class will be limited to 12 students. Please register by 5/22 to be certain we have enough students to run the class. Class will be held in upstairs classroom – there are 5 stairs to climb or you may use the chair lift.

Famous Photos Part II – Viewing & Discussion

A rare collection of iconic photographs that shaped history, culture, and our understanding of the world has been assembled and will be discussed.

Please join our special guest (retired teacher) as she shares some more of these famous images and leads a discussion with those in attendance.

Thurs. June 11th at 10:45 a.m.

The photographs have been deemed to have had a profound impact on society. Many of these landmark images will spark a range of emotions in viewers.

INFORMATION

FINANCIAL PLANNING FOR RETIREES WORKSHOP

Anthony Hinds-Fritz, Certified Financial Planner at Evolution Retirement Solutions, LLC, will be presenting at the Sr. Center on

Monday, May 18th / 12:45-1:45 p.m.

This session will explore:

- Retirement Income
- Healthcare
- Tax-Efficient Planning
- Estate Planning



No charge but please register in advance at the Senior Center office or by calling 315-672-5820.

MEDICARE COUNSELING

Angela Pulis, an independent Medicare broker, is here to answer your Medicare related questions, research which plan is best for you and assist with enrollment.

Thursdays, May 14 & June 11

12:30 – 2:30 p.m.

There is no charge for her service and no appointment is necessary.



CAMILLUS COMMUNITY BAND CONCERT

Monday, May 18th

7:30 p.m.

West Genesee High

School Auditorium

Friday, June 12th

7:00 p.m.

Outdoors @ WG High School

Bring a lawn chair (will move indoors in the event of inclement weather)

FREE – All are welcome



CRAFT PROJECTS

MAY CRAFT WORKSHOP

Wednesday, May 6th at 10 a.m.

Celebrate the spirit of the USA on your front door from Memorial Day until Veteran's Day!

This 16" door sign is \$30.



Call the Camillus Senior Center for a reservation. 315 672-5820

Deadline is April 29th

\$12
Set of 3



June Craft Workshop

Wednesday, June 3rd 10-12

Create these three charming diamond art suncatchers! The trio includes a butterfly, dragonfly, and hummingbird, all approximately 8" tall. The set includes an 8" chain hanger.

Register before May 20th
by calling the Camillus Senior Center
at 315 672-5820

These craft classes are instructed by Debbie Kohanski. Payment is due at time of registration. Class size is limited so sign up today!

GREETING CARD CLASS

Make two beautiful "Thinking of You" greeting cards with instructor Lynn Renshaw. Participants will be using stamps, inks, colored pencils, die cuts, and embellishments. ALL supplies will be provided. No experience is needed. Sample cards are on display at the senior center; there is flexibility to make each card your own! \$10.00 for 2 cards.

Wednesday, June 17th
10:00am – Noon

Advanced registration is required by June 10th.

Class size is limited to Min. of 4 and max 10.



FLOWERPOT WORKSHOP

Join us for a fun morning at Crazy Daisies on Kasson Rd. as we arrange a 12-inch pot with 5 annual flowers of your choice. You are welcome to stay for lunch (on your own) afterwards if you are interested.

Wednesday, May 13th
10:00 a.m. – 12:00 p.m.

\$40 per person – you must provide own transportation. Advanced registration required.



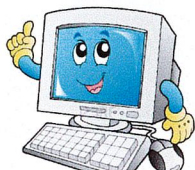
CLASSES & PROGRAMS

COMPUTER HELP/DIGITAL LITERACY

Got questions regarding your electronic devices – laptops, tablets, smartphones, cellphones? A volunteer (previously from CNY Digital Literacy) can teach you how to operate your device, navigate the internet, use an email account, set up a patient portal, use software and so much more!

FREE OF CHARGE

Appointments are available upon request. Email Steve at stewatson1@gmail.com or contact the senior center office.



LEGAL ASSISTANCE

John Hubert, an attorney from Legal Aid Society, will be here to offer assistance, advice or referral in the following areas: Medicaid and Medicare denials and coverage disputes; Advanced directives such as wills, health care proxies, living wills, and powers of attorney; Legal problems concerning public benefits including social security, SSI, and veterans benefits; Consumer matters such as collections or debt issues; and housing related concerns such as landlord/tenant disputes.

Thursdays, May 21st & June 18th
10:30 a.m. – 2:30 p.m.

