



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 2024
tbacon@townofcamillus.com

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



SENIOR RESOURCE FAIR

Tuesday, May 21st
10 a.m. – 12 p.m.

Everyone is invited to this free event that will feature informational vendors, free health screenings, numerous door prizes and light refreshments. The fair will showcase community resources that are available to senior citizens and their families. Mark your Calendars!

MOTHER'S DAY LUNCHEON

Join us for a celebration of moms. Menu: Cranberry Walnut Chicken Salad on Croissant & Tomato Florentine Soup & Dessert. Special entertainment after lunch by Bob Sealy.



Friday, May 10th

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 Geoff Clough and Name that Tune.

Friday, June 14th

12:00 p.m.

Seniors age 60+

Suggested contribution

Call the Senior Center to make a reservation.



CALLING ALL SENIORS!

We need YOU for our upcoming Senior Variety Show! If you have a talent for singing, dancing, playing an instrument, acting or just being funny – stop by or call the office for more information on how you can be involved in our senior center production. Variety Show is scheduled for **Monday, October 7th**.



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

Tuesday, May 14

10:30 a.m.



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

FITNESS CLASSES

CHAIR YOGA

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

Monday mornings 9:30 – 10:30 a.m.

CY3: May 6 – June 17 (no class 5/27)

CY4: July 8 – August 12

\$15 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 9 – May 16

No classes 5/21 & 5/23

SSB4 – May 28 – July 11 (no classes 7/2 & 7/4)

\$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 10 – May 17

No classes 5/22 & 5/24

PH4 – May 29 – July 12 (no classes 7/3 & 7/5)

\$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 9 – May 14

CD 4: May 28 – July 2

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



Cough Through Rough Though

None of these words rhyme but for some godforsaken reason Pony and Bologna do. English is weird.

MORE FITNESS OPPORTUNITIES

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.



WALKING CLUB

**Mondays, Wednesdays
& Fridays**
Beginning May 6th

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 28 – July 2

DZ Session 2: July 9 – August 13

\$20 per session (min of 5 to hold class)

GROAN.....

People who claim they've swam in the rivers of Paris and Cairo are either insane or in denial...



I'd never realized that cottage cheese really isn't cheese – It's just a curd to me

Mountains aren't just funny, they are hill areas

Nudist Camp clothed until Spring

A pun has not completely matured until it is full groan

CARDS & GAMES

BRIDGE

If you are interested in playing Bridge at the center please call the office at (315) 672-5820. Substitutes are needed.

PITCH

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

Tuesday afternoons

12:45 p.m.

All are welcome



MEXICAN TRAIN DOMINOES

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

Tuesdays

12:30 p.m. – 3:00 p.m.

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



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)

MAH JONGG

Friday mornings

9:30 a.m. – 12 noon

All players welcome.

Newcomers are encouraged.



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, May 22

Wednesday, June 19

12:30 p.m. – 1:30 p.m.

No charge

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



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 13 (not 5/27)

June 10 & 24

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.

Monday, June 3rd &

Monday, August 5th

1:00 p.m. – 3:00 p.m.

\$1 per board – we provide the bingo chips

Raffle tickets also available



CAMILLUS COMMUNITY BAND CONCERT

Monday, June 10th

7:30 p.m.

West Genesee High
School

Auditorium

FREE –

All are welcome



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.

3rd Friday of every month

10:00 a.m. – 12:00 p.m.

There is no charge for this service.

Ask the Physical Therapist...

Diabetes and Exercise:

Regular exercise can help reduce the risk of developing diabetes and complications of diabetes. Consult your health care provider before beginning an exercise program. A physical therapist can safely guide you through an appropriate exercise program for your level of fitness and need.

How exercise can help control glucose:

- Exercise burns calories which can help you lose and/or maintain a healthy weight
- Regular exercise helps your body respond to insulin and regulates glucose
- Exercise improves circulation, especially in arms and legs, reduce cholesterol and blood pressure. It also helps to reduce stress which can reduce glucose levels as well.

Monitoring glucose with exercise

- Try to exercise at the same time of day and for equivalent durations.
- If you plan on exercising more than an hour after eating, bring a high carbohydrate snack, such as 6 oz. of a fruit juice or half of a plain bagel. With heavier exercise you might want to eat a bit more such as half a meat sandwich and a glass of milk.
- Self-check blood glucose levels frequently: before, during, and after exercise as needed.

