



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



Tricia Bacon, Senior Coordinator
Mary Sacco, Assistant

March/April 2025
tbacon@townofcamillus.com

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

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

Monday, March 17th

11:30 a.m. – 1:30 p.m.

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

Lunch menu: traditional New England Boiled Dinner (Corned beef, Potatoes, Cabbage, Carrots).

Lunch served at noon followed by dancers at 12:45 p.m.

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

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



SUPER BINGO

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

Monday, March 3

Monday, April 7

1:00 p.m. – 3:00 p.m.

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



April Is National Volunteer Appreciation Month And Our Volunteers are AWESOME! If You See These People, Be Sure To Express Your Gratitude For All They Do At Our Center:

Richard Buonvecchio, Barb Canty, Gretchen Cutler, Diane Daniels, Denise DeMonte, Theresa Dimovski, Barb Duesberg, Cindi Dundon, Sue Dunn, Jim Flanagan, Lynn Gerbin, Jay Guss, Nadia Hayduke, Dee Heisey, Diane Kitevels, Helena Korrigan, Jennifer Morse, Barbara Parsons, Sam Parsons, Liz Pettitt, Michelle Pisik, Linda Radford, Pat Simone, Deb and Steve Watson

AARP Tax Preparers: David Kulak, Sue Key, Paul Webb,
Jim & Evelyn Wightman, Marvin Derks

Thank You

Volunteer Luncheon is Wed. April 23rd

PROGRAMS

WALKING AT HIGH SCHOOL

Tuesday and Thursday evenings until March 27

(not on school holidays, snow days and special events)

6:30 p.m. – 8:30 p.m. 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.



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.

Wednesday, April 9th

11:00 a.m. – 12:30 p.m.

\$45 per person – you must provide own transportation to Elbridge Plaza, 243 Main Street. Advanced registration required. Minimum of 2, Maximum of 4 people

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 21st

10:00 a.m. – 12:00 p.m.

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



COMMUNITY GARDEN

Want to be a part of a Community Garden?

There is a 20 x30 raised bed plot in the Community Garden located off Warners Rd. on the Christ Community Church property that is fully fenced in to protect it from deer.

If interested in helping with deciding the planting and maintaining (weeding and watering and picking the vegetables) this year, come to our meeting and be a part of scheduling and planning of this year's crop! Fresh organic vegetables will be your reward!



Thursday, May 1

10:30 a.m.

Meeting in upstairs classroom

If you replace the "W" with a "T" in "What, Where and When", you have the answer to each one.

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.

CY2: March 17 – April 21

CY3: April 28- June 9

\$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.

SSB2 – February 25 – April 3

SSB3 – April 15 – May 22

\$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 26 – April 4

PH3 – April 16 – May 23

\$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 2: February 18 – March 25

CD 3: April 1 – May 6

\$20 per session (min of 10 to hold class)



MY LIGHT BILL ARRIVED.

**I THINK I GOT CHARGED FOR THE SUNLIGHT, MOONLIGHT,
STREET LIGHT, THE LIGHT OF THE HOLY SPIRIT AND THE
LIGHT AT THE END OF THE TUNNEL**



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.



MEXICAN TRAIN DOMINOES

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

Tuesdays

12:30 p.m. – 3:00 p.m.

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



DUPLICATE BRIDGE

We are starting on Duplicate Bridge group on Wednesday afternoons from 12-3. If interested in playing, call Carolyn at (315) 673-4000.



MAH JONGG

Friday mornings

9:30 a.m. – 12 noon

All players welcome.

Newcomers are encouraged.



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)

March 10 & 24

April 14 & 28

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.



TRIVIA DAY

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

Wednesday, March 26

Wednesday, April 16

12:30 p.m. – 1:30 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)

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.

There is no charge for this service.

To reach Kris

call (315) 783-8313 or (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 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.

AAA1 – Wednesday, April 9th

AAA2 – Thursday, July 17th

AAA3 – Thursday, September 4th

AAA4 – Wednesday, October 22nd

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.

READ THE FOLLOWING OUT LOUD:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH YEARS OF EXPERIENCE

Now count how many letter "F"s you see. If you guessed three, you're wrong! The correct answer will surprise you!

BUS TRIPS



All trips this year are offered by the Camillus Senior Center with transportation provided by Hale Transportation. Checks should be written to **Camillus Senior Center**. All registration forms must be submitted to the Senior Center office. Detailed flyers are available for each trip. Be sure to read all trip policies before signing up for any trip.

