



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

July/August 2026
troth@townofcamillus.com



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

SUMMERTIME PICNIC

Don't miss joining us for our annual Summertime Picnic at the Erie Canal Park! There will be boat rides over the Nine Mile Creek aqueduct, opportunities to stroll along the canal, tour the Sims Store museum, visit with friends, play a game and enjoy a great meal including BBQ Glazed Chicken, Baked Beans, Tortellini Salad, Cornbread & Watermelon. Since parking is limited, carpooling is encouraged.

Thursday, July 23

11:00 a.m. – 2:00 p.m.

\$5 (cash) for those 60+
Must register & pay in advance at the Sr. center Office. Space is limited.

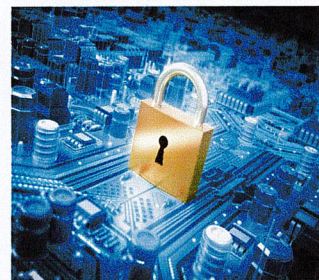


Cyber Security Presentation

Join Steve Watson (from CNY Digital Literacy) for this important presentation on staying safe online. He will provide a friendly, worry-free guide on protecting yourself & your information.

Monday, July 20th
12:45 p.m.

There is no fee but please register to attend with the Sr. Center office



FARMER'S MARKET COUPONS

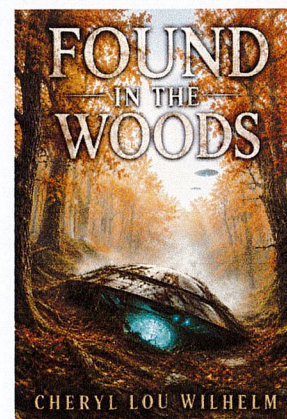
Eligible seniors 60+ who have a monthly income less than \$ 2,413 (household of 1) or \$3,261 (household of 2) may receive a booklet worth \$25 to be used at local participating farmers markets. Booklets **will NOT** be distributed at the senior center but rather at the Camillus Farmer's Market (at Town Hall lawn) on Monday, **July 13th** from 1–3pm. Coupon booklets are limited.



Local Senior Author Speaks on her new, 1st Novel

Tues., August 18th
@ 12:30pm

Come hear how Cheryl, one of our senior members, saved her husband's unfinished manuscript, edited it, wrote the last chapter and had it published.



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.

CY4: June 22 – August 10 (not 6/29 or 7/6)

CY5: August 17 – September 28 (not 9/7)

\$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.

SSB4: May 26 – July 2

SSB5: July 14 – August 20

SSB6: September 1 – October 8

\$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.

PH4: May 27 – July 1 (not 7/3)

PH5: July 15 – August 21

PH6: Sept. 2 – October 9

\$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 5: June 23 – July 28

CD 6: August 4 – September 8

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



MORE FITNESS PROGRAMS

LINE DANCING FOR 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 2: June 16 – July 21

LD Session 3: July 28 – Sept. 1

\$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 2:

June 16 – July 21

DZ Session 3:

July 28 – Sept. 1

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

Stay Cool and Prevent Heat-Related Illness

Heat can affect everyone, even healthy active people.

When temperatures rise above 90°F, your body can easily lose its ability to cool down, which can lead to heat exhaustion and heat stroke.

A few simple steps can help you stay safe and cool this summer

Stay hydrated:

- Drink plenty of fluids, even if you're not thirsty (at least 64 oz daily; about 8 oz per hour in extreme heat). If you're active or outdoors, drink more.
- Avoid drinks with caffeine, sugar, or alcohol. These can cause you to lose more fluid.

Dress light:

- Wear loose, lightweight, light-colored clothing to reduce heat absorption.

Use sunscreen:

- Choose SPF 30+ broad spectrum. Reapply every 2 hours or after swimming or sweating. Recommendations are one ounce (or 2 tablespoons) of sunscreen for your entire body.

Stay cool indoors:

- Use air conditioning when possible. If you don't have AC, visit a cooling center, library, or mall—even a few hours can help.

