



# 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*

March/April 2026  
[troth@townofcamillus.com](mailto:troth@townofcamillus.com)

Our newsletter is online at [www.CamillusRecreation.com](http://www.CamillusRecreation.com) & [www.townofcamillus.com](http://www.townofcamillus.com)

### ST. PATRICK'S DAY LUNCH WITH FRANCIS ACADEMY IRISH DANCERS

**Friday, March 13<sup>th</sup>**

**11:30 a.m. – 1:30 p.m.**

Come for lunch and entertainment by the Francis Academy Irish dancers.

**Lunch menu:** Beef & Guinness Stew, Smashed Potatoes w/Chives, Steamed Cabbage & Baby Carrots, Coffee Cake, and Rye Bread.

Lunch served at noon followed by dancers at 1:00 p.m.

Call (315) 672-5820 to register for lunch.

\$3.50 suggested donation for those 60+. (\$7 for those under 60)



### TEA PARTY

Spring is the perfect time for a Tea Party! Join us for delicious tea and goodies and don't forget to wear your bonnet!

There will be live entertainment by Pianist, John Vona.

**Monday, March 30<sup>th</sup> 11:30 a.m. - 1:30 p.m.**

\$3.50 suggested contribution for lunch (for those 60+)



April Is National Volunteer Appreciation Month And Our Volunteers are AWESOME – They Spread Compassion & Are a Cut Above the Rest! If You See These People, Be Sure To Express Your Gratitude For All They Do At Our Center:

Richard Buonvecchio, Barb Canty, Maggie Collins, Gretchen Cutler, Diane Daniels, Theresa Dimovski, Barb Duesberg, Cindi Dundon, Sue Dunn, Jim Flanagan, Jay Guss, Nadia Hayduke, Dee Heisey, Diane Kiteveles, Helena Korrigan, Jennifer Morse, Barbara Parsons, Sam Parsons, Liz Pettitt, Michelle Pisik, Anne Ploettner, Becky Puccia, Linda Radford, John Rittell, Joanne Sebesta, Pat Simone, Mary Thayer, Sue Tschernjowski, Deb and Steve Watson, Joan Wise.

### AARP Tax Preparers:

Sue Key, David Kulak,  
Paul Webb, Jim Wightman  
& Evelyn Wightman



## PROGRAMS

### **Famous Photos – Viewing & Discussion**

LIFE Magazine put together a rare collection of iconic photographs that shaped history, culture, and our understanding of the world.

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

**April 23<sup>rd</sup> at 10:45 a.m.**

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



### **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 13<sup>th</sup>  
10:00 a.m. – 12:00 p.m.**

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



### **SCHOOL SUPERINTENDENT SPEAKS ON PROPOSED CAPITAL BUDGET**

**Monday, March 16<sup>th</sup> - 1pm @ Sr. Center.** Don't miss hearing info on the proposed new transportation & maintenance facility, upgrades to WG Intermediate School, site safety & traffic efficiency at WGHS, and more. Vote to be held on March 24<sup>th</sup>.

### **POTTERY WORKSHOP**

We're headed to Turkey Foot Pottery in Elbridge for an intro pottery wheel demonstration and lesson.



Each potter will sit at their own wheel and create two masterpieces. Class is for beginner, experienced or anyone who just wants to give it a try.

**Wed., March 18<sup>th</sup> or Thurs., March 19<sup>th</sup>  
10:00 a.m. – 11:30 a.m.**

\$50 per person – Choose one date. You must provide own transportation to the studio at 5140 Jordan Road, Elbridge. Advanced registration required. Minimum of 2 & Maximum of 3 people per date.

### **INTRO TO ARTIFICIAL INTELLIGENCE (AI) WORKSHOP**

**Wed., April 29<sup>th</sup>, 1:00-2:30 p.m.**

Artificial intelligence AKA "AI" may seem like a brand-new thing, but did you know this technology has been around for decades? Join Literacy CNY for an introduction to AI - Including how it works and how you've been using it for years without even knowing, and future uses of this evolving technology. Call us to register.

### **WALKING AT HIGH SCHOOL**

**Tuesday and Thursday evenings 6:30 – 8:30pm until March 26.** (not on school holidays, snow days and special events). There is no charge.

Walkers should have clean, dry sneakers and should enter the High School on the west side (near bus garage). Walking is available in the academic wing downstairs only.



