



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

May/June 2025
troth@townofcamillus.com



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

**A Heartfelt Announcement:
 My Retirement from
 Camillus Senior Center**

Dear friends,
 As many of you have already heard, I will be retiring from my position as Senior Citizens Coordinator May 30th. It has been a truly rewarding and fulfilling experience here at the Camillus Senior Center, and I feel fortunate to have had the opportunity to work for such incredible seniors and alongside so many dedicated volunteers.

Over the years, I have had the privilege of getting to know many wonderful individuals, and I will cherish the friendships and memories we've made together. The Camillus Senior Center will always hold a special place in my heart.

Though I will miss seeing all of you folks on a regular basis, I am excited about the new chapter in my life and the opportunity to spend more time pursuing personal passions, and enjoying the simple pleasures that come with retirement.

Thank you for the support, kindness, and camaraderie you've shown me throughout my time at the senior center. I look forward to staying in touch and wish everyone continued good health and happiness in the years to come.

Warm regards,

Tricia



FAREWELL RECEPTION

FRIDAY, MAY 23rd

1:00 -2:30 p.m.

Stop in for refreshments and to wish Tricia good luck in her retirement!



**WELCOME to our NEW COORDINATOR
 TERESA ROTH**

We are excited to announce that Teresa Roth has joined us as the new Senior Center Coordinator! Teresa brings a wealth of experience in the field of recreation, most recently serving as the Parks and Recreation Director for the Town of Cicero. Prior to that, Teresa served as the Parks and Recreation Director for the Village of North Syracuse. Teresa has a great deal of experience working with seniors, coordinating recreational activities and planning various programs to meet the needs of the senior population. Teresa is skilled in budgeting, facility operations and departmental management. Teresa comes highly recommended and we are thrilled to welcome her in Camillus. When you have a chance, stop by the office and introduce yourself. We are confident she will be a great addition to our senior center.

SPECIAL EVENTS

MOTHER'S DAY LUNCHEON

Join us for a celebration of moms. Menu is shrimp alfredo over linguini, roasted zucchini and carrots, crusty bread and rainbow sherbet. Special entertainment after lunch by Geoff Clough.

Friday, May 9th

12:00 p.m.

Seniors age 60+

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

Call the Senior Center to make a reservation.



FATHER'S DAY LUNCHEON

A special menu and a tribute to the dads!
Musical entertainment by Jerry Cali.

Friday, June 13th

12:00 p.m.

Seniors age 60+

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

Call the Senior

Center to make a reservation.



FIREWORKS

Fireworks at dusk at Gillie Lake

Saturday, June 28th

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

Sponsored by Sam Rao Florist and the Town of Camillus



SUPER BINGO

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

Monday, May 5

Monday, June 2

1:00 p.m. – 3:00 p.m.

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

Raffle tickets also available

SUMMERTIME PICNIC

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

Thursday, July 24

11:00 a.m. – 2:00 p.m.

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

Due in advance. Space is limited.

Register in office.



FITNESS CLASSES

CHAIR YOGA

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

Monday mornings 9:30 – 10:30 a.m.

CY3: April 28- June 9

CY4: June 16 – July 21

\$20 per person

Students should bring a yoga mat to secure their chair.



STRETCH, STRENGTHEN & BALANCE

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

Please bring stretch band and/or hand weights.

Tuesday and Thursday mornings 9:30 a.m. – 10:30 a.m.

SSB3: April 15 – May 22

SSB4: June 3 – July 10

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



POWER HOUR

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

Please bring stretch band and/or hand weights.

Wednesday and Friday mornings 9:30 a.m. – 10:30 a.m.

PH3: April 16 – May 23

PH4: June 4 – July 16 (not 7/4)

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



CARDIO DRUMMING

Cardio drumming is a popular fitness activity that combines music and drumming to stay fit and have fun. Using a stability ball in a bucket and drumsticks you will enjoy beating, dancing and laughing with a combination of easy to follow steps while drumming to the beat of the music.

All equipment will be provided. Wear comfortable clothing and footwear and bring a water bottle. Drumming can be done either standing or in a seated position.

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

CD 3: April 1 – May 6

CD 4: May 13 – June 17

CD 5: June 24 – July 29

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



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.



CENTER CLOSING:

Monday, May 26 –
Memorial Day Observed



BUNKO

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

2nd & 4th Mondays of month (usually)

May 12 (closed 5/26)

June 9 & 23

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.

