



3235 Chili Avenue
Rochester NY 14624
(585)889-6185

November & December 2017

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

Monday—Friday 9:00 am—4:00 pm

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.

Holiday Music

"New Horizons Band" Concert - Come and enjoy a very talented volunteer ensemble composed of around 40 band members. You will surely be entertained!

Tuesday, Nov. 28th @ 2:00 pm.

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

"Music Makers" Holiday Concert - This awesome band certainly can play some great easy listening, big band and more. Their music will get you in the mood for the holidays.

Friday, Dec. 1st @ 1:00 pm.

Cost: \$2/person. Please sign up & pay in advance.

"For Singing's Sake" Concert - This female vocal ensemble is terrific. They sing songs that take you down memory lane.

Monday, Dec. 4th @ 6:00 pm.

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

"Brockport Big Band" Concert - Bring your friends to this awesome concert. Hear this great jazz band as they come to share some holiday music.

Tuesday, Dec. 5th @ 7:00 pm.

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

"Josie Waverly's Country Christmas" Concert - Josie's back & ready to celebrate the season as she returns to the Chili Senior Center. Join your friends for a fabulous concert.

Friday, Dec. 8th @ 11:00 am.

Cost: \$3/person. Please sign up & pay in advance.

"American Jukebox" Holiday Concert - Enjoy some upbeat music of the season. The music is superb & delightful.

Sunday, Dec. 10th @ 1:00 pm.

Cost: \$2/person, Please sign up & pay in advance.

"Christmas Brass" Concert - This is an awesome group of brass players from a variety of Drum and Bugle Corps in the area. We are thrilled to have them back.

Saturday, Dec. 16th @ 12:30 pm.

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



"Heart of the South" - September 2018 8 days - 5 cities

presented by Van Zile Travel & Trafalgar Tours

Atlanta, GA, CNN Worldwide Headquarters, Asheville, NC, Great Smoky Mountains National Park, Gatlinburg, TN, Cumberland Gap National Historical Park, Lexington, KY, Buffalo Trace Distillery, Louisville, KY, Churchill Downs and much more!



INFORMATION MEETING

Wednesday, Nov. 8th @ 2:00 pm.

Please sign up at the desk in advance.

Limburger Cheese/Liverwurst Sandwich Luncheon

Enjoy all the fixings: rye bread, limburger cheese or liverwurst, butter, mustard, and of course red onion! Chips, pickle and beverage included.

Tuesday, Nov. 21st @ 11:45 am.

Cost: \$6/person for 1 sandwich

\$10/person for 2 sandwiches

Must sign up & pay by Tuesday, Nov. 14th.

Lunch Club 60 Christmas Party - Mark your calendar and help us celebrate Christmas. Enjoy roast ham slice with raisin sauce, fresh mashed potatoes, green bean almondine, dinner roll & holiday dessert. Please be sure to sign up early, as we always have a full house for this great meal!

Monday, Dec. 18th Cost: \$5/person. CASH ONLY!

Christmas Music @ 11:00 am.

Christmas Lunch @ 12:00 pm.

LUNCH CLUB 60 RESUMES Thursday, January 4th



PLEASE BE SURE YOU SIGN UP FOR
JANUARY LUNCHESES BEFORE
FRIDAY, DECEMBER 15th

Wishing each of you a Thanksgiving to count your blessings, a Christmas to celebrate all the gifts you have given and received throughout the year and a New Year to look forward to the life that God grants us every day.

Mary Anne, Gwen, Pam & Michael



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!

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.

Eldersource - An Eldercare advisor will be at the Center to provide guidance in eldercare situations. No appointment is necessary. First come, first served.

Mondays, Nov. 13th & Dec. 11th from 10:00 am - Noon.

Blood Pressure Monitoring - It's important to have your blood pressure checked on a regular basis. No appointment is needed. Please note: This does not take the place of regular check ups by your doctor.

1st Thursday of the Month

10:30 am until Noon

Cost: FREE!

Stretch & Strengthen - Join us for some exercise fun to keep us strong, flexible and improve coordination.

Tuesdays @ 1:00 - 2:00 pm

Thursdays @ 2:30 - 3:30 pm

Cost: FREE!

Have a Ball Fitness Class: 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!

