



Chili Senior Center

3235 Chili Avenue

Rochester NY 14624

(585)889-6185

Monday—Friday 9:00 am—4:00 pm

March & April 2017

Mary Anne Sears - Director Programs for the Aging
Michael Ferugia, Pam Holihan, Gwen Machulskis - Clerks

MISSION STATEMENT - The Chili Senior Center supports adults in their effort to remain healthy, active, & independent members of the community by providing socially, intellectually, & physically enriching activities for senior adults age 55 & over. The Chili Senior Center also serves the senior community by acting as a resource for senior related issues.

PROGRAM SIGN UP A SINGLE EVENT SHEET MUST BE FILLED OUT FOR EACH PERSON, FOR EACH PROGRAM THEY SIGN UP FOR. THERE MAY BE A WAITING PERIOD IF YOU ARE NOT A CHILI RESIDENT. SOME ACTIVITIES MUST BE PAID FOR IN CASH.

PLEASE BRING EXACT CHANGE AS THERE WILL NOT BE ANY CHANGE AVAILABLE.

Soup and Samwich & Game Time - It's time for grilled cheese and a hot cup of vegetable soup. Come early and play your favorite board game.

Tuesday, Mar. 7th. Games @ 9:30 am. Lunch @ 11:30 am.

Cost: \$5/person for lunch. Game Time is FREE!

Please sign up & pay in advance.

St. Patrick's Day Luncheon Come enjoy potato soup, corned beef, cabbage, potatoes, carrots, beverage & dessert. Following lunch, "**Baker, Paul, & Parnell**" will be here to entertain you with some awesome Irish Music.

Friday, Mar. 17th. Lunch @ 11:30 am. Concert @ 1:00 pm.

Cost: \$ 5/person for Lunch & Concert.

Please sign up & pay in advance.

"Try Your Luck" - Join us at the Center for a little fun with chips and play money! Try your hand at Black Jack, Roulette & more! Includes snacks and prizes.

Friday, Mar. 31st from 10:00 am to 1:00 pm. Limited sign up!

Cost: \$10/person. Please sign up & pay in advance.

Music Maker's Concert - "No Foolin!" Come and enjoy some big band swing! Great for dancing and listening!

Saturday, Apr. 1st @ 1:00 pm.

Cost: FREE!!! Please sign up at the desk in advance.

Fish Fry at the Senior Center - Enjoy Nick's fish fry, includes oven baked potatoes, coleslaw, bread, tartar sauce, dessert and beverage.

Friday, Apr. 7th @ 11:45 am.

Cost: \$9/person - CASH ONLY!

EVERYONE MUST SIGN UP AND PAY BY FRIDAY, MARCH 31ST.

Super Soup & Etc. @ Noon SIGN UP FOR EACH DAY SEPARATELY!

Join us for some tasty food to keep us warm on the inside!

Wednesday, Mar. 1st - Broccoli, Cauliflower Cheese Soup

Tuesday, Mar. 21st - Italian Wedding Soup

Tuesday, Mar. 28th - Minestrone Soup

Friday, Apr. 21st - Michael's Luncheon Casserole

Cost: \$2/person/event. Limited Sign-up.

Please sign up & pay in advance.



Dr. Nick and Gloria Showband Concert - You asked for it so the "Dr. Nick and Gloria Showband" will be here at the center to entertain you. Enjoy a variety of music including light rock, swing, jazz, & showtunes.

Friday, Apr. 21st @ 1:00 pm.

Cost: FREE! Please sign up at the desk in advance.



CHILI SENIORS ARE GOING TO CANADIAN ROCKIES - SEPT. 2017

Check this out, one of the most incredible trips you will ever take. More information is available at the Center
VERY LIMITED ROOMS!

Deluxe Motorcoach Tours

Stop in the Senior Center for information & to sign up. Bring all payments to the Senior Center except where noted otherwise. Koning will accept credit card payment by phone.



PLEASE MAKE CHECKS PAYABLE TO "KONING DAYTOURS." LIMITED SIGN-UP.

COUNTRY STARS TRIBUTE, HAMILTON, ON, CANADA

PROOF OF CITIZENSHIP REQUIRED

Tuesday, Apr. 25th - \$90/person.

Depart Senior Center @ 8:00 am - Return ~7:30 pm

Includes: Coffee break (cost on your own).