Town of Camillus residents may register beginning February 18th and non-residents may register beginning March 18th. Space is limited to one bus per trip.

Trip #1 – LAKE GEORGE BOAT CRUISE

Enjoy a luncheon cruise aboard the Lac du Saint Sacrement on the beautiful waters of Lake George
Depart Lowe's at 7:00 a.m. and return approximately 6:00 p.m.

Wednesday, June 11th

Cost per person \$115 Non-residents pay \$125

Trip #2 –1000 ISLAND BOAT CRUISE AND BOLDT CASTLE

Trip includes a 2 ¼ hour luncheon cruise through the 1000 islands on the St. Lawrence River followed by leisure time on Heart Island to explore Boldt Castle

Depart Lowe's at 9:30 a.m. and return approximately 7:00 p.m.

Wednesday, July 16th

Cost per person \$105 Non-residents pay \$115

Trip #3 – TOP HAT @ MERRY-GO-ROUND PLAYHOUSE

Start your day with an early lunch at the Springside Inn in Auburn followed by an afternoon performance of "Top Hat

Depart Lowe's at 11:00 a.m. and return approximately 5:00 p.m.

Tuesday, August 26th

Cost per person \$140 Non-residents pay \$150

Trip #4 – GEORGE EASTMAN MUSEUM & THE STRONG MUSEUM OF PLAY

Join us as we travel to Rochester to visit two renowned museums - the George Eastman Museum that honors the life and legacy of the father of modern photography and the Strong Museum of Play the houses vast collections of dolls, toys and games and is home to the National Toy Hall of Fame and the Dancing Wings Butterfly Garden.

Depart Lowe's at 8:30 a.m. and return approximately 6:00 p.m.

Tuesday, September 30th

Cost per person \$105 Non-residents pay \$115

Trip #5- BETHEL WOODS CENTER FOR THE ARTS

Plans are still being made for a trip to Bethel Woods, NY – the site of the 1969 Woodstock Music Festival. We'll tour the museum and relive the story of the 60's and it's iconic music history.

CHECK BACK IN MARCH FOR MORE DETAILS

Trip #6 – A VERY BARRY CHRISTMAS SHOW @ TURNING STONE CASINO

Celebrate the holiday season with this Barry Manilow Hits and Holiday Tribute Show at Turning Stone Casino. Everyone will receive \$25 slot free play, \$5 food voucher & matinee show.

Depart Lowe's at 10:00 a.m. and return approximately 6:00 p.m.

Thursday, December 11th

Cost per person \$82 Non-residents pay \$87

EXTENDED TRIPS WITH COLLETTE

TROPICAL COSTA RICA

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines... Costa Rica is a paradise teeming with exotic plants and incredible animals. Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Soak in the sunshine at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more.



NOVEMBER 10 - 18, 2025

Informational presentation: Monday, March 17th at 2:00 p.m.

Double \$2999, Single \$3499 (if booked by 5/10)

Check out the website at <https://gateway.gocollette.com/link/1282672>

PAINTED CANYONS OF THE WEST

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. The backdrop of Denver's Rocky Mts is the starting point of your journey. In Colorado's wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah's five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Explore the kaleidoscope of colors found in America's rocky western landscapes

APRIL 26 - MAY 4, 2026

Informational Presentation: Thursday, April 17th at 1:00 p.m.

Double \$3999, Single \$4999 (if booked by 10/26)

Check out the website at <https://gateway.gocollette.com/link/1282964>



ALASKA DISCOVERY LAND AND CRUISE

Traverse the Pacific coast by land and sea aboard a Holland America Cruise Line ship on a breathtaking journey that takes you from Alaska to Vancouver. Experience Alaska's diverse culture and rich history. Ride a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes. Travel deep into Denali National Park for the best opportunities to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. Visit Ketchikan, the "Salmon Capital of the World." This is Alaska as you always imagined.



JULY 28 - AUGUST 9, 2026

Informational Presentation: Thursday, April 17th at 2:30 p.m.

Inside Double \$6619, Ocean-view Double \$7219,

Veranda Double \$8119 (if booked by 9/29)

Check out the website at

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

FOOD & NUTRITION

NUTRITION EDUCATION

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.