SUPER BINGO

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

1st Monday of each month (except for holidays)

Monday, May 5

Monday, June 2

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, May 28

Wednesday, June 18

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



iPHONE WORKSHOP

Learn the basics of operating your smartphone. We'll review touch-screen gestures, accessing the internet, changing your settings, and other beginner-level features. Don't forget to charge your phone! Instructed by volunteers from CNY Digital Literacy

Thursday, June 19th

10:00 a.m. -12 noon



FREE – To register, call the office at (315) 672-5820. Max per class is 8.

FARMERS' MARKET

Camillus Municipal Building front lawn
4600 West Genesee Street

Mondays

1:00 p.m. – 6:00 p.m.

May – October



shutterstock - 377863669

E-MAILING LIST

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



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.

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

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

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

MONARCH BUTTERFLIES

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

Led by Linda Radford

Thursday, June 5

10:30 a.m.



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

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.

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

2nd Bus has been added

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- THE MUSEUM AT BETHEL WOODS & ALPACA FARM

Visit the site of the 1969 Woodstock festival. Tour the museum and relive the story of the 60's. Lunch at the Roscoe Diner followed by an interactive visit to an alpaca farm.

Departs Lowe's at 7:30 a.m. and returns approximately 7:00 p.m.

Wednesday, October 15th

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

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 & 2:00 matinee show.

A second bus has been added but it departs a half hour later than the first bus.

Depart Lowe's at 10:30 a.m. and return approximately 6:30 p.m.

Thursday, December 11th

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

2nd Bus has been added

MORE FITNESS PROGRAMS

WALKING CLUB

**Mondays, Wednesdays
& Fridays**

Beginning May 5th

8:15 a.m.

On Mondays & Fridays we meet at the Sims Store at the Erie Canal Park on Devoe Road and on Wednesdays we meet at the Reed Webster Park entrance to the Erie Canal Park.

This is a great opportunity to make new friends & walk with a buddy!



SENIOR DANCERCISE

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

Instructed by Sue Mirra, Certified instructor

Please bring water bottle and hand towel

**Tuesday mornings
(6 weeks)**

9:00 a.m. – 9:45 a.m.

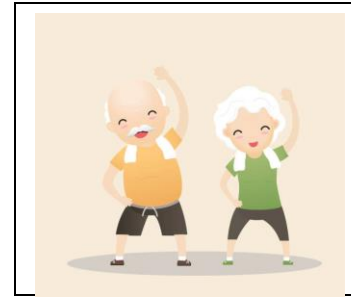
DZ Session 1:

May 13 – June 17

DZ Session 2:

July 1 – August 5

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



LINE DANCING & BASIC DANCE STEPS FOR BEGINNERS

Just in time for wedding season! Line dancing is a great way to stay active and have fun! Participants will decide what dances (Electric Slide, Cupid Shuffle, Macarena, Cha Cha Slide, the Wobble, Wagon Wheel to name a few) and dance steps (such as Box Step, Salsa, and Waltz) they want to learn. Perfect for anyone who wants to improve their cardiovascular health while socializing with others.

Instructed by Sue Mirra, Certified instructor

Please bring water bottle and hand towel

Tuesday afternoons (6 weeks)

1:00 p.m. – 1:45 p.m.

DZ Session 1: May 13 – June 17

DZ Session 2: July 1 – August 5

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



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.

There was a Roman emperor who never aged after he turned 19

His name was Constant Teen

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

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: TBD

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: TBD

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. 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



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

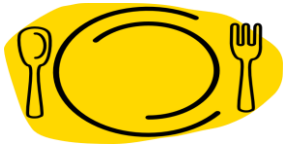


be included in the package as well as specials or visit our website at

www.camillusrecreation.com.

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."



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



ART and CRAFTS PROGRAMS

DRAWING & PAINTING IN BLACK AND WHITE

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

You will need a Strathmore 400 series multi media pad, a range of micron pens, a range of drawing pencils, a few watercolor brushes and a block of Art graph carbon.

Instructed by Christine Patsos.

Thursdays

May 29 – July 17

8 weeks

1:00 p.m. – 3:00 p.m.

\$55.00



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

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.



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, May 2

10:00 a.m. – 12 noon

There is no charge for her service and no

appointment is necessary.



CAMILLUS COMMUNITY BAND CONCERT

Monday, May 19th

7:30 p.m.

West Genesee High School Auditorium



Friday, June 13th

7:00 p.m.

Outdoors @ WG High School

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

FREE – All are welcome

I went to school for magicians but I failed the final exam. They were all trick questions.

My fear of moving stairs is escalating

No matter how much you push the envelope, it'll still be stationary.

Two silk worms had a race. They ended up in a tie.

A chicken crossing the road is poultry in motion.