Avoid peak heat:

- Schedule outdoor activities for early morning or evening.

Never leave people or pets in parked cars

- Temperatures can become deadly within minutes, even with windows cracked.

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.

CARDS & GAMES

SUPER BINGO

Join us for an exciting afternoon playing Bingo! Prizes will be awarded. 1st Monday of each month.



Monday, July 6th
Monday, August 3rd
1:00pm – 3:00pm

\$1 per board – we provide boards and the bingo chips.

Raffle tickets are also available – 5 for \$1.

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)
July 13 & 27

August 10 & 24

1:00 p.m. – 3:00 p.m.

\$2.00 per person (CASH)

Call (315) 672-5820 to register.

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.



PITCH

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



Tuesday afternoons

12:45 p.m.

All are welcome

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



CENTER CLOSING:

Friday, July 3rd –
Independence Day



TRIVIA DAY

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

Wednesday, July 29

Wednesday, August 26

12:30 p.m.



No charge. Sign-up for lunch and enjoy a delicious meal beforehand.

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)

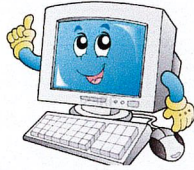
CLASSES & PROGRAMS

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.



Wii BOWLING

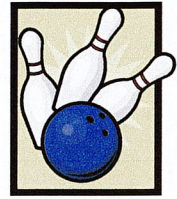
Join us for a fun morning of bowling! We will play at the Senior Center using the Wii interactive game system and TV.

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.



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, July 16 & Aug. 20

10:30 a.m. – 2:30 p.m.

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



BOOK CLUB

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

July 21 – Listen for the Lie by Amy Tintera

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

September 15 – The First Wish of Murray McBride

October 20 – The Last Thing He Told Me by Laura Dave

November 17 – The First American: The Life and Times of Benjamin by H.W. Brands

ALL ARE WELCOME



JOKES

1. If a bee is bothering you, don't swat at it and don't run away.

Just look at it.

Because seeing is bee leaving.

2. Why did the chicken go to the gym?

To work on his pecks

3. How do you buy a discounted boat?

You look for sails



CORNHOLE

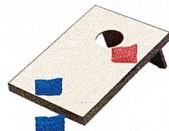
Friday afternoons

(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.



ART and CRAFTS PROGRAMS

DRAWING & PAINTING IN BLACK & WHITE

This course is currently in progress. It is full and ends on July 30th.

BACK TO BASICS WITH PENCIL, INK & WATERCOLOR

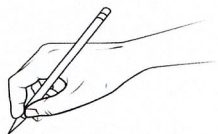
Will include still life and drawing & painting from nature.

Thursdays (8 weeks) \$60

Sept. 10 – Oct. 29

1:00 p.m. – 3:00 p.m.

Class will be limited to 15 students. Please register by 9/3.



AUGUST CRAFT WORKSHOP

Wednesday, Aug. 5th at 10 a.m.

Discover the joy of creativity and bring the beauty of nature indoors!

**16 oz. Jar With
Pressed Flowers
& Fairy Lights**

\$15



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

Deadline is July 29th



Wednesday, Sept. 2nd at 10 AM

**Decoupage a 16"
cotton rope basket to
accent your fall decor!**

\$15



Call the Camillus Senior Center to register.
315 672-5820.

Deadline is August 26th.

ENTERTAINMENT

MUSIC IN THE PARK

Bring a folding chair or blanket to the Municipal Building front lawn & enjoy the live entertainment.

Mondays

6:00 p.m. – 8:00 p.m.

(Farmers' Market
until 6:00 p.m.)



July 6 - Flyin' Column (Irish)

July 13 - Carol Bryant Quartet (Jazz)

July 20 - Bare Melt Band (Variety)

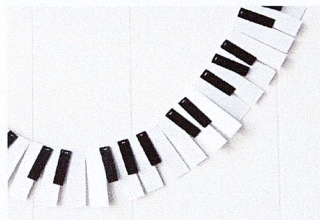
July 27 - Easy Money (Big Band)

August 3 - Maria DeSantis (Variety)

SING A LONG

Join Jay Guss on guitar and Bing Eisenman on piano for a friendly sing-along of various folk songs.