Thursdays @ 1:00 pm.

Cost: FREE!

Medicare Workshop Update for 2018 - This presentation by a Lifespan Certified HICAP Counselor is designed to help Medicare beneficiaries understand Medicare & related private health insurance options for 2018. Lifespan provides objective, unbiased information about original Medicare, prescription drug & Medicare Advantage plans. A comprehensive Medicare Advantage Plan comparison table for Monroe County will be distributed.

Wednesday, Nov. 15th from 10:00 - 11:00 am.

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

Excellus Health Group Session - Individuals who are shopping for Medicare coverage can attend a free Excellus BlueCross BlueShield seminar to learn more about your health insurance options including Medicare Advantage, Medicare supplement plans, the basics of Medicare & Part D coverage gap.

Friday, Nov. 17th @ 10:00 am. Cost: FREE!

Soldiers Wish List We have a list of suggested items at the Center. Purchase any items and bring them back to the Center. We collect items year round and boxes are shipped each month to our overseas men and women. Monetary donations to cover and defray shipping cost are welcomed.



Sweets for our Soldiers Please consider bringing your leftover wrapped candy to the Center to send to our men and women overseas. If you don't have any left, how about buying some?

Bring all candy to the Center **NO LATER THAN THURSDAY, NOV. 9TH.**

BREAKFAST CLUB 60 -

YOUR FIRST BREAKFAST IS FREE!

Egg White Patty or Omelet, both served with Cheese, Potato Patty, Sausage or Ham, Biscuit, Wheat Toast or English Muffin, or French Toast Sticks, served with Sausage, Ham or Potato Patty or Breakfast Burrito (Filled with Scrambled Egg, Sausage, Cheese, Peppers & Tomatoes), served with Potato Patty.

All breakfast's are served with 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

Nov. 28th & Dec. 1st, Jan. 16th & 19th

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

PLEASE SIGN UP IN ADVANCE.

CHILI RESIDENTS HAVE PRIORITY!

Bunco Fun - Join us in playing this fun dice game.

Everyone is welcome.

Mondays, Nov. 13th & 27th, Dec. 11th @ 1:30 pm.

Cost: FREE!!!

Zentangle - All materials are provided.

Thursdays, Nov. 16th, Dec. 7th, 21st.

Cost: FREE!

Armchair Travel - "Falling in Love with Ottawa" - 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!

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

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

Armchair Travel - "Christmas Markets" - It's Christmas time! Come and enjoy seeing some Christmas Markets from the comfort of your chair at the Senior Center.

Tuesday, Dec. 5th @ 10:00 am.

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

ORDER YOUR CHILI SENIOR CENTER SHIRTS TODAY!

