# THE SENIOR ADVENTURER

## CAMILLUS SENIOR CENTER NEWSLETTER

27 First Street, Camillus, NY 13031 (315) 672-5820

PROGRAMS FOR SENIORS AGE 55+

Open Mon – Fri 9 am – 3:30 pm

*Teresa Roth, Senior Coordinator*
*Mary Sacco & Tricia Bacon, Assistants*

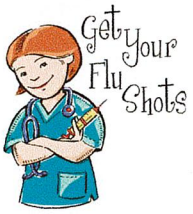
**September/October 2026**

*troth@townofcamillus.com*

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

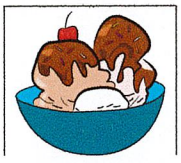
### ON-SITE FLU SHOT CLINIC

**Wed., September 30th**
11am-3pm




Vaccination shots include Flu, Covid, Shingles, Tdap, RSV. Register at the Senior Center Office for an assigned time. Provided by CVS pharmacy. Intake forms are available at the office and must be completed and brought with you along with ID and insurance card.

### END OF SUMMER ICE CREAM SUNDAE SOCIAL



**Monday, Sept. 21st**
**1 - 2pm. $3 per person**

Register in advance at the Senior Center office. Enjoy ice cream with all the fixings.

### HALLOWEEN PARTY

**Friday, October 30th** 11:30 a.m. – 1:00 p.m.




Let's have some fun celebrating Halloween! Come to lunch dressed in costume and enter our contest to win a prize!

Refreshments will be provided, and the cost for lunch (for those ages 60+) is a suggested contribution of only $3.50.
Call 672-5820 to make a lunch reservation.

### SPIRIT WEEK

Celebrate National Senior Center Month in September by dressing in theme apparel when you visit the center - week of 9/21.

Monday 9/21: Hawaiian Day
Tuesday 9/22: Crazy Hat Day
Wed. 9/23: Vacation-Location T-shirt Day
Thurs. 9/24: Sports Team Day
Friday 9/25: Stuffed Animal Day

Participants will be entered into daily drawings for treats and fun prizes.

### VETERANS RECOGNITION & LUNCH

Join us as we recognize the men and women who selflessly served our country. We will have a short presentation by a representative from Clear Path.
Lunch menu features: Chicken Cordon Bleu Casserole, peas & pearl onions, and pie.

**Friday, November 6**
11:30 a.m. – 1:00 p.m.




$3.50 suggested donation for seniors 60+ / $7.00 for guests under 60. Complimentary lunch for our veterans. Reservations required.
Call (315) 672-5820 to register or sign the book at front desk.

## ENTERTAINMENT / SPECIAL EVENTS

**Tap Dancers Perform**

Don't miss being entertained by a group of senior tap dancers from the Town of Onondaga Sr. Center on **Wed. October 21 at 1pm.** Feel free to register for lunch prior.



***After Lunch Special Spotlighting our Seniors***

**Wed. October 14th at 12:45pm**. Show off your talent for a short performance (jokes, music, poetry, dancing, etc.) This is open mic, not a big show. Sign up in the office by 10/9. Come watch your fellow seniors shine.

## ART and CRAFTS PROGRAMS

OPEN ART STUDIO

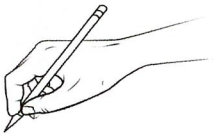
Bring your own materials & projects, continue working on the compositions you have in progress or draw from various still life items provided. Guidance provided by instructor, Christine Patsos.

**Thursdays, Nov. 5th – Dec. 10th (not 11/26) 5 weeks: 1:00 – 3:00pm for $30**

Class will be held in upstairs classroom and is limited to 15 students. Please register by 10/29.

BACK TO BASICS WITH PENCIL, INK & WATERCOLOR

Will include still life and drawing & painting from nature.



**Thursdays (8 weeks)**
**Sept. 10 – Oct. 29**
**1:00 p.m. – 3:00 p.m.**
**$60.00**

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

FALL CARD MAKING CLASS

**Wed. Oct. 16 @ 10am**

Make 2 fall Greeting cards for $10. Supplies and instruction provided. Sign up @ Sr. Ctr. Office by 9/9.




SEPTEMBER CRAFT WORKSHOP

Wednesday, Sept. 2nd at 10 AM

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

$15



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

Deadline is August 26th.

OCTOBER CRAFT WORKSHOP

Wednesday, Oct. 7th at 10 AM

Come unleash your creativity and let the spooky fun begin!