Appointments are required and can be made by calling (315) 672-5820. Donations are appreciated.



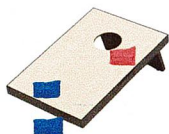
CORNHOLE

Friday afternoons
(except on party days or when center closes early)

1:00 p.m.

FREE

This is a fun and exciting game to play for seniors of all ages and ability levels. No experience needed. All equipment will be provided.



Wii BOWLING

Join us for a fun morning of bowling! We will play at the Senior Center and use the Wii interactive game system and TV.

No experience needed

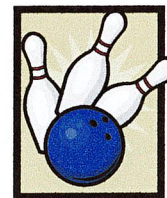
Fridays

11:00 a.m. - 12 noon

FREE – program will be held in upstairs

classroom – there are 5 stairs

to climb or you may use the chair lift



BOOK CLUB

Third Tuesday of each month at 10:45 a.m.

May 19 – Wives Like Us by Plum Sykes

June 16 – The Listeners by Maggie Stiefvater

July 21 – Listen for the Lie by Amy Tintera

August 18 – The Final Wish of Murray McBride by Joe Siple

ALL ARE WELCOME



MOVIE MATINEE

Join us on the first Wednesday of each month for movie viewing, popcorn and fun!

Wednesday, May 6

Wednesday, June 3

Wednesday, July 1

1:00 p.m.

FREE but donations appreciated

Check back the Monday before Movie Day to see what's playing!



They say birds of a feather flock together, but do you know which birds really stick together?

Velcrows

PROGRAM REGISTRATION

When registering for a program that requires payment, please complete a Registration Form and submit payment. We accept checks and credit cards.

ONE CHECK CAN BE SUBMITTED FOR MULTIPLE PROGRAM REGISTRATIONS.

CREDIT CARD PAYMENTS are accepted, however, each transaction is assessed a charge.

REFUND POLICY

- All requests must come directly to the Center Office
- No refunds after a program has started
- Any expenses incurred on behalf of the participant will not be refunded.
- Refunds are non-transferable.
- Cancellations received on the day of the trip/program or a “no show” will not be refunded.
- Refunds may take up to 4 weeks to process.

CNY SENIOR INFORMATION EXPO

Thurs. May 21st, 9am-12pm
CNY Regional Market, F-Shed
2100 Park St., Syracuse

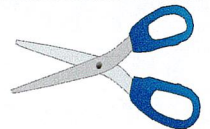
**CONGRESSMAN MANNION'S
ONONDAGA COUNTY SENIOR FAIR**

Wed. May 27th, 10am – 2pm
OCC SRC Arena
4585 W. Seneca Turnpike, Syracuse

FREE – Door Prizes – Giveaways
Find out about valuable programs & services for seniors

YELLOW PARTICIPATION CARDS

Please be sure we have a yellow participant registration form on file for you. This form helps us to identify who is using our facility and also list emergency contact information should something happen while you are at the center.



*****CUT HERE*****

**CAMILLUS SENIOR CENTER
PROGRAM REGISTRATION FORM**

Name _____ Home Phone _____ Mobile _____

Address _____ Zip _____

EMAIL ADDRESS _____

Emergency Contact _____ Phone _____

PROGRAM NAME _____ SESSION DATE/TIME _____

RELEASE: I hereby release the Town of Camillus and any of its staff or instructors from any responsibility or liability in connection with this activity. I give permission to a licensed physician or other hospital staff members to carry out emergency medical care deemed necessary to me when normal permission is unavailable. I certify that I am in good physical health and have no limitations other than those I have listed below which may predispose me to risk during this program.

Participants should consult with physician before starting an exercise program

For Office Use:
Payment ID#

Signature _____

Date _____

Mail with check payable to Camillus Senior Center (unless driving class make payable AAA)
to: Camillus Senior Center, 27 First Street, Camillus, NY 13031