Wed. April 16 – Nourishment is more than Nutrition

We will identify ways food brings meaning to your life

Wed. May 7 – Fruits & Veggies, Full of Flavor

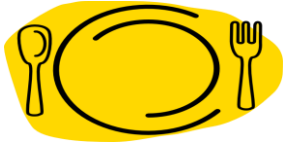
Look beyond the taste of fruits and vegetables and focus on the experience.

10:45 a.m.

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 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 4th 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.

THINGS TO PONDER:

- What if my dog only brings the ball back because he thinks I like throwing it?
- If the poison expiration date is past, does that mean it's less or more poisonous?
- Which letter in "Scent" is silent.. the S or the C?
- Do twins ever realize that one of them is unplanned?
- Why is W pronounced "double U" instead of "double V"?
- If you rip a hole in a net, you have less holes than you started with.

ART and CRAFTS PROGRAMS

OPEN ART STUDIO

Bring your own materials and projects, continue working on the compositions you have in progress or draw from various still life items provided. Guidance will be given by instructor Christine Patsos. All skill levels are welcome.

Thursdays

April 17 – May 15

5 weeks

1:00 p.m. – 3:00 p.m.

\$30.00

Class will be limited to 12 students. Please register by 4/7 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.



APRIL CRAFT WORKSHOP

These solar light holders will be the perfect addition to light your porch, patio, walkway, driveway or special garden area. All materials to make this cute set will be provided.



Wednesday, April 2nd

10:00 a.m. – 12:00 p.m.

\$15 for the set

Advanced registration and payment is required. Space is limited. (Minimum of 4, maximum of 10) Registration deadline is 3/26)

INFORMATION

MEDICARE COUNSELING

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

Friday, March 7

10:00 a.m. – 12 noon

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



CAMILLUS COMMUNITY BAND CONCERT

Monday, March 3rd

7:30 p.m.

West Genesee High School
Auditorium

FREE – All are welcome



SPRING AHEAD

*Don't forget Daylights
Savings Time begins
at 2 a.m. Sunday,
March 9th.*

*Spring your clocks
ahead one hour!*



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.

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 2nd and 4th 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

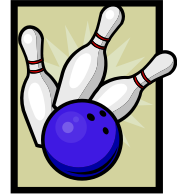
11:00 a.m. -12 noon

FREE – program will

be held in upstairs

classroom – there are 5 stairs

to climb or you may use the chair lift



LEGAL ASSISTANCE

Valery Paul, 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, May 7th

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

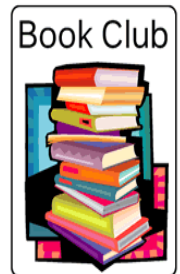
Third Tuesday of each month at 10:45 a.m.

March 18 – Band of Sisters by Cathy Gohike

April 15 – The Secret Life of Sunflowers by Marta Molnar

May 20 – Tom Lake by Ann Patchett

June 17 – Dear Edward by Ann Napolitano



THEN	NOW
Long Hair	Longing for hair
Disco	Costco
Crop top	Muffin top
Praying for a BMW	Praying for a BM
Going to a new, hip joint	Getting a new hip joint
Acid rock	Acid reflux
Hairstyles with wings	Upper arms with wings
Passing driver's test	Passing vision test
KEG	EKG
Rolling Stones	Kidney stones
Hot guys	Hot flash

MOVIE MATINEE

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

Wednesday, March 5

Wednesday, April 2

1:00 p.m.

FREE but donations appreciated

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



FOR YOUR SAFETY

During winter months, please wear your boots and carry in your sneakers or shoes. Thank you.



Ask the Physical Therapist...

What is Osteoporosis and Why is PT important?

Osteoporosis is a condition that causes your bones to become brittle and weak, which in turn makes your body prone to fracturing. Osteoporosis can affect everyone! Men and women of any age can be diagnosed. Caucasian and Asian women over 50 are most susceptible.

Symptoms: Back and neck pain, stooped posture and loss of height - to name a few.

Treatment: You can help prevent bone loss and rebuild your bone mass in several ways. The three most common are *exercise, diet or medication*.

Why does exercise help? Exercise releases growth hormones that stimulate osteoblast (cells of the bone) to grow.

A PT will help you create a *safe* exercise routine. ***Did you know your spine is more loaded with pressure when you are sitting versus when you are standing?*** Do you have osteoporosis? Do you feel you sit too much throughout the day? A PT is a movement specialist that can create the right exercise routine for you to avoid unnecessary spinal loading, all while optimizing your strength, mobility, balance and bone health.