$20



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

Deadline is September 23rd

## 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.**
**CY5: August 17 – September 28 (not 9/7)**
**CY6: October 5 – November 16 (not 10/12)**
$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.**
**SSB6: September 1 – October 8**
**SSB7: October 20 – December 3**
$20 per 6-week session - Missed classes will not be made up

POWER HOUR

An energetic fitness class that consists of a 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.**
**PH6: September 2 – October 9**
**PH7: October 21 – December 4 (not 11/11 and 11/27)**
$20 per 6-week session Missed classes will not be made up

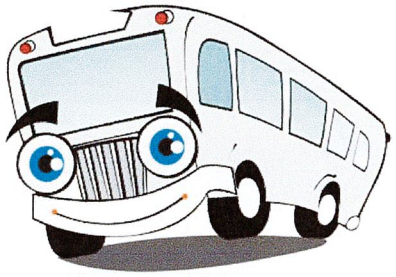
CARDIO DRUMMING

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 (6 weeks)**
**11:00 a.m. – 11:45 a.m.**
**CD 6: August 4 – September 8**
**CD 7: September 15 – October 20**
**CD 8: October 27 – December 8**
$25 per session (min of 8 to hold class)

## BUS TRIPS



Detailed flyers with registration forms are available for each trip. Be sure to read all trip policies on reverse side before signing up for any trip. Space is limited for each trip.

**********

Trip #5- **SIP, SAIL & SAVOR: SENECA LAKE**

Our day starts by sampling a variety of cheeses at Muranda Cheese. Then it's off to Watkins Glen for Captain Bill's Seneca Lake Twist & Shout luncheon cruise followed by wine tasting at Hazlett Vineyards. Depart Camillus Park at 8:00 a.m. and return approximately 6:30 p.m.

**Wednesday, September 9th**

Cost per person $135 Non-residents pay $140

**FULL – waiting list only**

**********

Trip #6 – **HARVEST SIPS & APPLE PICKS AT BEAK AND SKIFF**

**Wednesday, October 7th –**

**CANCELLED**

This trip has been cancelled due to lack of registrations.

**********

Trip #7 – **DICK CLARK'S COUNTDOWN TO CHRISTMAS SHOW @ TURNING STONE CASINO**

Celebrate the holiday season with this festive concert of greatest hits and holiday classics from the 50s and 60s at the Turning Stone Casino. Everyone will receive $25 slot free play, $5 food voucher & matinee show. **2 Buses will be going on this trip.**

Depart Camillus Park at 9:45 a.m. and return approximately 5:45 p.m.

**Thursday, December 3rd**

Cost per person $84 Non-residents pay $89

**FULL - waiting list only**

## MORE FITNESS PROGRAMS

LINE DANCING FOR BEGINNERS

This 45 minute class will help you get comfortable on the dance floor and get your steps in while you learn popular, east to follow line dances including Cupid Shuffle, Fles, It's So Easy, ChaCha Slide, BarSong, PYT, Cowboy boogie, Wagon Wheel, Mamma Maria, Rocket to the Sun & more. Certified instructor Sue Mirra welcomes song suggestions. $25 (min of 5 to hold class)

***Please bring water bottle and hand towel***

**Tuesday mornings (6 weeks)**

**10:00 – 10:45 a.m.**

**LD Session 4:**

**Sept. 8 – Oct. 13**

**LD Session 5:**

**Oct. 20 – Dec. 1 (not 11/3)**



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***

**Tuesdays (6 weeks)**

**9:00 – 9:45 a.m.**

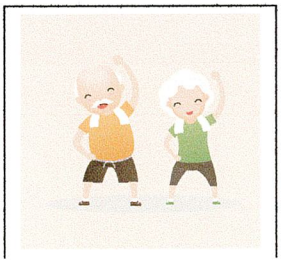
**DZ Session 4:**

**Sept 8 – Oct 13**

**DZ Session 5:**

**Oct. 20 – Dec. 1**

**(not 11/3)**



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

## FOR YOUR INFORMATION

### NEIGHBORHOOD ADVISOR

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

**Thurs. Sept 24th & Oct 29th**
**11a.m. – 12:30p.m.**
**By appointment only**
Register @ Sr. Center.
There is no charge for this service.
To reach Patrick call (315) 479-1125