## 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.** \$20 per person

**CY1: February 2 – March 16**

**CY2: March 23 – April 27**

**CY3: May 4 – June 15** (not May 25)

*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.**

**SSB2 – February 17 – March 26**

**SSB3 – April 7 – May 14**

\$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.**

**PH2 – February 18 – March 27**

**PH3 – April 8 – May 15**

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

**Tuesday mornings 11:00 a.m. – 11:45 a.m.**

**CD 2: February 17 – March 24**

**CD 3: March 31 – May 5**



Spring is almost here, making March the perfect time to refresh your health routines. As the days get longer, try adding a short daily walk to enjoy the sunshine and boost your mood. Remember to stay hydrated, eat colorful fruits & vegetables, and keep up with regular check-ups and medications. It's also beneficial to focus on heart health – simple exercise habits, low- sodium meals, & stress-relieving activities can make a big difference. Let's welcome the new season feeling our best!

## CARDS & GAMES

### PITCH & SPADES

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



### 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.



### BUNKO

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

**2<sup>nd</sup> & 4<sup>th</sup> Mondays of month (usually)**

**March 9 & 23**

**April 13 & 27**

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.



### CORNHOLE

**Friday afternoons 1:00 p.m.**

**(except on party days or when center closes early)**

**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.



### 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)



### SUPER BINGO

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

**Mondays, March 2 & April 6**

**1:00 p.m. – 3:00 p.m.**

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



### TRIVIA DAY

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

**Wednesday, March 25**

**Wednesday, April 22**

12:30 p.m. – 1:30 p.m.

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



### MAH JONGG

**Friday mornings**

**9:30 a.m. – 12 noon**

All players welcome.

Newcomers are encouraged.



### 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**

**March 26 & April 30<sup>th</sup>, 11am – 12:30pm**

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



### PARKING CHALLENGES

During the winter months, parking in the large lot (which is not owned by the town) can be challenging as there are more vehicles than usual in the parking spaces. Tenants from the adjacent apartment building also park in the lot during winter. To maximize the space, **please park as close as possible to other vehicles. You may even want to consider carpooling.** Please note that parking is not allowed in front of the senior center at any time of year.

Parking is also not allowed in front of the dumpster or blocking the curb cut. If necessary, parking is available in Munro Park (next to tennis courts on Leroy St) which is just a short walk to our front doors.

**Your cooperation is greatly appreciated.**

### E-MAILING LIST

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



### AAA DEFENSIVE DRIVING COURSE

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

**DC1 – Wednesday, April 1<sup>st</sup>**

**DC2 – Thursday, May 21<sup>st</sup>**

**DC3 – Wednesday, July 8<sup>th</sup>**

**DC4 – Thursday, October 15<sup>th</sup>**

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.

### NEED A RIDE?

If you are age 60 or older living in Onondaga County and need transportation, contact OSCAR – Onondaga Senior Call A Ride at (315) 442-3420. Eligible seniors may receive 2 round trip or 4 one-way trips per month for a nominal fee. Weekdays only. Advance registration required.

# 2026 SENIOR CENTER 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. Town of Camillus residents may register beginning March 2<sup>nd</sup> and non-residents may register beginning March 23<sup>rd</sup>. 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

Depart First Baptist Church of Memphis at 9:00 a.m. and return approximately 4:30 p.m.

**Wednesday, May 20<sup>th</sup>**

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

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## 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 10<sup>th</sup>**

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

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## 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 15<sup>th</sup>**

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

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## 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 5<sup>th</sup>**

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

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## 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 9<sup>th</sup>**

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

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## 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 7<sup>th</sup>**

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

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## 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 3<sup>rd</sup>**

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

## EXTENDED TRIPS WITH COLLETTE

### PAINTED CANYONS OF THE WEST

APRIL 26 - MAY 4, 2026

Trek across the Southwest to Utah's five national parks. This trip is full, but you can be put on a wait list if interested. <https://gateway.gocollette.com/link/1282964>.

Document party on April 8<sup>th</sup> at 1pm for those traveling on this trip.

### 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. <https://gateway.gocollette.com/link/1282721>

### 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 \$5499, Single \$6699 (if booked by 3/20/26) 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>

Presentation on April 8<sup>th</sup> at 2pm. Call to register.



## FOOD, NUTRITION & HEALTH

### 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,  
March 12<sup>th</sup> & April 9<sup>th</sup>  
12:30am – 2:30pm**

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



### 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 or using an EBT card) 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 the 4<sup>th</sup> Wednesday of each month (generally) 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

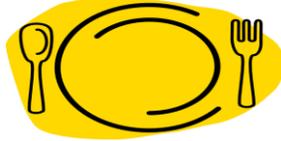
[www.camillusrecreation.com](http://www.camillusrecreation.com).