CAMILLUS SENIOR CENTER **MAY** CALENDAR OF EVENTS (315) 672-5820

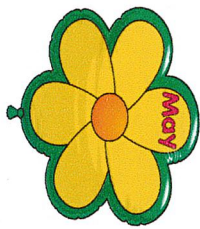
MONDAY



TUESDAY

WEDNESDAY




THURSDAY

FRIDAY



| | | | | |
|--|---|---|---|---|
| <p>4 NEW Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1-3 pm</p> | <p>5 New Dancercise 9:00 SS&B 9:30 New Line Dancing 10:00 LAST Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45</p> | <p>6 Power Hr 9:30 Craft Workshop 10-12 PEACE Lunch 12noon Movie Matinee 1 p.m.</p> | <p>7 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Spring Art Class 1-3</p> | <p>8 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 Mother's Day lunch 12</p> |
| <p>11 Chair Yoga 9:30 Nutrition Ed 10:45 PEACE Lunch 12noon BUNKO 1-3 pm</p> | <p>12 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 NEW Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45</p> | <p>13 Power Hr 9:30 Crazy Daisies Flowerpot Workshop 10 PEACE Lunch 12noon</p> | <p>14 LAST SS&B 9:30 PEACE Lunch 12 noon <i>Medicare Counseling</i> 12:30-2:30 Bridge 12:30 Last Spring Art Class 1-3</p> | <p>15 LAST Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00</p> |
| <p>18 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon Workshop on Financial Planning in Retirement 12:45</p> | <p>19 Dancercise 9:00 NO SS&B Line Dancing 10:00 Book Club 10:45 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45</p> | <p>20 Oswego Bus Trip 9am  NO Power Hr PEACE Lunch 12noon</p> | <p>21 AAA Driving 9-3:30 NO SS&B Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30</p> | <p>22 NO Power Hr Mah Jongg 9:30 PEACE Brunch 10:30 Wii Bowling 11:00 Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00</p> |
| <p>25 CENTER CLOSED MEMORIAL DAY </p> | <p>26 Dancercise 9:00 NEW SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45</p> | <p>27 NEW Power Hr 9:30 PEACE Lunch 12noon Trivia 12:30 Food Sense 2:30-4:00</p> | <p>28 SS&B 9:30 Neighborhood Advisor 11-12:30 PEACE Lunch 12 noon Bridge 12:30</p> | <p>29 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00</p> |

CAMILIUS SENIOR CENTER **JUNE** CALENDAR OF EVENTS (315) 672-5820

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | | | | | | | | | | | | | | | | | |
|---|--|--|---|---|---|--|--|--|--|--|--|--|---|--|---|---|--|--|--|---|---|---|--|--|--|--|--|
| 1 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1:00  | 2 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11:00 Fall Prevention 11-12 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 | 3 Power Hr 9:30 Craft Workshop 10-12 PEACE Lunch 12noon Movie Matinee 1 p.m. | 4 SS&B 9:30 Monarch Butterflies 10:45 PEACE Lunch 12 noon Bridge 12:30 NEW Draw & Paint 1:00 | 5 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Bridge 12:30/Corrhole 1:00 | 8 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon BUNKO 1 pm | 9 Last Dancercise 9:00 SS&B 9:30 Last Line Dancing 10:00 Cardio Drumming 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 | 10 <i>Cortland Bus Trip 9:15</i> Power Hour 9:30 PEACE Lunch 12noon | 11 SS&B 9:30 Famous Photo Discussion 10:45 PEACE Lunch 12 noon <i>Medicare Counseling 12:30-2:30</i> Bridge 12:30 Draw & Paint 1:00 | 12 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 <i>Father's Day Luncheon 12</i> | 15 LAST Chair Yoga 9:30 PEACE Lunch 12noon | 16 New Dancercise 9:00 SS&B 9:30 New Line Dancing 10:00 Book Club 10:45 LASTCardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 | 17 Power Hr 9:30 Card Making 10 PEACE Lunch 12noon Trivia 12:30 Food Sense 2:30-4 | 18 SS&B 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00 | 19 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 NO Peace Lunch Hand & Foot Cards 12:30 Bridge 12:30/Corrhole 1:00 | 22 NEW Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm | 23 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 NEW Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 | 24 Power Hr 9:30 Peace Lunch 12noon Ice Cream Sundae Social 1pm  | 25 SS&B 9:30 <i>Neighborhood Advisor 11-12:30</i> PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00 | 26 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Bridge 12:30/Corrhole 1:00 | 29 Chair Yoga 9:30 PEACE Lunch 12noon | 30 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 |  | | | | | |
| 15 LAST Chair Yoga 9:30 PEACE Lunch 12noon | 16 New Dancercise 9:00 SS&B 9:30 New Line Dancing 10:00 Book Club 10:45 LASTCardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 | 17 Power Hr 9:30 Card Making 10 PEACE Lunch 12noon Trivia 12:30 Food Sense 2:30-4 | 18 SS&B 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00 | 19 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 NO Peace Lunch Hand & Foot Cards 12:30 Bridge 12:30/Corrhole 1:00 | 22 NEW Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm | 23 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 NEW Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 | 24 Power Hr 9:30 Peace Lunch 12noon Ice Cream Sundae Social 1pm  | 25 SS&B 9:30 <i>Neighborhood Advisor 11-12:30</i> PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00 | 26 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Bridge 12:30/Corrhole 1:00 | 29 Chair Yoga 9:30 PEACE Lunch 12noon | 30 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 |  | | | | | | | | | | | | | | | |
| 29 Chair Yoga 9:30 PEACE Lunch 12noon | 30 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45 |  | | | | | | | | | | | | | | | | | | | | | | | | | |
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May