### MEDICARE COUNSELING

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

**Thursday, Sept. 17th**
**12:30 – 2:30 p.m.**

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



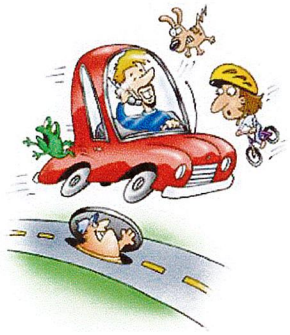

### MEDICARE 101 WORKSHOP

You will want to attend this presentation on **October 8th at 12:45pm!**
Angela Pulis, our certified Medicare Counselor, will be educating and guiding individuals on the basics of Medicare. This will help you make informed decisions about your health coverage. There will be info about Medicare Advantage, Medicare Supplements, and Prescription Drug Plans. Angela Pulis is a licensed agent who will be available to answer any questions you may have. There is no fee for this workshop, but please register through the office.

### 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. This is a 3 year certification.

**DC4 - Thursday, October 15th**
(Last course offered until Spring of 2027)
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.

### CENTER CLOSINGS:

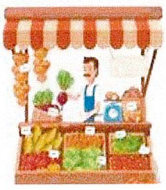
Monday, Sept 7 – Labor Day
Monday, Oct. 12 – Columbus Day




### FARMERS' MARKET

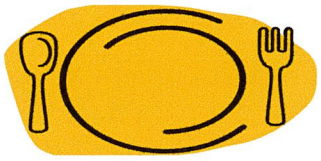
Camillus Municipal Building front lawn
4600 West Genesee Street

**Mondays**
**1:00 p.m. – 6:00 p.m.**
Through October 5th



## FOOD & NUTRITION / HEALTH

### DAILY LUNCHES



Lunches are served at
**12:00 noon**
**Monday – Friday**

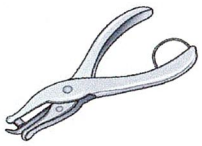
Seniors age 60+ and their spouses of any age are eligible. Suggested contribution is only **$3.50**. Guests under 60 are $7.00. Reservations are required by noon of the business day before you plan to attend. Call the office at (315) 672-5820.

### Meal Cancellations

If you are unable to keep your lunch reservation, please call and cancel as soon as possible. We may be able to find someone else to take your place. **Our caterer (PEACE, Inc.) loses money for all meals that aren't accounted for**. THE ACTUAL MEAL COST IS $7.00. We appreciate your donation if you do not show up for your reservation.

THANK YOU

### PUNCH CARDS ARE AVAILABLE



Lunch Punch Cards may be purchased for $35 for a total of 10 lunches. Stop into the office to purchase.
Checks made payable to "PEACE Inc."

### Nascentia Health

A representative from Nascentia Health will be on site on **Monday, September 14th** prior to lunch with promotional materials and then to make a brief presentation at 12:30pm.
Nascentia Health provides a broad spectrum of community-based home care services across New York State. Come find out what they have to offer. Feel free to register and eat lunch prior to the talk.

### PRESENTATION:

**"The Privilege of Aging"**

We all age, however, learn why positive mental & physical attitude impacts your quality of life with unique rewards and privileges. Age fast or age slow, it's entirely up to you.

**Wed. Sept. 16th at 10:45 a.m.**

Join us as fellow senior member and group exercise specialist Diana Luber leads this inspiring workshop. Registration not required.

### FOOD SENSE

This food buying co-op is available to anyone who wants to save money on their groceries. Monthly units of 12 staple grocery items cost only $20.50. Rotating monthly specials can be purchased in addition to the basic unit. Orders may be placed at the senior center Mondays - Fridays 9:00 am -3 pm. or on distribution days. (These orders must be paid with exact cash) Online orders may be placed at https://foodsense.foodbankcny.org/. You will be asked to enter your credit or debit card information. **Food pick up is on Wednesdays September 23 & October 28** from 2:30 p.m. – 4:00 p.m. Order deadlines are September 14 & October 19. Anyone can participate in this program. THERE ARE NO AGE OR INCOME REUIREMENTS. 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.



