



**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*

November/December 2024  
[tbacon@townofcamillus.com](mailto:tbacon@townofcamillus.com)



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

**VETERANS RECOGNITION & LUNCH**

Join us as we recognize the men and women who selflessly served our country. We will have a short presentation on Honor Flight Syracuse  
 Lunch menu: Cube steak with mushroom gravy, mac & cheese, dessert

**Friday, November 8**

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.

**THANKSGIVING LUNCHEON**

Join us as we give thanks for the many blessings in our lives. Lunch will include turkey, stuffing, mashed potatoes, vegetables, and pumpkin pie. Entertainment by Lori Ann Wilber

**Friday, November 22**

11:30 a.m. – 2:00 p.m.

\$3.50 suggested donation - seniors 60+

\$7.00 for guests under 60

Reservations required. Call (315) 672-5820 to register or sign the book. **Space is limited** to 75 so register early



**HOLIDAY PARTY**

**Friday, December 13**

11:30 a.m. – 2:00 p.m.

Come celebrate the holidays surrounded by friends.

Enjoy a delicious lunch followed by a holiday show. (Check back for menu)

Entertainment by Just Joe (Joe Altier)

**ATTENTION BAKERS:** We are looking for Christmas cookies

– please donate if you can & let Tricia know.

\$3.50 suggested donation for seniors 60+ / \$7.00 for guests under 60

Reservations required. Call (315) 672-5820 to register or sign the book.

**Space is limited** to 75 so register early



## FITNESS CLASSES

### CHAIR YOGA

Our chair yoga classes will resume in January 2025



### 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.**

**SSB7 – November 7 – December 19 (no class 11/5, 11/28)**

\$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.**

**PH7 – November 6 - December 27 (no class 11/22, 11/27, 12/13, 12/25)**

\$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 sessions)**

**11:00 a.m. – 11:45 a.m.**

**CD6: November 12 – December 17**

\$25 per session (min of 10 to hold class)



### Wii BOWLING

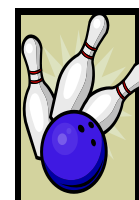
Join us for a fun morning of bowling! We will play at the Senior Center and use the Wii interactive game system and TV.

No experience needed

**Fridays (not on party days, not 12/20)**

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



## MORE 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



**Most Tuesdays**

**(not 11/5, 11/26, 12/24, 12/31)**

**11:00 a.m. – 2:00 p.m.**

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

### KNEE REPAIR, NOT REPLACEMENT

Do you have knee pain?

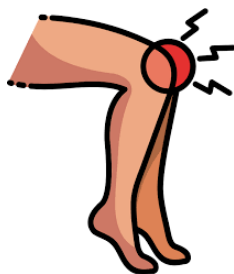
Does your knee pain make

it difficult to play with your grandkids, squat down, walk upstairs or walk at all? Have you tried pills, shots or even been told you need surgery? If so, come on down and learn about a Knee Repair NOT Knee Replacement Program which has helped numerous people get back to doing the things they love without surgery. This presentation is being offered free of charge by Victory Sports Medicine and Orthopedics.

**Monday, November 18<sup>th</sup>**

**10:00 a.m.**

This program is offered FREE OF CHARGE. Call the office at (315) 672-5820 to register



### VERTIGO PRESENTATION

Chad LaChance, Doctor of Physical Therapy at MVPT Physical Therapy will



discuss the impact of balance

and vestibular conditions such as BPPV or “Vertigo”. This can be a sudden and disabling condition that is often times easily treated. He will talk about the signs and symptoms of vertigo and how physical therapists assess and treat this condition. He will also touch upon the importance of improving and maintaining strength and balance to limit one’s risk of falling.

**Monday, December 9<sup>th</sup>**

**10:00 a.m. – 11:00 a.m.**

This program is offered FREE OF CHARGE. Call the office at (315) 672-5820 to register



### FRAUD AND IDENTITY THEFT WORKSHOP

Scams, frauds and hoaxes cost consumers and businesses time and billions of dollars each year. This presentation helps consumers recognize and avoid scams or identity theft. It also presents tools and resources to utilize if you fall victim to a scam.