CRAFT PROJECTS

MAY CRAFT WORKSHOP



Wed. May 14 10-12 \$30/Set

From Memorial Day to Labor Day, display Uncle Sam's Hat and coordinating Mason Jar with your summer decor. These patriotic shelf sitters are perfect for a mantle, windowsill, or table accent at your outdoor bbq. All materials are provided.

Project is on display at the center.

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

REGISTRATION DEADLINE IS APRIL 30TH

JUNE CRAFT WORKSHOP

How SWEET is this "Hello Summer" door sign! Nothing says summer like a red juicy watermelon. This sign brings a vibrant and rustic farmhouse style to any setting. For a reservation, call the Camillus Senior Center at 315 672-5820. DEADLINE IS MAY 21ST



**Wed., June 4th
10-12
\$30**

JULY CRAFT WORKSHOP

WED. JULY 2ND AT 10 AM.

Call Camillus Senior Center for a reservation. Deadline is June 18th. 315 672-5820
Fee: \$25



This sweet pine birdhouse is ready to paint, and will be the perfect addition to your backyard or garden. It's 10" tall with a hinged roof for easy cleaning. All materials are provided, including a chain for hanging.

AUGUST CRAFT WORKSHOP



**Wed. AUG. 6th
10AM \$20**

Call the Camillus Senior Center to make your reservation before July 23rd.
315 672-5820

Discover your inner artist! The image is printed on canvas ready for you to create your own masterpiece! All materials are provided.

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

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

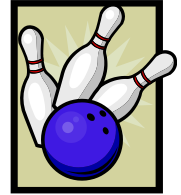
11:00 a.m. -12 noon

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.

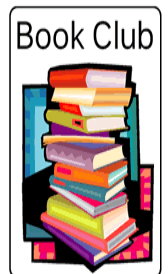
May 20 – Tom Lake by Ann Patchett

June 17 – Dear Edward by Ann Napolitano

July 15 – Mrs. Kennedy & Me by Clint Hill & Lisa McCubbin

August 19 – Ali: A Life by Jonathan Eig

ALL ARE WELCOME



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.



MOVIE MATINEE

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

Wednesday, May 7

Wednesday, June 4

Wednesday, July 2

1:00 p.m.

FREE but donations appreciated

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



If you lose your Khakis in Texas, it means you can't find your pants.

If you lose your Khakis in Boston, it means you can't start your car.



Ask the Physical Therapist...

Is Aging and Dizziness Related?

Dizziness is a frequent issue in older adults. Although there are natural physical changes that occur as we age, dizziness is not just “part of getting old.” Dizziness is usually described as a spinning sensation or “vertigo” or lightheadedness. Or, simply a feeling of being unbalanced. This can make it difficult to walk, cause nausea, anxiety, fatigue and difficulty concentrating. This can all create a higher risk of falling.

We use three primary systems to keep our balance: vision, sensation and inner ear.

Dizziness and vertigo can be a result of a dysfunction of all of these systems. It is often multi-factorial in cause and requires a team approach of Physicians and PT’s. Frequent vision examinations aid in the diagnosis and treatment as well. A PT is trained to assess all the components of balance and dizziness and communicate with your Physician.

If you are experiencing dizziness or vertigo, consult a Physical Therapist.

Courtesy of Onondaga Physical Therapy

(in the Nestico’s Too plaza)

4107 W Genesee St

Call Or Text: 315-635-5000 | www.onondagapt.com



HEALTHY LIVING FOR YOUR BRAIN & BODY

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and how to incorporate these recommendations into building a plan for aging.



Thursday, May 22

10:45 a.m. – 11:45 a.m.

There is NO CHARGE to attend this workshop

but pre-registration is required. Call the center at (315) 672-5820.

UNDERSTANDING ALZHEIMER’S and DEMENTIA

This course covers basic information on the difference between Alzheimer’s and dementia, stages, risk factors, research and FDA-approved treatments. If you or someone you know has or may have Alzheimer’s or dementia, this workshop is for you!

Monday, June 16

1:00 p.m. – 2:00 p.m.

There is NO CHARGE to attend this workshop

but pre-registration is required. Call the center at

(315) 672-5820.



- A sweater I purchase was picking up static electricity, so I returned it to the store. They gave me another one free of charge.
- My wife asked me to stop singing “I’m a Believer” by the Monkees because she found it annoying. At first, I thought she was kidding. But then I saw her face.....

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.



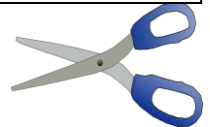
AVOID SCAMS BY KNOWING THESE FOUR SIMPLE WARNING SIGNS

Scammers will often use the Four “P’s” to con you:

1. **Pretend** to represent an organization you know or are familiar with
2. Create fear or a sense of urgency by stating there’s a **Problem**
3. **Pressure** you to act immediately
4. Tell you to **Pay** in a specific way, such as gift cards or electronic payments.