# EXTENDED TRIPS WITH COLLETTE

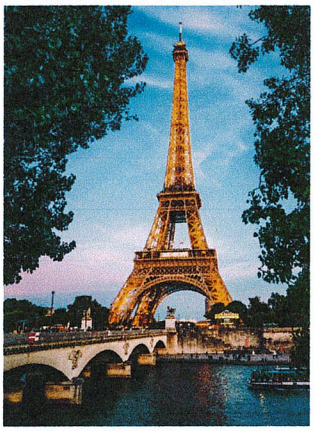
## DISCOVER LONDON & PARIS — APRIL 17 - 25, 2027

From cosmopolitan London to romantic Paris, see the best of the world's most captivating cities. Highlights include a walking tour in London, a Traditional Pub Dinner, a flight on the iconic London Eye, riding the Eurostar Train, having an Eiffel Tower Dinner, attending a Perfume Workshop and visiting the Suresnes American Cemetery. **Informational presentation: Sept. 10th @ 11:15 a.m.**

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

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



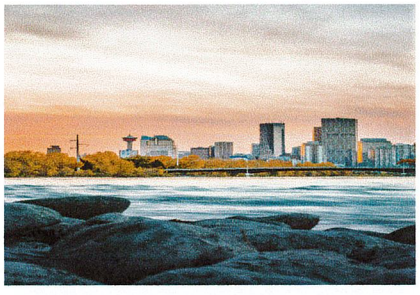


## CANADIAN ROCKIES & GLACIER NATIONAL PARK — August 8 - 14, 2027

Get ready for an adventure that brings together the expanse of the prairies, the majesty of the Canadian Rockies, & Montana's Glacier National Park. Highlights: Head-Smashed-In Buffalo Jump, Waterton Lakes Park, Banff, Lake Louise, Calgary, Alberta. Check out https://gateway.gocollette.com/link/1333876

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

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







NOTICE: Additional updates to the Senior Center restrooms will be coming this Fall. Grant funding will be used to install new vanities and enhance accessibility to both bathrooms. One bathroom will be available at all times. Be sure to check out the improvements.



# EXTENDED TRIPS WITH COLLETTE

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

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

**Essential Experiences & Highlights:**

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



Double $4999, Single $5799
(if booked by 5/3/27)
**Informational Presentation: Oct. 13th @ 10 a.m.**

Check out the website at
https://gateway.gocollette.com/link/1449338

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

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

**Essential Experiences & Highlights:**

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



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

**Informational Presentation: Oct. 13th @ 11:00 a.m.**
Check out the website at
https://gateway.gocollette.com/link/1448665

# CARDS & GAMES

## SUPER BINGO

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




**Monday, October 5**
**1:00pm – 3:00pm**
**(no bingo in Sept.)**

$1 per board – we provide boards and the bingo chips.
Raffle tickets are also available – 5 for $1.

## 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**
**12:45 p.m. – 3:00 p.m.**
Come early and have lunch!
(Call in advance to order)




## MAH JONGG

**Friday mornings**
**9:30 a.m. – 12 noon**
All players welcome.
Newcomers are encouraged.



## Onondaga County Senior Fair

**Sat. Sept. 19th 9 am-12pm**
North Syracuse Junior High School
5353 West Taft Rd., N. Syracuse, 13212

Hosted by State Senator Chris Ryan

- A fun, informative event designed for older adults & their caregivers.

## 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)**

- **September 14 & 28**
- **October 26**

**(not 10/12 – Columbus Day)**
1:00 p.m. – 3:00 p.m.




$2.00 per person (CASH)
Call (315) 672-5820 to register.
Sign-up for lunch and enjoy a delicious meal beforehand.

## PITCH

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



**Tuesday afternoons**
**12:45 p.m.**
All are welcome

## TRIVIA DAY

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

**Wednesday, September 23**
**Wednesday, October 28**
12:30 p.m.




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

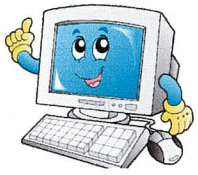
## HAND & FOOT CARD GAME

Come try this fun card game that is similar to Canasta.

**Fridays at 12:30 p.m. (except on party days or when center closes early)**

## COMPUTER HELP/DIGITAL LITERACY

Got questions regarding your electronic devices – laptops, tablets, smartphones, cellphones? A volunteer (previously from CNY Digital Literacy) can teach you how to operate your device, navigate the internet, use an email account, set up a patient portal, use software and so much more!



FREE OF CHARGE

**Appointments are available upon request.** Email Steve at stewatson1@gmail.com or contact the senior center office.

## LEGAL ASSISTANCE

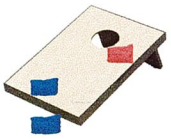
John Hubert, an attorney from Legal Aid Society, will be here to offer assistance, advice or referral in the following areas: Medicaid and Medicare denials and coverage disputes; Advanced directives such as wills, health care proxies, living wills, and powers of attorney; Legal problems concerning public benefits including social security, SSI, and veterans benefits; Consumer matters such as collections or debt issues; and housing related concerns such as landlord/tenant disputes.