Monday, August 31st at 12:45p.m.

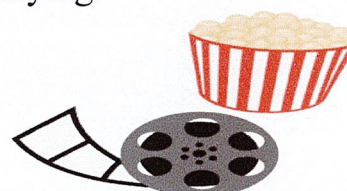


MOVIE MATINEE

Join us on the first Wednesday of each month at 1pm for movie viewing, popcorn and fun! FREE but donations appreciated

Wed., July 1st - "Our Souls at Night"
starring Jane Fonda and Robert Redford

Weds., August 5th & September 2nd
Check back the Friday before Movie Day to see what's playing!



FOOD & NUTRITION / HEALTH

DAILY LUNCHES

Lunches are served at

12:00 noon

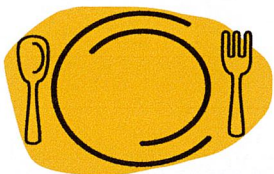
Monday – Friday

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.

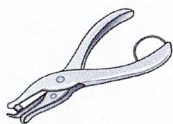
THANK YOU



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."



SPEAKER FROM ELDERWOOD

Lynn Blair, a manager from Elderwood, will be speaking briefly on the senior care services offered by Elderwood. As part of her talk, she will discuss the difference between assisted living, skilled nursing and respite services.

**Monday, July 13
12:40pm**



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 July 29 & August 26** from 2:30 p.m. – 4:00 p.m. Order deadlines are July 20 & August 17. 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.

KNEE REPAIR NOT REPLACEMENT

Take control of your joint health. Learn how to repair your joint without painful, risky surgery. Join an informative & interactive live talk with Jordan Reynolds, Physician Assistant at Victory in Motion, designed to help you better understand your joint pain and all your options. Learn why joint pain happens and what may really be causing it.

**Wed. August 12th
10:45 a.m.
at the Sr. Center**



FOR YOUR INFORMATION

NEIGHBORHOOD ADVISOR

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

Thurs. July 30 & August 27

11a.m. – 12:30p.m.

By appointment only.

Register @ Sr. Cener.

There is no charge for this service.

To reach Patrick call
(315) 960-4813



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.

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.

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

July 9 and August 13

12:30 p.m. – 2:30 p.m.

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



FARMERS' MARKET

Camillus Municipal Building front lawn
4600 West Genesee Street

Mondays

1:00 p.m. – 6:00 p.m.

May 4th – October 5th



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E-MAILING LIST

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



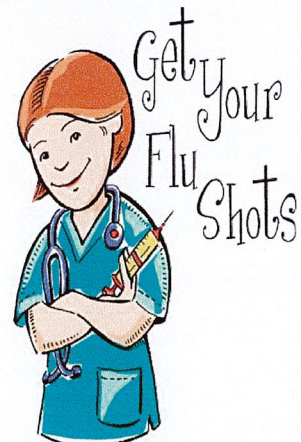
On-Site Flu Shot Clinic

Scheduled for Wed.,
September 30th from
11am-3pm.

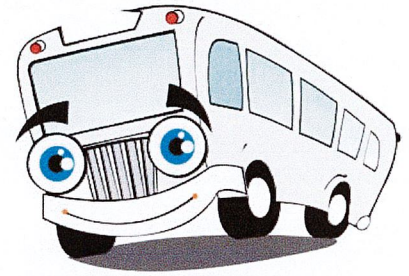
Vaccination shots
include Flu, Covid,
Shingles, Tdap,
Pneumonia, and RSV.

Register at the Senior
Center Office for an
assigned time.

Provided by CVS pharmacy.