Buffet luncheon followed by an All-Star Country Stars Show presented at Carmen's Dinner Theatre. Live entertainment pays tribute to Loretta Lynn, Garth Brooks, Johnny Cash and Shania Twain. Fast-food dinner stop en route home (cost on your own).

Sign up ends Tuesday, Apr. 4th or when FULL.

ONE DAY MYSTERY TRIP

Tuesday, May 9th - \$92/person.

Koning DayTours are known for their awesome Mystery Trips! We will depart the Senior Center en route to: ____?____. Enjoy a terrific luncheon, followed by an afternoon of ____?____.

Note: There are several stops on the way but not a lot of walking involved!

Sign up ends Tuesday, Apr. 18th or when FULL.

SUNDAY AT CHAUTAUQUA - LIMITED TO 15 PEOPLE

Sunday, July 9th - \$80/person.

Includes a sit down luncheon in Olive's Restaurant located in Chautauqua Suites Meeting & Expo Center. Open seating for the 2:30 pm US Army and Field Band and Soldiers Chorus Concert performed in the new Amphitheater on the Chautauqua Institute Grounds.

Fast-food dinner stop en route home (cost on your own).

Sign up ends Wednesday, June 12th or when FULL

Macaroni & Cheese Cook-Off - DON'T MISS THIS TASTY EVENT.

This is getting more competitive each time! Three cooks, one winner only! David Dunning, Michael Ferugia, and Matt Wooster, will be vying for the top prize!

Friday, Apr. 28th @ 11:30 am. Limited sign-up.

Cost: \$5/person!

Non-Residents sign up begins Wednesday, Mar. 15th.

Please sign up & pay in advance.



Reminder: ALL food brought to the Center must be store bought, in original container.

FOR SOME SCHEDULED PROGRAMS, CHILI RESIDENTS WILL BE GIVEN PREFERENCE. AS SPACE ALLOWS, THESE ACTIVITIES WILL BE OPEN TO NON-RESIDENTS. BASED ON THE NATURE AND EXTENT OF SOME OF OUR PROGRAMS, THERE IS A POSSIBILITY THAT WE MAY ASK YOU TO RECONSIDER THE TRIP, DUE TO EXTENSIVE WALKING, ENDURANCE OR OTHER FACTORS. THANK YOU FOR YOUR UNDERSTANDING.
TRIP INFO: FOR SAFETY REASONS, SENIORS ARE NOT ALLOWED TO GET ON OR OFF ANY TOWN VEHICLE WITHOUT STAFF/DRIVER ASSISTANCE.

WE ARE ON THE WEB!

www.townofchili.org

"Thrive Here"

"Senior Citizen Programs"



WE'RE ON FACEBOOK!

Check us out on Facebook.
"Chili Senior Center."
Let us know what you would like to see!

Hit the Spot: Toning Exercises with a Ball - Tone up from head to toe with these moves using an exercise ball to target your abs, arms, butt, & thighs & improve your balance. Come try it out!

Mondays @ 12:45 pm.

Cost: FREE!

Zentangle - All materials are provided.

Thursdays, Mar. 2nd, 16th, Apr. 6th, 20th @ 1:30 pm.

Cost: FREE!

Eldersource - A Eldercare advisor will be at the Center to provide guidance in eldercare situations. No appointment is necessary.

Mondays, Mar. 13th & Apr. 10th from 10:00 am - Noon.

Chinese Mahjongg! - For new & experienced players!

Thursdays 9:30 - 11:30 am.

Cost: FREE!

Excellus Health Care - Do you have questions concerning your health care and insurance coverage? Feel free to stop in and talk to a representative. These are not group presentations but a one on one meeting.

Wednesdays, Mar. 8th & Apr. 12th - from 10:00 am - Noon.

"Just for Fun" Music Concert - Enjoy some good old fashioned music, a variety of instruments, rhythm, harmony & great voices.

Wednesday, Mar. 8th @ 1:00 pm.

Cost: FREE! Please sign up at desk in advance.

"10 Quick Tips to a Healthier You" - MVP HEALTH CARE

Monday, Mar. 20th @ 11:00 am.

Cost: FREE! Please sign up at the desk in advance.

Planning the Funeral: Where Do I Start and What Are My Options? Adam Szeluga and Marika McMeans, Funeral Directors at Alvah Halloran & Son Funeral Home will discuss the why & how of pre-arranging a funeral, cover the available services of a funeral home, important documents needed, Veteran benefits, and burial and cremation options. By pre-arranging your funeral services, you not only save money by locking in current costs, but more importantly relieve your family members from the burden of making tough decisions at a most difficult time.