**Thursdays, Sept 17 & Oct 15**
10:30 a.m. – 2:30 p.m.
**Appointments are required** and can be made by calling (315) 672-5820.

## 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.

## Wii BOWLING

Join us for a fun morning of bowling! We will play at the Senior Center using the Wii interactive game system and TV.
No experience needed

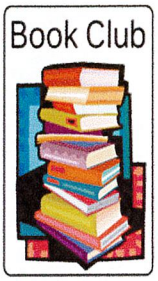


**Fridays**
**11:00 a.m. -12 noon**

FREE – program will be held in upstairs classroom – there are 5 stairs to climb or you may use the chair lift.

## BOOK CLUB

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




**September 15** – The First Wish of Murray McBride by Joe Siple
**October 20** – The Last Thing He Told Me by Laura Dave
**November 17** – The First American: The Life and Times of Benjamin Franklin by H.W. Brands
**December 15** – The 13th Gift: A True Story of a Christmas Miracle by Joanne Huist Smith
**January 19** – Judge Stone by Viola Davis and James Patterson
**February 16** – The First Time I Saw Him by Laura Dave

ALL ARE WELCOME

## MOVIE MATINEE

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

**Weds., September 2nd and October 7th**

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



## PROGRAM REGISTRATION

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

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

***CREDIT CARD PAYMENTS*** are accepted, however, each transaction is assessed a charge.

## REFUND POLICY

- All requests must come directly to the Center Office
- No refunds after a program has started
- Any expenses incurred on behalf of the participant will not be refunded.
- Refunds are non-transferable.
- Cancellations received on the day of the trip/program or a "no show" will not be refunded.
- Refunds may take up to 4 weeks to process.

## YELLOW PARTICIPATION CARDS



Please be sure we have a yellow participant registration form on file for you. This form helps us to identify who is using our facility and also list emergency contact information should something happen while you are at the center.