### 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**

### SPRING AHEAD

*Don't forget Daylight Savings Time begins at 2 a.m. Sunday, March 8<sup>th</sup>. Spring your clocks ahead one hour!*



### 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."



### AmeriCorps Senior RSVP Program

Onondaga County RSVP (Retired & Senior Volunteer Program) is looking for seniors to share their wisdom, knowledge & skills in several volunteer areas. It matches seniors with quality, meaningful opportunities at local non-profits and community service organizations. If interested or for more info, Call Cathie Slabaugh @ 315-449-3552 x214

## ART and CRAFTS PROGRAMS

### SPRING ART CLASS

This class will focus on Spring subjects such as floral illustration, designs, and drawing from still-life. You will need a range of drawing pencils from 2H-6B, erasers (kneaded and white vinyl), a couple of black permanent pigment pens, watercolor paper and/or multi media paper. Paint will be provided by instructor Christine Patsos. All skill levels are welcome.

**Thursdays**

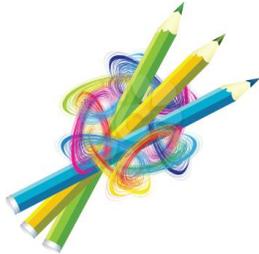
**March 26 – May 14**

**8 weeks**

**1:00 p.m. – 3:00 p.m.**

**\$60.00**

Class will be limited to 15 students. Please register by 3/19. Class will be held in upstairs classroom – there are 5 stairs to climb or you may use the chair lift.



### GREETING CARD CLASS

Make two beautiful Easter/Spring 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 will be provided but there is much flexibility to make each card your own!

**Wednesday, March 11<sup>th</sup>**

**10:00am – Noon**

\$10.00 for 2 cards

Advanced registration is required by March 4.

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



## MUSIC PROGRAMS

### SING-ALONG WITH JAY

Don't miss joining our Wandering Minstrel, Jay Gus. He is one of our seniors, and is back by popular demand. He will be performing guitar and popular sing-alongs on:

**Wednesday, April 15<sup>th</sup>  
at 12:30pm**

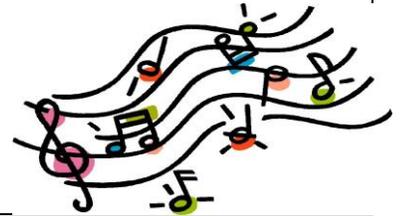
Come for lunch and enjoy being entertained. Reserve in advance if having lunch.



### MUSIC TRIVIA COMPETITION

Test your knowledge of popular music from the early 1900s to the present. Join Anna Dahlstein from the Maxwell Library as she leads this musical trivia event. You will listen to minute-long music samples and then be quizzed on answering questions related to the songs and musical groups. Getting up to dance will be encouraged. Prizes will be awarded.

**Wednesday  
March 18<sup>th</sup>  
12:45 p.m.**



### **CAMILLUS COMMUNITY BAND CONCERT**

**Monday, March 2<sup>nd</sup> 7:30 p.m.**

**West Genesee High School  
Auditorium**

**FREE – All are welcome**



## CLASSES & PROGRAMS

### COMPUTER HELP/DIGITAL LITERACY

Got questions regarding your electronic devices – laptops, tablets, smartphones, cellphones? A volunteer 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

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday

11:00 a.m. – 2:00 p.m.

Half hour time slots are available. Sign up in the office for your appointment.



### 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



### 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.

**Wednesday, March 18 & Thurs.**

**April 16, 10:30 a.m. – 2:30 p.m.**

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



### BOOK CLUB

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

**March 17** – The Irish Goodbye by Heather Aimee Oneill

**April 21** – The Tea Girl of Hummingbird Lane by Lisa See

**May 19** – Wives Like Us by Plum Sykes

**June 16** – The Listeners by Maggie Stiefvater

**July 21** – Listen for the Lie by Amy Tintera



### MOVIE MATINEE

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

**Wednesday, March 4<sup>th</sup>**

**Wednesday, April 1<sup>st</sup>**

**1:00 p.m.**

FREE but donations appreciated

Check back the Friday or Monday before Movie Day to see what's playing.



### NUTRITION EDUCATION

A registered dietician will be here from the Food Bank of Central NY to share important nutrition information. A recipe featuring a seasonal fruit or vegetable will be prepared and sampled with the group.

**Mon. March 2<sup>nd</sup>**

**at 10:45 a.m. \* FREE \***

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



### **FREE GREETING CARDS**

Please help yourself to any of the all-occasion greeting cards that are available at the center. They are FREE and located to the left of the coffee table in the dining area.

**PROGRAM REGISTRATION**

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



**INCLEMENT WEATHER**

In the event of inclement weather, an announcement regarding cancellations will be available by calling the Senior Center Office at (315) 672-5820 or at Channel 9. If the West Genesee School District closes, the center is closed. If PEACE lunch sites close (they close when City of Syracuse schools close) then there is no lunch program but other activities will be held at the center. The center will be open as usual on 2 hour delay days.