Tuesday, April 4th @ 10:00 am.

Cost: FREE! Please sign up at the desk in advance.

"Stress Busters" - MVP HEALTH CARE

Thursday, Apr. 13th @ 11:00 am.

Cost: FREE! Please sign up at the desk in advance.

"WESTSIDE EXPRESS" The mission of this transportation service is to provide safe, efficient, & accessible transportation for residents. **THERE IS AN URGENT NEED FOR VOLUNTEERS - DRIVERS & DISPATCHERS. STOP IN AND SEE US!** There is no charge for this program, however donations are appreciated. If you are a senior in need of transportation, please call 889-6104. Leave a message & someone will get back to you. This program is sponsored & supported by Lifespan.



BREAKFAST CLUB 60 - Come and join us for breakfast! The breakfast selections are: Egg White Patty, Omelet, or French Toast served with Sausage or Ham, Cheese, Potato Patty, Biscuit, Wheat Toast or English Muffin, Fruit, Juice.
(Selections are based on availability).

Wednesdays, 9:00 - 10:00 am (promptly).

Suggested contribution: \$3.00/person.

You are encouraged to sign up in advance, but walk-ins will be accepted and welcomed.



AARP SMART DRIVER - UPCOMING CLASSES

Tuesdays & Fridays 9:00 am - Noon.

Mar. 21st & 24th, Apr. 18th & 21st, May 16th & 19th

\$20/AARP MEMBER, \$25/OTHERS

PLEASE SIGN UP IN ADVANCE.



ARMCHAIR TRAVEL! - Many seniors have done a great deal of travel over the years. Come to the warm and cozy Senior Center, sit back, relax, and enjoy some awesome travels and scenery, right from the comfort of your chairs!

"Cruising through the Panama Canal" (with Curacao, Aruba, Puerto Limon, Costa Rica)

Tuesday, Mar. 14th @ 10:00 am.

Cost: FREE! Please sign up at the desk in advance.

"Discovering Deutschland"

Tuesday, Mar. 28th @ 10:00 am.

Cost: FREE! Please sign up at the desk in advance.

Warren Kling "Rochesterians Who Entertained the World"

Did you know that Rochester was home for a period of time to some of America's greatest entertainers? Some were born here, some moved on! Louise Brooks, Danny Thomas, Ingrid Bergman, Mitch Miller and many others!







Tuesday Apr. 25th @ 10:00 am.

Cost: FREE! Please sign up at the desk in advance.





*Spring is when you feel
like whistling even with
a shoe full of slush.
~ Doug Larson*