## CREDIT CARD PAYMENT NOTICE:

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

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



**CAMILLUS SENIOR CENTER**

PROGRAM REGISTRATION FORM

Name _____ Home Phone _____ Mobile _____

Address _____ Zip _____

EMAIL ADDRESS _____

Emergency Contact _____ Phone _____

**PROGRAM NAME** _____ **SESSION DATE/TIME** _____

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

*Participants should consult with physician before starting an exercise program*

For Office Use:
Payment ID#

_____

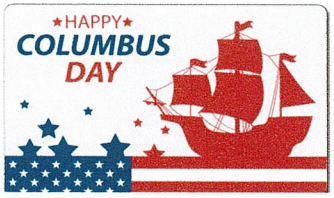
**Signature** **Date**

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1 LAST Dancercise 9:00<br>NEW SS&B 9:30<br>LAST Line Dancing 10:00<br>Cardio Drumming 11<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 2<br>NEW Power Hr 9:30<br>Craft Workshop 10:00<br>PEACE Lunch 12noon<br>Movie Matinee 1 p.m. | 3<br>SS&B 9:30<br>***PEACE Closed – 12 pm In house Pizza Luncheon***<br>Bridge 12:30 | 4 Power Hr 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>*PEACE Closed – 12pm In house "Picnic" Lunch*<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 7 CENTER CLOSED<br> | 8<br>NEW Dancercise 9:00<br>SS&B 9:30<br>NEW Line Dancing 10:00<br>LAST Cardio Drumming 11<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 9<br>Seneca Lake Bus Trip 8:00<br>Power Hr 9:30<br>PEACE Lunch 12noon | 10 SS&B 9:30<br>***Canadian Rockies presentation 10:30 and London & Paris presentation 11:15***<br>PEACE Lunch 12 noon<br>Bridge 12:30<br>NEW Draw & Paint 1-3 | 11<br>Power Hr 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 14<br>Chair Yoga 9:30<br>Food Sense Deadline 11 am<br>PEACE Lunch 12noon<br>**Nacentia Health Talk 12:30**<br>BUNKO 1-3 pm | 15 Dancercise 9:00<br>SS&B 9:30<br>Line Dancing 10:00<br>Book Club 10:45<br>NEW Cardio Drumming 11<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 16<br>Power Hr 9:30<br>**The Privilege of Aging Presentation 10:45**<br>PEACE Lunch 12noon | 17 SS&B 9:30<br>Legal Aid 10:30-2:30<br>PEACE Lunch 12 noon<br>Medicare Counseling 12:30 - 2:30<br>Bridge 12:30<br>Draw & Paint Class 1-3 | 18<br>Power Hr 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 21 ***SPIRIT WEEK***<br>*Hawaiian Day*<br>Chair Yoga 9:30<br>PEACE Lunch 12noon<br>***End of Summer Ice Cream Social 1pm*** | 22 *Crazy Hat Day*<br>Dancercise 9:00<br>SS&B 9:30<br>Line Dancing 10:00<br>Cardio Drumming 11<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 23 *Vacation-Location T-shirt Day*<br>Power Hr 9:30<br>PEACE Lunch 12noon<br>Trivia 12:30<br>Food Sense Pick Up 2:30-4:00 | 24 *Sports Team Day*<br>SS&B 9:30<br>**Neighborhood Advisor 11-12:30** (by appt.)<br>PEACE Lunch 12 noon<br>Bridge 12:30<br>Draw & Paint Class 1-3 | 25 *Stuffed Animal Day*<br>Power Hr 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 28<br>LAST Chair Yoga 9:30<br>PEACE Lunch 12noon<br>BUNKO 1-3 pm | 29 Dancercise 9:00<br>SS&B 9:30<br>Line Dancing 10:00<br>Cardio Drumming 11<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 30<br>Power Hr 9:30<br>**Vaccination Clinic 11 – 3**<br>PEACE Lunch 12noon | | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | 1<br>SS&B 9:30<br>PEACE Lunch 12 noon<br>Bridge 12:30<br>Draw & Paint Class 1-3 | 2 Power Hour 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12 noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 5<br>NEW Chair Yoga 9:30<br>PEACE Lunch 12noon<br>Super Bingo 1:00 | 6 Dancercise 9:00<br>SS&B 9:30<br>Line Dancing 10:00<br>Cardio Drumming 11:00<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 7<br>Power Hr 9:30<br>Craft Workshop 10 -12<br>PEACE Lunch 12noon<br>Movie Matinee 1 p.m. | 8<br>LAST SS&B 9:30<br>PEACE Lunch 12 noon<br>***Medicare 101 Workshop 12:45***<br>Bridge 12:30<br>Draw & Paint Class 1-3 | 9 LAST Power Hour 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 12 CENTER CLOSED<br> | 13 LAST Dancercise 9:00<br>NO SS&B<br>LAST Line Dancing 10:00<br>***Iceland Presentation 10am***<br>***River Cruise Presentation 11am***<br>Cardio Drum 11:00<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 14<br>NO Power Hr<br>PEACE Lunch 12noon<br>**"Display Your Talent" 12:45**<br> | 15<br>AAA Driving Course 9-3:30<br>NO SS&B<br>Legal Aid 10:30-2:30<br>PEACE Lunch 12 noon<br>Bridge 12:30<br>Draw & Paint Class 1-3 | 16<br>NO Power Hour<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 19<br>Chair Yoga 9:30<br>Food Sense Deadline 11am<br>PEACE Lunch 12noon | 20 NEW Dancercise 9:00<br>NEW SS&B 9:30<br>NEW Line Dancing 10:00<br>Book Club 10:45<br>LAST Cardio Drum 11:00<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 21<br>NEW Power Hr 9:30<br>PEACE Lunch 12noon<br>**Senior Tap Dancers Perform 12:45** | 22 SS&B 9:30<br>PEACE Lunch 12 noon<br>Bridge 12:30<br>Draw & Paint Class 1-3 | 23 Power Hour 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>PEACE Lunch 12 noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |
| 26<br>Chair Yoga 9:30<br>PEACE Lunch 12noon<br>BUNKO 1-3 pm | 27 Dancercise 9:00<br>SS&B 9:30<br>Line Dancing 10:00<br>NEW Cardio Drum 11:00<br>PEACE Lunch 12noon<br>Mex Train 12:45/Pitch 12:45 | 28<br>Power Hr 9:30<br>PEACE Lunch 12noon<br>Trivia 12:30<br>Food Sense Pick Up 2:30-4 | 29 SS&B 9:30<br>Neighborhood Advisor 11-12:30<br>PEACE Lunch 12 noon<br>Bridge 12:30<br>LAST Draw & Paint Class 1-3 | 30 Power Hour 9:30<br>Mah Jongg 9:30<br>Wii Bowling 11:00<br>Halloween Party 11:30<br>PEACE Lunch 12 noon<br>Hand & Foot Cards 12:30<br>Cornhole 1:00 |