**Friday, December 20**

**10:30 a.m.**

Presented by the NYS Division of Consumer Protection



This program is offered FREE OF CHARGE. Call the office at (315) 672-5820 to register

## 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 or SPADES

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

**Tuesday afternoons**

**12:30 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.



### BUNKO

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

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

**1:00 p.m. – 3:00 p.m.**

**\$2.00 per person (CASH)**

Call (315) 672-5820 to sign up

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



### TRIVIA DAY

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

**Wednesday, November 20**

**Wednesday, December 18**

**12:30 p.m. – 1:00 p.m.**

No charge

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



### CORNHOLE

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

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

**FREE**

This is a fun and exciting game to play for seniors of all ages and ability levels. No experience needed. All equipment will be provided.



### SUPER BINGO

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

**Monday, November 4 –  
Special Guest Callers &  
Prizes!!**

**Monday, December 16**

**1:00 p.m. – 3:00 p.m.**

\$1 per board – we provide  
the bingo chips

Raffle tickets also available



### RUMMIKUB

Rummikub is a tile game that combines elements of the card game rummy and the tile game mah jongg. All are welcome.

**2<sup>nd</sup> & 4<sup>th</sup> Monday mornings (on Bunko days)**

**10:45 a.m. – 12 noon**

**The Original Rummikub®**  
BRINGS PEOPLE TOGETHER



## FOR YOUR INFORMATION

### *Ask the Physical Therapist...*

#### **Shoulder Impingement**

##### **Did You Know?**

*Your "shoulder" is a very complex joint that is composed of not one, but three joints.*

The primary joint is the Glenohumeral joint (where the shaft of the arm meets the socket). Other joints include the Scapulothoracic Joint (shoulder blade and mid-back) and the Acromioclavicular Joint (collar bone meets the shoulder blade). These three joints work together to make your arm move. Pain can occur if these three joints do not work together. The Rotator Cuff is made up of four muscles and they work together to control the stability of the shoulder during movement, especially overhead, and rotation motions. Injury to the Rotator Cuff (RTC) can result from repetitive movements or a fall.

**Impingement Syndrome is a common injury to the rotator cuff.** The Rotator cuff muscles are surrounded by the bones of the shoulder. When they become injured, swelling can occur. This will create a pinch from the bones, resulting in pain with movement.

**Symptoms** of a Rotator Cuff injury can include (but not limited to): shoulder pain, especially in the front, pain with raising your arm above 90 degrees, reaching, radiating pain to the upper arm and pain with sleeping.

A Physical Therapist can complete a series of hands-on special tests to verify a rotator cuff injury. True confirmation of the severity of the injury comes through imaging studies. Treatment of the rotator cuff is completed by a trained PT to focus on restoring mobility and strength while reducing pain.

*\*\*Consult a Physical Therapist today for proper activity instruction*

Information provided by:

#### **Onondaga Physical Therapy**

(Nestico's Too! Plaza)  
4107 W Genesee St

**Daylight Savings  
Time Ends  
Sunday, Nov. 3<sup>rd</sup>**



#### FOR YOUR SAFETY

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



#### CENTER CLOSINGS:

The center will be closed:

Tues. Nov. 5 – Election Day  
Mon. Nov. 11 – Veterans Day  
Wed. Nov. 27 – closing at 12 noon  
Thurs. Nov. 28 – Thanksgiving  
Fri. Nov. 29 – Thanksgiving holiday  
Tues. Dec. 24 – Christmas Eve  
Mon. Dec. 25 – Christmas holiday  
Tues. Dec. 31 – closing at 1:00 p.m.  
Wed. Jan. 1 – New Year's Day



#### E-MAILING LIST

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



I accidentally swallowed some Scrabble tiles and now I'm experiencing constant vowel movements. The next trip to the bathroom could spell disaster.

## CRAFTS

### HOLIDAY DOOR HANGER

Thursday, November 14<sup>th</sup> 10:00 a.m. – 12 noon \$30.00

*Choose between these two adorable door hangers – a Thanksgiving one or a Winter one*



### GLASS BLOCK DECOR

Tuesday, December 3<sup>rd</sup> 1:00 p.m. – 3:00 p.m. \$30

*These festive glass blocks light up your holiday décor! Choose either Let it Snow or Ho Ho Ho*



### HOLIDAY BASKET

Thursday, December 5<sup>th</sup> 10:00 a.m. – 12 noon \$10

*Choose either the Red Truck holiday basket or the Christmas puppy basket*



These classes are taught by Debbie Kohanski. Minimum of 4 to run the class/Max of 8  
Advanced registration and payment required

## EXTENDED TRIPS WITH COLLETTE

### 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. Uncover the past at the excavation site of Akrotiri. Make the most of a free day on the island of Santorini. Embrace Greece at its best.

**JUNE 3 - 13, 2025**

Double \$5999, Single \$7099 (if booked by 12/4)



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

Check out the website at <https://gateway.gocollette.com/link/1233117>

### TROPICAL COSTA RICA

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



**NOVEMBER 10 - 18, 2025**

Informational presentation: Tuesday, December 10<sup>th</sup> 1:00 p.m.

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

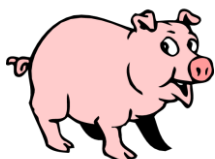
Check out the website at <https://gateway.gocollette.com/link/1282672>

### UPCOMING TRIPS FOR 2026:

- PAINTED CANYONS OF THE WEST – APRIL 26 – MAY 4, 2026
- ALASKA DISCOVERY LAND & CRUISE – JULY 2026
- ALPINE COUNTRIES – SEPTEMBER 2026



LOOK FOR MORE INFORMATION IN THE COMING MONTHS!



*WHAT'S THE DIFFERENCE BETWEEN  
BIRD FLU AND SWINE FLU?  
ONE REQUIRES TWEETMENT AND  
THE OTHER REQUIRES OINKMENT*

## NUTRITION & HEALTH

### DAILY LUNCHES

Lunches are served at  
**12:00 noon**

**Monday – Friday**

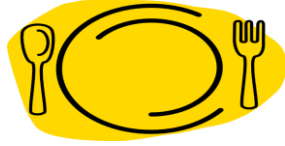
Seniors age 60+ and their spouses of any age are eligible. Suggested contribution is only **\$3.50**. Guests under 60 are \$7.00. Reservations are required by noon of the business day before you plan to attend. Call the office at (315) 672-5820.

### 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

### Second Helpings

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



### FOOD SENSE

This food buying co-op is available to anyone who wants to save money on their groceries.

Monthly units of 12 staple grocery items cost only \$20.50. Rotating monthly specials can be purchased in addition to the basic unit.

Orders may be placed at the senior center Mondays - Fridays 9:00 am - 3 pm. or on distribution days. (These orders must be paid with exact cash or using an EBT card) Online orders may be placed at <https://foodsense.foodbankcny.org/>. You will be asked to enter your credit or debit card information.

**Food pick up is on the 4<sup>th</sup> Wednesday of each month (generally)** from 2:30 p.m. – 4:00 p.m. Anyone can participate in this program. THERE ARE NO AGE OR INCOME REQUIREMENTS. Stop by the center to pick up the monthly Food Sense flyer which lists the items to be included in the package as well as specials or visit our website at [www.camillusrecreation.com](http://www.camillusrecreation.com).



### 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, November 8**

**10:00 a.m. – 12 noon**

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



**OPEN ENROLLMENT IS  
OCTOBER 15 – DECEMBER 7**

*I'm getting stronger with age. I can now lift \$100 worth of groceries with one hand*

### HOLIDAY MEALS

The Syracuse Rescue Mission will be offering **FREE** home delivered meals on both **THANKSGIVING** and **CHRISTMAS**.

If you or someone you know is interested in receiving a meal, please contact us at (315) 672-5820 and we will notify the organizers.

Thanksgiving orders must be received by **October 25<sup>th</sup>** and Christmas orders must be received by **November 22<sup>nd</sup>**.

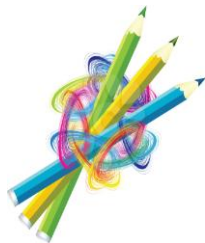




## ART and CRAFTS PROGRAMS

### DRAWING & PAINTING

Continue to learn to draw using a variety of materials, subjects and techniques. We will spend some time working on portraits and hands in pencil and/or colored pencil. We will also explore winter trees and landscapes with pen, pencils and washes.



Instructed by Christine Patsos.

**Thursday afternoons**

**January 9 – February 27**

**1:00 p.m. – 3:00 p.m.**

\$50.00

Materials needed: 11x14” Strathmore 400 series multi media pad, drawing pencils and a range of permanent ink pens.

Class will be limited to 12 students. Please register by 1/2 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!

**GC 1 – Birthday/Thinking of You Cards**  
**Wednesday, November 13**

**GC 2 – Christmas Cards**  
**Wednesday, December 11**

**1:00 p.m. – 3:00 p.m.**

\$6 for 2 cards per class

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



## ENTERTAINMENT

### SHOW OF LOVE

Join us for an afternoon of interactive fun and music lead by the energetic Joe Trionfero. Joe blends a mix of humor and nostalgia into a lively and entertaining show – guaranteed to brighten your day!

**Monday, December 2<sup>nd</sup>**

**1:00 p.m.**

No charge



Come early and have lunch  
– order lunch by 11/26



## CLASSES & PROGRAMS

### 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, January 8th**  
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.

### AARP TAX PREPARATION

AARP volunteers will be preparing tax forms at the Camillus Senior Center beginning in February.

Tax preparers are available BY APPOINTMENT ONLY. To schedule an appointment, contact the Senior Center at (315) 672-5820. Appointments can be made beginning January 2<sup>nd</sup> No walk-ins permitted.



*I got an email explaining how to read maps backwards. It was spam.*

### BOOK CLUB

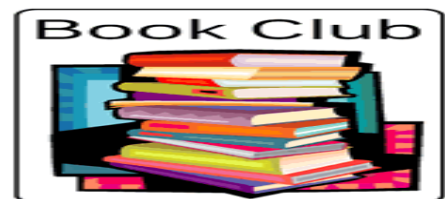
Third Tuesday of each month at 10:45 a.m.

**November 19** – *Judy Garland* a biography by Anne Edwards

**December 17** – *Winter Street* by Elin Hilderbrand

**January 21** – *the Women* by Kristin Hannah

**February 18** – *Next Year in Havana* by Chanel Cleeton



### MOVIE MATINEE

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

**Wed, November 6**

**Wed, December 4**

**1:00 p.m.**

FREE but donations appreciated

Check back the Monday before Movie Day



### 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.

**3<sup>rd</sup> Friday of every month**

**10:00 a.m. – 11:30 a.m.**

There is no charge for this service.

**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.

**INCLEMENT WEATHER**

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



**WHO IS NOREPLY@RECDESK.COM?**

If you have registered for a paid program at the senior center and we have your email on file in our registration system, you will receive a confirmation email and payment receipt (if applicable) from [noreply@recdesk.com](mailto:noreply@recdesk.com).

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO Power Hr Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Cards 12:30 Cornhole 1:00
4 PEACE Lunch 12noon SUPER BINGO 1:00	5 CENTER CLOSED 	6 NEW Power Hr 9:30 PEACE Lunch 12noon Movie Matinee 1 p.m. LAST Basic Draw 1:00	7 NEW SS&B 9:30 BRUNCH 10:30 Bridge 12:30 Pen & Ink 1:00	8 Power Hr 9:30 Mah Jongg 9:30 Medicare Lady 10-12 Wii Bowling 11:00 Food Sense Deadline 11 am Veterans Recog Lunch 12 Cards 12:30 Cornhole 1:00
11 CENTER CLOSED 	12 Dancercise 9:00 SS&B 9:30 NEW Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mex Train 12:30 Pitch 12:45 Pen & Ink 1-3	13 Power Hr 9:30 PEACE Lunch 12noon Greeting Cards 1:00	14 SS&B 9:30 Door Hanger Craft 10:00 PEACE Lunch 12 noon Bridge 12:30 LAST Pen & Ink 1:00	15 Mah Jongg 9:30 Power Hr 9:30 Neighborhood Adv 10-11:30 Wii Bowling 11:00 PEACE Lunch 12noon Cards 12:30 Cornhole 1:00
18 Knee Workshop 10 PEACE Lunch 12noon	19 Dancercise 9:00 SS&B 9:30 Book Club 10:45 Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mex Train 12:30 Pitch 12:45 Pen & Ink 1-3	20 Power Hr 9:30 PEACE Lunch 12noon Trivia 12:30 Food Sense 2:30-4:00	21 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	22 NO Power Hr Mah Jongg 9:30 No Wii Bowling Thanksgiving Luncheon 11:30 Bridge 12:30 NO Hand & Foot Cards NO Cornhole
25 Rummikub 10:45 PEACE Lunch 12noon BUNKO 1-3 pm	26 Dancercise 9:00 SS&B 9:30 Cardio Drum 11:00 NO Digital Literacy PEACE Lunch 12noon Mex Train 12:30 Pitch 12:45 LAST Pen & Ink 1-3	27 NO Power Hour BRUNCH 10:30  CENTER CLOSING AT NOON	28 CENTER CLOSED 	29 CENTER CLOSED

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PEACE Lunch 12noon SHOW OF LOVE 1:00	3 Dancercise 9:00 SS&B 9:30 Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mex Train 12:30 Pitch 12:45 Glass Block Craft 1:00	4 Power Hr 9:30 PEACE Lunch 12noon Movie Matinee 1 p.m	5 SS&B 9:30 Holiday Basket Craft 10:00 PEACE Lunch 12 noon Bridge 12:30	6 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Cards 12:30 Cornhole 1:00
9 Rummikub 10:45 Vertigo Presentation 10 Food Sense Deadline 11 am PEACE Lunch 12noon BUNKO 1-3 pm	10 SS&B 9:30 Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45 Costa Rica Presentation 1	11 Power Hr 9:30 PEACE Lunch 12noon Greeting Cards 1:00	12 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	13 Mah Jongg 9:30 NO Power Hour HOLIDAY PARTY 11:30-2 Bridge 12:30 NO Hand and Foot Cards NO Cornhole
16 PEACE Lunch 12noon SUPER BINGO 1-3 pm	17 SS&B 9:30 Book Club 10:45 Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:30 Pitch 12:45	18 Power Hr 9:30 Trivia 12:30 Food Sense 2:30-4	19 LAST SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	20 Mah Jongg 9:30 Power Hour 9:30 Identity Theft Wkshop 10:30 No Wii Bowling Neighborhood Adv 10-11:30 PEACE Lunch 12 noon Cards 12:30 Cornhole 1:00
23 Rummikub 10:45 NO PEACE Lunch BUNKO 1-3 pm	24 CENTER CLOSED  	25	26 NO SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30	27 Mah Jongg 9:30 LAST Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Cards 12:30 Cornhole 1:00
30 PEACE Lunch 12noon	31 NO SS&B NO Digital Literacy PEACE Lunch 12noon CLOSING AT 1:00 P.M. NO Mexican Train NO Pitch	1 