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 #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, Wednesdays, July 15th & 22nd

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

2 DATES OFFERED

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

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

FULL – waiting list only

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

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

FULL - Waiting list started for 2nd bus

EXTENDED TRIPS WITH COLLETTE

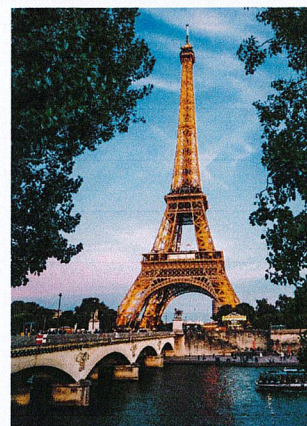
DISCOVER LONDON & PARIS

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. **Informational presentation: Sept. 10th @ 11:15 a.m.**

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

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



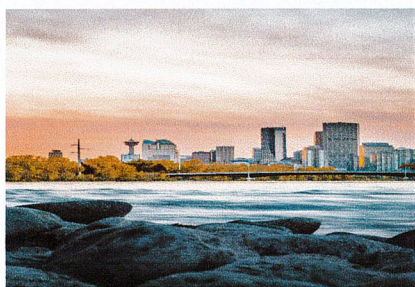
CANADIAN ROCKIES & GLACIER NATIONAL PARK August 8 - 14, 2027

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, Lake Louise, Calgary, Alberta. Check out <https://gateway.gocollette.com/link/1333876>

Informational Presentation: Sept. 10th @ 10:30 a.m.

Double \$5199, Single \$6499 (if booked by 2/8/27)



NOTE:

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

The Document Party for this trip will be held on Thursday, July 2nd @ 1:00pm

EXTENDED TRIPS WITH COLLETTE

ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY NOVEMBER 2-8, 2027

Experience the “land of fire and ice” and chase the aurora borealis across an ethereal wonderland. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights.

Essential Experiences & Highlights:

Learn about Iceland's volcanic nature, experience the energy at the geothermal fields of Geysir, explore the capital city of Reykjavík, enjoy the Northern Lights Cruise, visit a glacier, search for the Northern Lights, take a dip in the geothermal pool and so much more.

Double \$4999, Single \$5799

(if booked by 5/3/27)

Informational Presentation: Date TBD

Check out the website at

<https://gateway.gocollette.com/link/1449338>

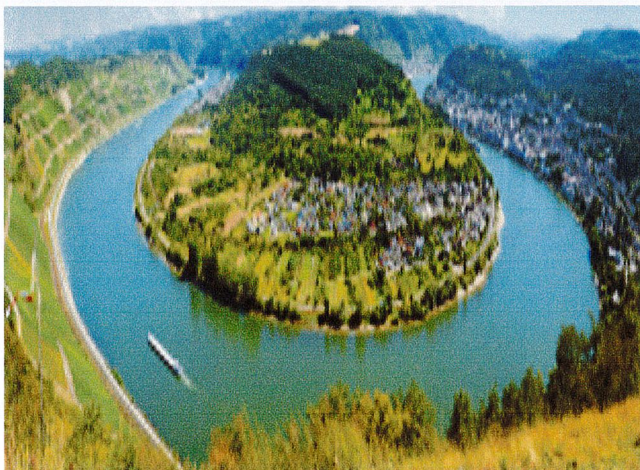


MAGICAL RHINE & MOSELLE RIVERS CRUISE MAY 9-17, 2028

Glide along the enchanting Rhine and Moselle Rivers on a leisurely journey to the Netherlands, Germany, and France. Cruise past charming panoramas as you get to know the culture and deep history of the region.

Essential Experiences & Highlights:

Discover lovely Strasbourg, France on a guided tour and cruise its canals, cruise 7-nights along the Rhine and Moselle Rivers, experience Speyer, one of Germany's oldest cities, glide Along the canal system in Amsterdam, Netherlands, enjoy a guided tour set against the Stunning backdrop of the Black Forest.



Lower Outside Double \$5299, Stateroom
Double \$5999, Deluxe Stateroom Double
\$6999, Suite Double \$9299
(if booked by 5/10/27)
Singles are EXTREMELY limited

Informational Presentation:
August 10th @ 10:45a.m.

Check out the website at

<https://gateway.gocollette.com/link/1448665>

PROGRAM REGISTRATION

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

PLEASE SUBMIT A CHECK FOR EACH PROGRAM FOR WHICH YOU ARE REGISTERING.