\*\*\*\*\*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 **MARCH** CALENDAR OF EVENTS (315) 672-5820

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chair Yoga 9:30 <b>Nutrition Ed 10:45</b> PEACE Lunch 12noon Super Bingo 1-3 pm	3 Tax Appts 9-1 SS&B 9:30 Cardio Drumming 11 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	4 Power Hr 9:30 PEACE Lunch 12noon <b>Movie Matinee 1 p.m.</b>	5 Tax Appts 9-1 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Last Drawing 1-3	6 Power Hr 9:30 Mah Jongg 9:30 43Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
9 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	10 Tax Appts 9-1 SS&B 9:30 Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	11 Power Hr 9:30 <b>Card Making 10-12</b> PEACE Lunch 12noon	12 Tax Appts 9-1 SS&B 9:30 PEACE Lunch 12 noon Medicare Counseling 12:30-2:30 Bridge 12:30	13 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 1:45 <b>Irish Dancers 1pm</b> Cornhole 1:45
16 Last Chair Yoga 9:30 Food Sense Deadline 11am PEACE Lunch 12noon <b>School Superintendent Speaks on Capital Budget 1pm</b>	17 Tax Appts 9-1 SS&B 9:30 Book Club 10:45 Cardio Drumming 11 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	18 Power Hr 9:30 Legal Aid 10:30 - 2:30 Pottery Workshop 10 am PEACE Lunch 12noon <b>Music Trivia Competition 12:45pm</b>	19 Tax Appts 9-1 SS&B 9:30 <b>Pottery Workshop 10 am</b> PEACE Lunch 12 noon Bridge 12:30	20 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
23 New Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	24 Tax Appts 9-1 SS&B 9:30 Last Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	25 Power Hr 9:30 PEACE Lunch 12noon Trivia 12:30 Food Sense 2:30-4:00	26 Tax Appts 9-1 Last SS&B 9:30 <b>Neighborhood Advisor 11-12:30</b> PEACE Lunch 12 noon Bridge 12:30 New Drawing Class 1-3	27 Last Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
30 Chair Yoga 9:30 <b>Tea Party Luncheon 11:30 – 1:30</b>	31 Tax Appts 9-1 NO SS&B New Cardio Drumming 11 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 AAA DRIVING 9-3:30 NO Power Hr PEACE Lunch 12noon <b>Movie Matinee 1 p.m.</b></p>	<p>2 Tax Appts 9-1 NO SS&amp;B PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1-3</p>	<p>3 (Good Friday) NO Power Hour Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Bridge 12:30 Hand &amp; Foot Cards 12:30 Cornhole 1:00</p>
<p>6 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1 pm</p>	<p>7 Tax Appts 9-1 New SS&amp;B 9:30 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45</p>	<p>8 New Power Hour 9:30 PEACE Lunch 12noon Painted Canyons Document Party 1pm <b>London &amp; Paris Trip Presentation 2pm</b></p>	<p>9 Tax Appts 9-1 SS&amp;B 9:30 PEACE Lunch 12 noon Medicare Counseling 12:30-2:30 Bridge 12:30 Drawing Class 1-3</p>	<p>10 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Bridge 12:30 Hand &amp; Foot Cards 12:30 Cornhole 1:00</p>
<p>13 Chair Yoga 9:30 Food Sense Deadline 11am PEACE Lunch 12noon BUNKO 1-3 pm</p>	<p>14 Tax Appts 9-1 SS&amp;B 9:30 Digital Literacy 11-2 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45</p>	<p>15 Power Hr 9:30 PEACE Lunch 12noon <b>Sing-along with Jay 12:30</b></p> 	<p>16 SS&amp;B 9:30 <b>Legal Aid 10:30 - 2:30</b> PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1-3</p>	<p>17 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 NO PEACE Lunch Bridge 12:30 Hand &amp; Foot Cards 12:30 Cornhole 1:00</p>
<p>20 Chair Yoga 9:30 NO Peace Lunch Volunteer Appreciation Luncheon - by invitation only</p>	<p>21 SS&amp;B 9:30 <b>Book Club 10:45</b> Cardio Drumming 11:00 PEACE Lunch 12 noon Mexican Train 12:45 Pitch 12:45</p>	<p>22 Power Hr 9:30 PEACE Lunch 12 noon Trivia 12:30 Food Sense 2:30-4</p>	<p>23 SS&amp;B 9:30 <b>Famous Photos – Viewing &amp; Discussion 10:45</b> PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1-3</p>	<p>24 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Bridge 12:30 Hand &amp; Foot Cards 12:30 Cornhole 1:00</p>
<p>27 Last Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm</p>	<p>28 SS&amp;B 9:30 Digital Literacy 11-2 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45</p>	<p>29 Power Hr 9:30 PEACE Lunch 12noon <b>AI Workshop 1-2:30</b></p>	<p>30 SS&amp;B 9:30 <b>Neighborhood Advisor 11-12:30</b> PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1-3</p>	