YOU MUST PAY IN FULL WHEN ORDERING - CASH OR CHECK

Full Zip Hoodie Sweatshirt, \$26-\$32

Crew Neck Sweatshirt, \$18-\$22

1/4 Zip Sweatshirt, \$29-\$32




Polo Shirt, \$23-\$25

Sizes - XS, S, M, L, XL, 2XL, 3XL



Last day to order Friday, Nov. 17th



November 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 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>2 FOOTCARE</p> <p>9:30 Mahjongg 10:30 Blood Pressure 11:30 BIRTHDAYS 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen Tacos w/Ground Beef</p>	<p>3</p> <p>9:00 TAI CHI 10:30 St. Pius Meeting NO TABLE TENNIS TODAY</p>
		<p>6</p> <p>10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo</p> <p>Spinach Quiche</p>	<p>7</p> <p>NO CENTER ACTIVITIES</p> <p>ELECTION DAY</p> 	<p>8</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 10:30 TULLY'S LUNCH 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 2:00 HEART OF THE SOUTH INFO MEETING</p>
<p>13 FOOTCARE</p> <p>10:00 Silver Chords-Out 10:00 ELDERSOURCE 12:00 Lunch Club 12:45 Bingo 1:30 Bunco</p> <p>Breaded Haddock w/Tartar Sauce</p>	<p>14</p> <p>9:00 TAI CHI 10:00 ARMCHAIR TRAVEL-OTTAWA 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>15</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 10:00 LIFESPAN MEDICARE UPDATE 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>16</p> <p>9:30 Mahjongg 11:15 NUTRITION EDUC. 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen Stuffed Cabbage w/Sauce</p>	<p>17</p> <p>9:00 TAI CHI 10:00 EXCELLUS GROUP SESSION 12:00 APPLE DUMPLINGS & JON SEIGER CONCERT 3:00 Table Tennis</p>
<p>20 FOOTCARE</p> <p>10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo</p> <p>Sloppy Joe on Bun</p>	<p>21</p> <p>9:00 TAI CHI 11:45 LIMBURGER & LIVERWURST LUNCH 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>22</p> <p>9:00 DECK THE HALLS 9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>23</p> <p>CLOSED</p>  <p><i>Happy Thanksgiving! To You And Your Family</i></p>	<p>24</p> <p>CLOSED</p>
<p>27</p> <p>10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo 1:30 Bunco</p> <p>BBQ Pork Riblet on Bun</p>	<p>28</p> <p>9:00 TAI CHI 9:00 AARP 12:30 Bridge 1:00 Stretch & Strengthen 2:00 NEW HORIZONS CHRISTMAS CONCERT NO TABLE TENNIS TODAY</p>	<p>29</p> <p>9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>30 FOOTCARE</p> <p>9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen</p> <p>Pub Burger w/Condiments</p>	

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		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.		1 9:00 <u>AARP</u> 1:00 <u>MUSIC MAKERS CONCERT</u> 3:00 Table Tennis 6:00 <u>TOWN OF CHILLI CHRISTMAS CELEBRATION</u>
4 FOOTCARE 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo 6:00 <u>FOR SINGING'S SAKE CONCERT</u> <u>Stuffed Pepper w/Sauce</u>	5 10:00 <u>ARM CHAIR TRAVEL-CHRISTMAS MARKETS</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis 7:00 <u>BROCKPORT BIG BAND CONCERT</u>	6 8:00 <u>HOLIDAY TRIP</u> 9:00 Chili Carvers NO Breakfast Club 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	7 FOOTCARE 9:30 Mahjonn 10:30 Blood Pressure 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen <u>Breaded Haddock w/Tartar Sauce</u>	8 11:00 <u>JOSIE COUNTRY CHRISTMAS CONCERT</u> 2:00 Table Tennis <u>SUNDAY</u> 10 1:00 <u>AMERICAN JUKEBOX CONCERT</u>
11 FOOTCARE 10:00 Silver Chords-Out 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo 1:30 Bunco <u>Broccoli & Cheese Topped Baked Potato</u>	12 12:30 Bridge 12:30 <u>BRIDGE CHRISTMAS SOCIAL</u> 12:30 <u>S & S CHRISTMAS SOCIAL</u> 1:00 Stretch & Strengthen 2:00 Table Tennis	13 9:00 Chili Carvers 11:00 <u>CARVERS CHRISTMAS LUNCH</u> 9:00 Breakfast Club 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 1:00 <u>CHAIN GANG CHRISTMAS LUNCH</u>	14 FOOTCARE 9:30 Mahjonn 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Stuffed Cabbage w/Sauce</u>	15 <h2 style="text-align: center;">No CENTER ACTIVITIES</h2> <u>SATURDAY</u> 16 12:30 <u>CHRISTMAS BRASS CONCERT</u>
18 10:00 Silver Chords-Out 11:00 <u>CHRISTMAS PARTY</u> 12:00 Lunch Club 12:45 Bingo <u>HOLIDAY DINNER</u> <u>Roast Ham Slice w/ Raisin Sauce</u>	19 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	20 9:00 Chili Carvers 9:00 Breakfast Club 12:00 Euchre 1:00 <u>EUCHRE CHRISTMAS SOCIAL</u> 1:00 Canasta 1:00 Chain Gang	21 9:30 Mahjonn 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen <u>Steak Diane w/ Mushroom Sauce</u>	22 1:00 <u>MOVIE</u> 2:00 Table Tennis
	26 <h2 style="font-size: 1.5em;">CLOSED</h2>	27 <h2 style="font-size: 1.5em;">CLOSED</h2>	28 <h2 style="font-size: 1.5em;">CLOSED</h2>	29 <h2 style="font-size: 1.5em;">CLOSED</h2> CHILI SENIOR CENTER REOPENS TUESDAY, JAN 2ND