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.

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.

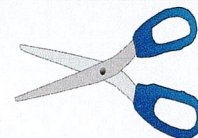


CREDIT CARD PAYMENT NOTICE:

The Senior Center is part of the Parks & Recreation Department for the Town of Camillus. When registering for programs at the Senior Center and paying with a credit card, please note that your bank transaction will list "Town of Camillus Parks, Camillus Parks & Recreation, or 1 Shove Park" in its description. It does not come up as a charge to the Camillus Senior 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.

For Office Use:
Payment ID#

Participants should consult with physician before starting an exercise program

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 **JULY** CALENDAR OF EVENTS (315) 672-5820

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 LAST Power Hr 9:30 PEACE Lunch 12noon Movie Matinee 1 p.m.	2 LAST SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Alaska Document Party 1 Draw & Paint Class 1-3	3 CENTER CLOSED 
6 No Chair Yoga PEACE Lunch 12noon Super Bingo 1-3 pm	7 Dancercise 9:00 NO SS&B Line Dancing 10:00 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	8 AAA Driving Course 9-3:30 NO Power Hr PEACE Lunch 12noon	9 NO SS&B PEACE Lunch 12 noon <i>Medicare Counseling 12:30 - 2:30</i> Bridge 12:30 Draw & Paint Class 1-3	10 NO Power Hr Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
13 Chair Yoga 9:30 PEACE Lunch 12noon Elderwood Talk 12:40 BUNKO 1-3 pm	14 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	15 NEW Power Hr 9:30 Erie Canal Trip 10:45 PEACE Lunch 12noon	16 SS&B 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint Class 1-3	17 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
20 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon Cybersecurity for Seniors Presentation 12:45	21 LAST Dancercise 9:00 SS&B 9:30 LAST Line Dancing 10:00 Book Club 10:45 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	22 Power Hr 9:30 2 nd Erie Canal Trip 10:45 PEACE Lunch 12noon	23 SS&B 9:30 Summer Picnic @ Erie Canal Park 11am Draw & Paint Class 1-3	24 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
27 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	28 Alaska Trip Departs 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	29 Power Hr 9:30 PEACE Lunch 12noon Trivia 12:30 Food Sense Pick Up 2:30-4:00	30 SS&B 9:30 Neighborhood Advisor 11-12:30 PEACE Lunch 12 noon Bridge 12:30 LAST Draw & Paint Class 1-3	31 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1:00	4 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	5 Sonnenberg Gardens Trip 8:30-5 Power Hr 9:30 Craft Workshop 10 -12 PEACE Lunch 12noon Movie Matinee 1 p.m.	6 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	7 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Cornhole 1:00					
10 LAST Chair Yoga 9:30 Rhine River Trip Presentation 10:45am PEACE Lunch 12noon BUNKO 1 pm	11 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	12 Power Hour 9:30 Knee Repair Not Replacement 10:45 PEACE Lunch 12noon	13 SS&B 9:30 PEACE Lunch 12 noon <i>Medicare Counseling 12:30 -2:30</i> Bridge 12:30	14 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 Hand & Foot Cards 12:30 Cornhole 1:00					
17 New Chair Yoga 9:30 Food Sense Deadline 11am PEACE Lunch 12noon	18 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Book Club 10:45 Cardio Drum 11:00 PEACE Lunch 12noon Local Senior Author Presents 12:30 Mex Train 12:45/Pitch 12:45	19 Power Hr 9:30 PEACE Lunch 12noon	20 LAST SS&B 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30	21 LAST Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00					
24 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	25 Dancercise 9:00 NO SS&B Line Dancing 10:00 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	26 NO Power Hr PEACE Lunch 12noon Trivia 12:30 Food Sense Pick Up 2:30-4	27 NO SS&B Neighborhood Advisor 11-12:30 PEACE Lunch 12 noon Bridge 12:30	28 NO Power Hour Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Cornhole 1:00					
31 Chair Yoga 9:30 PEACE Lunch 12noon Piano & Guitar Sing-a- long 12:45									