**Consult a Physical Therapist today for proper activity instruction

Onondaga Physical Therapy

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, May 23rd

AAA3 – Monday, July 29th

AAA4 – Wednesday, October 16th

9:00 a.m. – 3:30 p.m.

(½ hour for lunch at noon)

YOU MUST BE HERE FOR THE ENTIRE CLASS



\$34 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.

CENTER CLOSINGS:

The center will be closed:
Monday, May 27 –
Memorial Day



E-MAILING LIST

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



BUS TRIPS



Some trips are offered by the Camillus Senior Center and some by Onondaga Coach. Detailed flyers with registration forms are available for each trip and must be submitted to the senior center office. Be sure to read all trip policies on reverse side before signing up for any trip.

CSC Trip #2 – JERSEY BOYS @ MERRY GO ROUND

Enjoy an early lunch at the Inn Between Rte 12 & 14
Depart Lowe's at 11:00 a.m. and return at 11:00 a.m.

TRIP IS FULL

Performance of "Jersey Boys"

Wednesday, June 19th Cost per person \$120 Non-residents pay \$125

CSC Trip #3 –THE LAST ROMANCE @ Cortland Repertory Theatre – Cortland, NY

Trip includes an early lunch at the Hollywood Restaurant followed by the matinee comedy "The Last Romance".
Depart Lowe's at 10:30 a.m. and return approximately 5:30 p.m.

Wednesday, June 26th Cost per person \$95 Non-residents pay \$100

OC Trip #4 – RAQUETTE LAKE – Adirondacks, NY

Start your day with free time in Old Forge
Door Diner followed by an afternoon scenic drive
Depart Lowe's at 7:30 a.m. and return at 7:30 a.m.

TRIP IS FULL

Store. Then it's lunch at the Front
in the Adirondacks.

Wednesday, July 17th Cost per person \$110 (driver gratuity not included)

OC Trip #5 – SARATOGA – A DAY AT THE RACES – Saratoga, NY

Spend the day at the Saratoga Racetrack exploring the grounds and catching the excitement of the track. There is walking involved from the parking area to track. Tour includes admission to grandstand and food voucher.
Depart Lowe's at 8:00 a.m. and return approximately 8:00 p.m.

Wednesday, August 14th Cost per person \$110 (driver gratuity not included)

OC Trip #6- CORNING MUSEUM OF GLASS – Corning, NY

Tour includes admission to the museum, master glass class, make your own ornament, & lunch voucher. A stop at Sauder's Amish Market is also included. Depart Lowe's at 8:00 a.m. and return approximately 6:15 p.m.

Wednesday, September 18th Cost per person \$130 (driver gratuity not included)

OC Trip #7 - FALL MYSTERY TRIP

Because it's our Mystery Trip, we can't give you any of the details but we can tell you it's sure to be a good time!

Depart Lowe's at 8:00 a.m. and return approximately 7:00 p.m. **THE FIRST BUS IS FULL – WE ARE TAKING A WAITING LIST AND IF WE GET ENOUGH PEOPLE, WE WILL ADD A SECOND BUS**

Wednesday, October 2nd Cost per person \$99 (driver gratuity not included)

CSC Trip #8 – TURNING STONE CASINO Spend the day at Turning Stone at your leisure. Everyone will receive either \$15 slot free play or \$15 bingo bucks, and \$5 food voucher.

Depart Lowe's at 10 a.m. and return approximately 5:00 p.m.

Monday, Sept 30th Cost per person \$20 Non-residents pay \$25 (driver gratuity not included)

CSC Trip #9 – A CLASSIC CHRISTMAS @ TURNING STONE CASINO

Celebrate the holiday season at TS. Everyone will receive \$25 slot free play, \$5 food voucher & matinee show.

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

Thursday, Dec 12th Cost per person \$75 Non-residents pay \$80 (driver gratuity not included)

SPECIAL SHOUT OUT TO OUR TRIP COMMITTEE:

Tricia Bacon, Cindi Dundon, Jennifer Morse, Barb Parsons, Michelle Pisik

EXTENDED TRIPS WITH COLLETTE

PACIFIC NORTHWEST & CALIFORNIA

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at, Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Explore the natural beauty from Seattle to San Francisco.

September 29 - October 6, 2024

If interested in attending, please call the senior center at (315) 672-5820 for availability.