2026

| PEACE, INC. - FSD | | SENIOR NUTRITION | | | OFFICE FOR AGING & YOUTH | |
|---|---|--|--|--|--|-------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
| | | | | | | 1 |
| 4 | HAPPY 5 CINCO DE MAYO | 6 | 7 | | | MOTHERS DAY 8 LUNCHEON |
| Chicken Divan Casserole (chicken, broccoli, cheese, bread crumbs) White Rice, Tossed Salad, Strawberries w/ Whip | Soft Shell Beef Tacos(2) w/ lettuce, cheese, salsa & sour cream, Refried Beans Tex-Mex Corn, Lemon Bar | Beer Battered Haddock Loin Waffle Cut Fries Confetti Coleslaw Diced Peaches | Scalloped Potatoes & Ham Brussel Sprouts Cantaloupe Blueberry Muffin | Herb Baked Chicken Lemon Rice Piaf | Julienne Salad (w/ Ham, Turkey Swiss, Tomatoes, Cucs, Olives HB Egg, Rice Crispy Treat, Roll | |
| 11 | 12 | Na'l Apple 13 Pie Day | 14 | 15 | | |
| Crab Salad on Kaiser w/ shredded lettuce, Lemon Orzo Salad, Old Bay Seasoned Shoestring Fries, Fresh Kiwi | Golden BBQ Chicken Baked Beans Tomato Cucumber Salad Fruit Popsicle | Herb Roasted Pork Chop Roasted Summer Squash w/ Red Bell Pepper, Wild Rice Apple Pie | Dill-Greek Yogurt Chicken Salad on Croissant Green Beans w/ Mushrooms Honey Dew | Cheese Burger w/ Lettuce & Tomato, Home-style Potato Salad, Blended Vegetable Slaw WW Bun, Applesauce | | |
| 18 | 19 | 20 | 21 | BRUNCH 22 10:30AM | | |
| BBQ Beef on a roll Steak Fries, Spinach Salad w/ Mushroom & HB Egg Diced Pineapple | Mediterranean Salad (Chicken, peppers, onions, olives, chickpeas Feta, Pepperoncini) Greek Dressing, Pita Bread, Sherbert | Bacon & Tomato Chicken Salad on Pretzel Roll, Strawberry Feta Spinach Salad, Balsamic Vinaigrette, Diced Peaches | Beef Chili Con Carne Romaine & Mandarin Orange Salad, Fruit Cocktail Honey Corn Bread Muffin | Brakfast Strata (egg & bread bake, spinach, red pepper & swiss) Home Fries, Sausage, Pear | | |
| 25 | 26 | 27 | 28 | 29 | | |
| MEMORIAL DAY CENTER CLOSED | Oven Baked Ziti w/ Glanelli Italian Sausage, Green Beans, Crusty Italian Bread Banana | Mashed Potato Top Chicken Pot Pie (chicken & vegs) Buttermilk Biscuit Ice Cream Cup | Moroccan Saffron Shrimp over Jasmine Rice Carrot Salad Diced Peaches | Chicken Primavera (fresh vegetables w/ Penne pasta) Ceaser Salad Jell-O | | |

All Meals include: Coffee, Tea,

Menus meet 1/3 of RDA

Guest Meal

Suggested Contribution:

Bread, and Margarine

Menu is Subject to Change

\$7.00

\$3.50 (age 60+ or spouse)

RESERVATIONS MUST BE

MADE 1 BUSINESS DAY

IN ADVANCE BY

12 NOON