March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH CLUB 60 SUGGESTED CONTRIBUTION IS \$3.00/PERSON</p> <p>PLEASE BE SURE YOU SIGN UP FOR LUNCHES AT LEAST TWO WEEKS IN ADVANCE</p> 		<p>1</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 12:00 <u>SUPER SOUP</u> 12:00 Euchre 1:00 Chain Gang</p>	<p>2 FOOTCARE</p> <p>9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:30 Zentangle 2:30 Stretch & Strengthen</p> <p><u>Individual Meat Loaf w/Vegetable Gravy</u></p>	<p>3</p> <p>10:30 <u>St. Pius</u> 2:00 Table Tennis</p> 
<p>6</p> <p>10:00 Silver Chords In 11:00 <u>STORY OF HOPE</u> 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot</p> <p><u>Chicken Cordon Bleu</u></p>	<p>7</p> <p>9:30 <u>GAME TIME</u> 11:30 <u>SOUP & SAMWICH</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>8</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 10:00 <u>EXCELLUS HEALTH CARE</u> 12:00 Euchre 1:00 Chain Gang 1:00 <u>JUST FOR FUN CONCERT</u></p>	<p>9 FOOTCARE</p> <p>9:30 Mahjongg 11:15 <u>ASSESSORS OFFICE TAX CHANGES</u> 12:00 Lunch Club 12:45 Bingo 2:30 Stretch & Strengthen</p> <p><u>Stuffed Cabbage w/Sauce</u></p>	<p>10</p> <p>1:00 <u>MOVIE</u> 2:00 Table Tennis</p> 
<p>13 FOOTCARE</p> <p>10:00 Silver Chords In 10:00 <u>ELDERSOURCE</u> 11:15 <u>NUTRITION ED</u> 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot</p> <p><u>Pub Burger w/Lettuce, Tomato & Onion on a Bun</u></p>	<p>14</p> <p>10:00 <u>PANAMA CANAL TRAVEL TALK</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>15</p> <p>9:00 <u>AIN'T MISBEHAVIN' TRIP</u> 9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Chain Gang</p>	<p>16 FOOTCARE</p> <p>9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:30 Zentangle 2:30 Stretch & Strengthen</p> <p><u>BBQ Pulled Pork on Bun</u></p>	<p>17</p> <p>11:30 <u>ST. PATRICK'S DAY LUNCHEON</u> 1:00 <u>BAKER, PAUL & PARNELL CONCERT</u> 3:00 Table Tennis</p> 
<p>20</p> <p>10:00 Silver Chords Out 11:00 <u>TIPS TO A HEALTHIER YOU</u> 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot</p> <p><u>Hot Dog on Bun w/Condiments</u></p>	<p>21</p> <p>9:00 <u>AARP</u> 12:00 <u>SUPER SOUP</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>22</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Chain Gang</p>	<p>23</p> <p>9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 2:30 Stretch & Strengthen</p> <p><u>Sweet & Sour Meatballs over Brown Rice</u></p>	<p>24</p> <p>9:00 <u>AARP</u> 1:00 <u>MOVIE</u> 2:00 Table Tennis</p> 
<p>27 FOOTCARE</p> <p>10:00 Silver Chords Out 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot</p> <p><u>Italian Sausage w/Onions & Peppers on Bun</u></p>	<p>28</p> <p>10:00 <u>DISCOVERING DEUTSCHLAND TRAVEL TALK</u> 12:00 <u>SUPER SOUP</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>29</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Chain Gang</p>	<p>30</p> <p>9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 2:30 Stretch & Strengthen</p> <p><u>Chili Topped Baked Potato w/Cheese & Sour Cream</u></p>	<p>31</p> <p>10:00 <u>"TRY YOUR LUCK"</u> 1:00 <u>MOVIE</u> 2:00 Table Tennis</p> 

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Silver Chords Out 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot <u>Chicken Stuffed w/Broccoli & Cheese</u>	4 10:00 <u>PLANNING A FUNERAL</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	5 9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Chain Gang 	6 FOOTCARE 9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:30 Zentangle 2:30 Stretch & Strengthen <u>Braised Pork Chop w/Gravy</u>	7 10:30 <u>ST. PIUS</u> 11:45 <u>FISH FRY</u> 2:00 Table Tennis
10 FOOTCARE 10:00 <u>ELDERSOURCE</u> 10:00 Silver Chords Out 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot <u>Sloppy Joes on Bun</u>	11 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	12 9:00 Chili Carvers 9:00 Breakfast Club 10:00 <u>EXCELLUS HEALTH CARE</u> 12:00 Euchre 1:00 Chain Gang	13 FOOTCARE 9:30 Mahjongg 11:00 <u>STRESS BUSTERS</u> 12:00 Lunch Club 12:45 Bingo 2:30 Stretch & Strengthen <u>EASTER MEAL</u> <u>Steak Diane w/ Mushroom Sauce</u>	14 CLOSED Good Friday 
17 FOOTCARE 10:00 Silver Chords Out 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot <u>Beer Battered Cod w/Tartar Sauce</u>	18 9:00 <u>AARP</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis 	19 9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Chain Gang	20 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:30 Zentangle 2:30 Stretch & Strengthen <u>Chicken Cordon Bleu</u>	21 9:00 <u>AARP</u> 12:00 <u>SUPER SOUP</u> 1:00 <u>DR. NICK & GLORIA CONCERT</u> 2:00 Table Tennis
24 10:00 Silver Chords Out 12:00 Lunch Club 12:45 Bingo 12:45 Hit the Spot <u>Meat Lasagna</u>	25 8:00 <u>COUNTRY STARS TRIBUTE TRIP</u> 10:00 <u>WARREN KLING</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	26 9:00 <u>HIKING</u> 9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Chain Gang	27 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 2:30 Stretch & Strengthen <u>Mild Chili</u>	28 11:30 <u>M&C COOK OFF</u> 1:00 <u>MOVIE</u> 2:00 Table Tennis 
<div style="border: 2px dashed black; padding: 10px; text-align: center;"> MUSIC MAKERS CONCERT SATURDAY, APR. 1ST @ 1:00 PM </div>		<div style="border: 1px solid black; padding: 5px;"> <p>No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.</p> </div>		