*****If you are having any questions about your exercise routine and if it's safe for your osteoporosis, consult a Physical Therapist.***

Courtesy of Onondaga Physical Therapy

(in Nestico's Too Plaza) 4107 W Genesee St 315-635-5000 | www.onondagapt.com

FALL PREVENTION

Did you know that more than ¼ of Americans 65+ fall each year? Falls are the leading cause of fatal and nonfatal injuries among the older population. Learn about fall risk factors and the modifications that can be made to decrease fall risk as well as strengthen muscle groups and improve balance to decrease the likelihood of a fall occurring. Instructed by Occupational Therapists from LeMoyne College's Center for Aging Resources and Enrichment. The program is offered in partnership with Onondaga County Department of Adult and Long Term Care Services.

Tuesday mornings

April 22 – June 3 (7 weeks)

11:00 a.m. – 12:00 p.m.

FREE – there is no charge to participate but space is limited so registration is required. Please call the office at (315) 672-5820.



AMBOY AIRPORT EXHIBIT

Sundays from 12:00 noon – 5:00 p.m.

412 Dunning Drive (Corner of Hinsdale Rd)



Amboy Airport (1926-1951) was the first municipal airport in CNY. Charles Lindbergh, Amelia Earhardt, Willie Post and other famous flyers landed there. Visit the exhibit to learn more about its history and importance during WWII.

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
3 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1-3 pm	4 Tax Appts 9-1 SS&B 9:30 Cardio Drumming 11 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	5 Power Hr 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3 Movie Matinee 1 p.m.	6 Tax Appts 9-1 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing 1-3	7 Power Hr 9:30 Mah Jongg 9:30 Medicare Lady 10 Wii Bowling 11:00 PEACE Lunch 12noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
10 LAST Chair Yoga 9:30 Neighborhood Adv 12 PEACE Lunch 12noon BUNKO 1-3 pm	11 Tax Appts 9-1 SS&B 9:30 Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	12 Power Hr 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3	13 Tax Appts 9-1 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing 1-3	14 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
17 NEW Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon Irish Dancers 12:45 Doc Party 1:00 Costa Rica 2:00	18 Tax Appts 9-1 SS&B 9:30 Book Club 10:45 Cardio Drumming 11 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	19 Power Hr 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3	20 Tax Appts 9-1 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	21 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
24 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	25 Tax Appts 9-1 SS&B 9:30 Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	26 Power Hr 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3 Trivia 12:30 Food Sense 2:30-4:00	27 Tax Appts 9-1 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	28 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
31 Chair Yoga 9:30 PEACE Lunch 12noon				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Tax Appts 9-1 SS&B 9:30 NEW Cardio Drumming 11 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	2 Power Hr 9:30 April Crafts 10-12 PEACE Lunch 12noon Duplicate Bridge 12-3 Movie Matinee 1 p.m.	3 Tax Appts 9-1 LAST SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	4 LAST Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
7 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon Super Bingo 1 pm	8 Tax Appts 9-1 NO SS&B Digital Literacy 11-2 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	9 NO Power Hour AAA DRIVING 9-3:30 Pottery Workshop 11 am PEACE Lunch 12noon Duplicate Bridge 12-3	10 Tax Appts 9-1 NO SS&B PEACE Lunch 12 noon Bridge 12:30	11 Mah Jongg 9:30 NO Power Hour Wii Bowling 11:00 PEACE Lunch 12 noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
14 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	15 NEW SS&B 9:30 Book Club 10:45 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	16 NEW Power Hr 9:30 Nutrition Ed 10:45 PEACE Lunch 12noon Duplicate Bridge 12-3 Trivia 12:30 Food Sense 2:30-4	17 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1-3 Costa Rica presentation 1:00 Alaska presentation 2:30	18 (Good Friday) Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 NO PEACE Lunch Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
21 LAST Chair Yoga 9:30 PEACE Lunch 12noon	22 SS&B 9:30 Cardio Drumming 11:00 Digital Literacy 11-2 Fall Prevention 11-12 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	23 Power Hr 9:30 NO Peace Lunch Volunteer Appreciation Luncheon - by invitation only Duplicate Bridge 12-3	24 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1-3	25 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
28 NEW Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	29 SS&B 9:30 Cardio Drumming 11:00 Fall Prevention 11-12 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	30 Power Hr 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3		