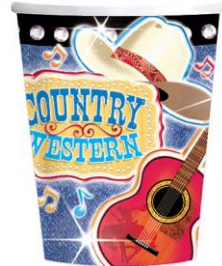
AMERICA'S MUSIC CITIES

Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities - New Orleans, Memphis, and Nashville. Experience New Orleans, where jazz, food and fun are always on the menu. Explore New Orleans with a tour highlighting the city's musical history and influence. Spend 2 nights in Memphis, "birthplace of the blues."

Choose how you explore Nashville highlights - with a chocolate-making lesson or a visit to the Johnny Cash Museum. Enjoy reserved seats at the Grand Ole Opry in Nashville. See where country legends recorded hit tunes at RCA Studio B. You'll be hummin' and strummin' long after you've returned home.

MARCH 30 - APRIL 6, 2025

If interested in attending, please call the senior center at (315) 672-5820 to register.



GREECE ISLAND HOPPER

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini - embrace the country at its best.

SUMMER 2025



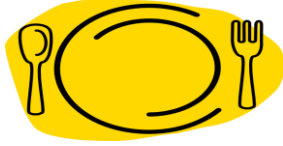
FOOD & NUTRITION

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

Second Helpings

It is encouraged that these helpings be consumed during the mealtime. DONATIONS for any second helpings are welcome.

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."



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.



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.

MINDFUL MEAL MAKEOVER

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

Wednesday, May 15

10:45 a.m.

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



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

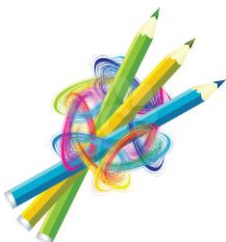
June 20 – August 1
(no class 7/4 and 7/25)

5 weeks

1:00 p.m. – 3:00 p.m.

\$30.00

Class will be limited to 12 students. Please register by 6/13 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.



GREETING CARD CLASS

Make two beautiful greeting cards with instructor Linda Hodge. 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 May 29th – Summer Cards

Wednesday June 26th – Your choice

1:00 p.m. – 3:00 p.m.

\$6 for 2 cards per class – PLEASE NOTE NEW PRICE

Advanced registration is required. Class size is limited to 10.

CLASSES & PROGRAMS

EAT WELL, LIVE WELL!

This course will be led by SUNY Oswego student Mollie James.

We will start with some short trivia and guessing games. After a light-hearted game

we will move onto a presentation talking about how we can fuel our bodies properly. Then at the end, we will make our own recipe books!

Supplies Needed: None, just yourself!

Thursday, June 6th
10:45 a.m. – 11:45 a.m.

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



FALL PREVENTION

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 the Fall Prevention Program Coordinator from LeMoyne College's Center for Aging Resources and Enrichment. The program is offered free of charge through a grant with Onondaga County Office of Aging.

Thursday afternoons

July 11 – August 29

(no class 7/25)

1:00 p.m. – 2:00 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.

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 Tuesday
11:00 a.m. – 2:00 p.m.

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

LEGAL ASSISTANCE

Valery Paul, an attorney from Legal Aid Society, will be here several times throughout the year 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, June 5th
10:30 a.m. – 2:30 p.m.

Appointments are required and can be made in person in the senior center office or by calling (315) 672-5820. Appts. held in upstairs classroom – there are 5 stairs to climb or you may use the chair lift.

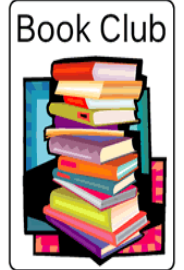
Donations are appreciated.

BOOK CLUB

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

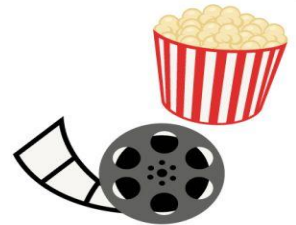
May 21st – Pachinko by Min Jin Lee

June 18th – And Then There Were None by Agatha Christie



MOVIE MATINEE

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



Wednesday, May 1
Wednesday, June 5
1:00 p.m.

FREE but donations appreciated

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

SMARTPHONE WORKSHOPS

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

IPHONE WORKSHOP

Thursday, May 30th
10:30 a.m. -11:30 a.m.

ANDROID SMARTPHONE WORKSHOP

Thursday, June 13th
10:30 a.m. -11:30 a.m.



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

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.

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 22nd
10:00 a.m. – 12:00 p.m.**



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

I'm not self medicating with chocolate. The lady at Walgreens wrote me a prescription....