Don’t be fooled!

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



**CAMILLUS SENIOR CENTER
PROGRAM REGISTRATION FORM**

Name _____ Home Phone _____ Mobile _____

Address _____ Zip _____

EMAIL ADDRESS _____

Emergency Contact _____ Phone _____

PROGRAM NAME _____ SESSION DATE/TIME _____

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

Participants should consult with physician before starting an exercise program

For Office Use:
Payment ID#

Signature

Date

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

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1 SS&B 9:30 Community Garden 10:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1-3</p>	<p>2 Power Hr 9:30 Mah Jongg 9:30 Medicare Lady 10 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00</p>
<p>5 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1-3 pm</p>	<p>6 SS&B 9:30 LAST Cardio Drumming 11 Fall Prevention 11-12 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45</p>	<p>7 Walking Club 8:15 Power Hr 9:30 Nutrition Ed 10:45 Legal Aid Appts 10:30 PEACE Lunch 12noon Duplicate Bridge 12-3 Movie Matinee 1 p.m.</p>	<p>8 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1-3</p>	<p>9 Walking Club 8:15 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 Mother's Day lunch 12 Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00</p>
<p>12 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm</p>	<p>13 Dancercise 9:00 SS&B 9:30 NEW Cardio Drumming 11 Digital Literacy 11-2 Fall Prevention 11-12 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45 Line Dancing 1:00</p>	<p>14 Walking Club 8:15 Power Hr 9:30 Crafts 10-12 PEACE Lunch 12noon Duplicate Bridge 12-3</p>	<p>15 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1-3</p>	<p>16 Walking Club 8:15 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00</p>
<p>19 Walking Club 8:15 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon</p>	<p>20 Dancercise 9:00 SS&B 9:30 Book Club 10:45 Cardio Drumming 11 Fall Prevention 11-12 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45 Line Dancing 1:00</p>	<p>21 Walking Club 8:15 Power Hr 9:30 Flowerpot Wkshop 10 PEACE Lunch 12noon Duplicate Bridge 12-3</p>	<p>22 LAST SS&B 9:30 Healthy Living 10:45 PEACE Lunch 12 noon Bridge 12:30</p>	<p>23 Walking Club 8:15 LAST Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00 Farewell Reception 1-2:30</p>
<p>26 CENTER CLOSED MEMORIAL DAY</p> 	<p>27 Dancercise 9:00 NO SS&B Cardio Drumming 11 Digital Literacy 11-2 Fall Prevention 11-12 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45 Line Dancing 1:00</p>	<p>28 Walking Club 8:15 NO Power Hr PEACE Lunch 12noon Duplicate Bridge 12-3 Trivia 12:30 Food Sense 2:30-4:00</p>	<p>29 NO SS&B PEACE Lunch 12 noon Bridge 12:30 NEW Draw & Paint 1:00</p>	<p>30 Walking Club 8:15 NO Power Hr Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1:00	3 Dancercise 9:00 NEW SS&B 9:30 Cardio Drumming 11 Fall Prevention 11-12 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45 Line Dancing 1:00	4 Walking Club 8:15 NEW Power Hr 9:30 Crafts 10-12 PEACE Lunch 12noon Duplicate Bridge 12-3 Movie Matinee 1 p.m.	5 SS&B 9:30 Monarch Butterflies 10:30 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00	6 Walking Club 8:15 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00
9 Walking Club 8:15 LAST Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon BUNKO 1 pm	10 Dancercise 9:00 SS&B 9:30 Digital Literacy 11-2 Cardio Drumming 11:00 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45 Line Dancing 1:00	11 Lake Geo Trip 7:00 Walking Club 8:15 Power Hour 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3	12 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00	13 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 Father's Day Lunch 12 Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00
16 Walking Club 8:15 NEW Chair Yoga 9:30 PEACE Lunch 12noon Understanding Alzheimers 1-2	17 Dancercise 9:00 SS&B 9:30 Book Club 10:45 LASTCardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45 Line Dancing 1:00	18 Walking Club 8:15 Power Hr 9:30 PEACE Lunch 12noon Duplicate Bridge 12-3 Trivia 12:30 Food Sense 2:30-4	19 SS&B 9:30 iPhone Workshop 10-12 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00	20 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00
23 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm	24 SS&B 9:30 NEW Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mex Train 12:30/Pitch 12:45	25 Walking Club 8:15 Power Hr 9:30 Peace Lunch 12noon Duplicate Bridge 12-3	26 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Draw & Paint 1:00	27 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Bridge 12:30/Cornhole 1:00
30 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon			