




















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 Community Room  10:00 am Chair Yoga	5 Community Room 10:00AM Crochet w/ Bev  10:00 M Crafts w/ Gayla Notebook and cards. Montack Room	6 Community Room 10am Presentation by Oneida City Police Chris Bailey Scams, Safety tips, and crime prevention 	7 Community Room 10:00 AM Chair Yoga  12-1pm Tai Chi	8 
11 Community Room  10:00 am Chair Yoga	12 Community Room 10:00 am BINGO 	13 Community Room 10:00 am Bands 	14 Community Room  10:00 AM Chair Yoga 12-1pm Tai Chi	15 
18 Community Room  10:00 am Chair Yoga	19 Community Room 10:00 AM Cards w/ Betty 	20 Community Room 10:00 AM Bands 	21 Community Room  10:00 AM Chair Yoga 12-1pm Tai Chi	22 
25  	26 Montack Room 10:00am Book Club  12-1pm Tai Chi	27 Community Room 10:00 AM Bands 	28 Community Room  10:00 am Chair Yoga 12-1pm Tai Chi	29 