Well, she called it a receipt. Whatever. Same thing.

*****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
		1 Power Hr 9:30 PEACE Lunch 12noon Movie Matinee 1 p.m	2 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing 1-3	3 Power Hr 9:30 Mah Jongg 9:30 PEACE Lunch 12noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
6 Walking Club 8:15 NEW Chair Yoga 9:30 PEACE Lunch 12noon	7 SS&B 9:30 Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	8 Walking Club 8:15 Power Hr 9:30 PEACE Lunch 12noon	9 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing 1-3	10 Walking Club 8:15 Power Hr 9:30 Mah Jongg 9:30 Mother's Day Luncheon 12 Bridge 12:30 Hand & Foot Cards 12:30 NO Cornhole
13 Walking Club 8:15 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon BUNKO 1-3 pm	14 SS&B 9:30 Monarch Butterflies 10:30 LAST Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	15 Walking Club 8:15 Power Hr 9:30 Nutrition Ed 10:45 PEACE Lunch 12noon	16 LAST SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 LAST Drawing 1-3	17 Walking Club 8:15 Mah Jongg 9:30 LAST Power Hr 9:30 Neighborhood Adv 10-12 PEACE Lunch 12noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
20 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon	21 SR RESOURCE FAIR NO SS&B Book Club 10:45 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	22 Walking Club 8:15 NO Power Hr Flowerpot Workshop 10 PEACE Lunch 12noon Trivia 12:30 Food Sense 2:30-4:00	23 AAA DRIVING COURSE NO SS&B PEACE Lunch 12 noon Bridge 12:30	24 Walking Club 8:15 NO Power Hr Mah Jongg 9:30 PEACE Lunch 12noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
27 CENTER CLOSED 	28 Dancercise 9:00 NEW SS&B 9:30 NEW Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	29 Walking Club 8:15 NEW Power Hr 9:30 PEACE Lunch 12noon Greeting Cards 1-3	30 SS&B 9:30 iPhone Workshop 10:30 PEACE Lunch 12 noon Bridge 12:30	31 Walking Club 8:15 Mah Jongg 9:30 Power Hr 9:30 BRUNCH 10:30 *Bridge 11:30 *Hand & Foot Cards 11:30 *Cornhole 11:30

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Walking Club 8:15 Chair Yoga 9:30 PEACE Lunch 12noon SUPER BINGO 1:00	4 Dancercise 9:00 SS&B 9:30 Cardio Drumming 11 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	5 Walking Club 8:15 Power Hr 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12noon Movie Matinee 1 p.m.	6 SS&B 9:30 Eat Well, Live Well 10:45 PEACE Lunch 12 noon Bridge 12:30	7 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 PEACE Lunch 12 noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
10 Walking Club 8:15 Chair Yoga 9:30 Food Sense Deadline 11 am PEACE Lunch 12noon BUNKO 1-3 pm	11 Dancercise 9:00 SS&B 9:30 Digital Literacy 11-2 Cardio Drum 11:00 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	12 Walking Club 8:15 Power Hr 9:30 PEACE Lunch 12noon	13 SS&B 9:30 Android Phone Workshop 10:30 PEACE Lunch 12 noon Bridge 12:30	14 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 Monarch Butterflies 10:30 Father's Day Luncheon 12 noon Bridge 12:30 Hand & Foot Cards 12:30 NO Cornhole
17 Walking Club 8:15 LAST Chair Yoga 9:30 PEACE Lunch 12noon	18 Dancercise 9:00 SS&B 9:30 Book Club 10:45 Digital Literacy 11-2 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	19 Jersey Boys Trip 11-5 Walking Club 8:15 Power Hr 9:30 Trivia 12:30 Food Sense 2:30-4	20 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art Studio 1-3	21 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 Neighborhood Adv 10-12 PEACE Lunch 12 noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
24 Walking Club 8:15 PEACE Lunch 12noon BUNKO 1-3 pm	25 Dancercise 9:00 SS&B 9:30 Cardio Drumming 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	26 Last Romance Trip 10:30 Walking Club 8:15 Power Hr 9:30 PEACE Lunch 12noon Greeting Cards 1:00	27 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art Studio 1-3	28 Walking Club 8:15 Mah Jongg 9:30 Power Hour 9:30 PEACE Lunch 12 noon Bridge 12:30 Hand & Foot Cards 12:30 Cornhole 1:00
