



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

Monday—Friday 9:00 am—4:00 pm

May & June 2018

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.

"A Golden Era of Music" - Cabaret Style - Daniel Henry will be sharing the sounds of the Rat Pack, Nat King Cole, Bobby Darin, Michael Bubl , and many more.

Wednesday, May 16th.

Doors open @ 5:00 pm, Music starts @ 6:00 pm.

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

Marcy Downey "Legends of Laughter and Song" - "Best of the best!" Top hits and comedy bits from legends such as Diana Ross, Cher, Frank & Dean, Barbara Streisand, Dionne Warwick, Lily Tomlin, Phyllis Diller, Dolly Parton, & many more.

Friday, May 25th @ 1:00 pm.

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

"Sing Along" - If you enjoy music & like to sing songs from the past, then join us. We have awesome musicians & sing along sheets for you to follow. Refreshments will be served.

Friday, June 1st @ 1:00 pm.

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

"For Singing's Sake" - This is a female vocal ensemble that loves to sing! They sing songs that take you back in time, through the years!

Monday, June 4th @ 6:00 pm

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

"Musique" Concert - Sit back and enjoy a variety of music for your listening pleasure. Take a stroll down memory lane! Enjoy an ice cream sundae after the entertainment.

Friday, June 8th @ 11:30 am.

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

"Tribute to Patsy Cline" - Geoffrey Clough & Cyndi Kingsley will tell us about Patsy's life & how she climbed the ladder to success. Enjoy some of her favorite songs that she recorded. Refreshments will be served, of course.

Friday, June 15th @ 1:00 pm.

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



Autumn in Canada & New England - October 2019 Sponsored by AAA travel

"Regal Princess Cruise." If you don't like to fly, then this is the trip for you! We will be departing Chili via motor coach for our NYC departure.

Information Meeting - Monday, June 11th @ 2:00 pm.

Please sign up at the desk in advance.

UPCOMING TRIPS



More information on trips at the Center.

Sunday at Chautauqua - Includes a sit-down luncheon in Olive's Restaurant. Open seating for the 2:30 pm US Army Field Band & Soldiers Chorus Concert, performed in the new Amphitheater on the Chautauqua Institute Grounds.

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

Sunday, June 24th. Cost: \$83/person. Limited to 15 people.

Chautauqua House Tour - Includes a sit-down luncheon in Olive's Restaurant. Followed by tour of selected cottages & homes open for the bi-annual Bird-Tree & Garden Club House Tour. **Lots of walking & standing.**

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

Thursday, July 12th. Cost: \$125/person. Limited to 15 people.

Hawaiian Luncheon Cruise, Watkins Glen - Includes 2-hour Seneca Lake Luncheon Cruise featuring Hawaiian music and entertainment! Private tour and wine tasting at the Finger Lakes Boating Museum.

THIS IS A KONING DAYTOURS EXCLUSIVE!

Thursday, July 26th. Cost: \$106/person. Limited to 20 people.

PUBLIC INFORMATION MEETING SCHEDULE

The Chili Town Board invites you to join them for a series of public meetings for the proposed development of a new Community Center project.

May 9th - 11:00 am-1:00 pm & 5:00-7:00 pm

Chili Senior Center - 3235 Chili Avenue

*****No Programs at Chili Senior Center on May 9th*****

May 17th - 10:00 am-1:00 pm & 6:00-8:00 pm

Chili Public Library, 3333 Chili Avenue

May 23rd - 12:00-3:00 & 5:00-8:00 pm

Chili Community Center, 4400 Buffalo Road



ORDER YOUR CHILI SENIOR CENTER SHIRTS TODAY!

PAY IN FULL WHEN ORDERING CASH OR CHECK

Warmer weather is on the way, so we are taking orders for long & short sleeve t-shirts.

Short Sleeve T-Shirts - S-XL \$13, 2XL \$15, 3XL \$16

Long Sleeve T-Shirts - S-XL \$17, 2XL \$19, 3XL \$20



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, May 14th & June 11th from 10:00 am - Noon.

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

Tuesdays from 1:00 to 2:00 pm.

Thursdays from 2:30 to 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, and improve your balance. Come try it out!

Thursdays @ 1:00 pm.

Cost: FREE!

Excellus Health Care - Do you have questions concerning your health care & insurance coverage? Stop in and talk to a representative on an individual basis.

Wednesdays, May 9th & June 13th from 10 am to Noon.

Hiking Adventures - It's that time of year again. We welcome all hikers whether you have hiked before or not. We want you! Information is available at the Center.

Summer Line Dancing @ Chili Senior Center

Tuesdays from 9:30-11:00 am.

June 5th, 12th, 26th, July 3rd, 10th, 24th, 31st.

No Classes on June 19th, July 17th.

Cost: \$2/person/week.

Please pay & sign in at the desk each week.

Mystery Lunch - June - Enjoy some great American food.

Wednesday, June 6th @ 10:30 am Return ~ 1:30 pm.

Van Cost: \$2/person.

Lunch Cost on own \$4-10. Please sign up & pay in advance.

Rise and Shine Breakfast & Game Time

Join us for Michael's Breakfast Casserole, Juice, Coffee /Tea. After breakfast stay & play a favorite game or learn a new one!

Tuesday, May 8th @ 9:00 am

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

"History of the Hamburger" - is filled with interesting stories about the many hamburger chains that now sell this typical American food. Sign up for the Burger Bar luncheon after the presentation.

Friday, June 29th - Presentation @ 10:30 am.

Luncheon @ 11:45 am.

Cost: FREE!! for Presentation. \$5/person for Burger Bar.

Includes hamburger, toppings, chips, beverage, & dessert.

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.

AARP SMART DRIVER - UPCOMING CLASSES



Tuesdays & Fridays 9:00 am - Noon

May 15th & 18th, June 19th & 22nd, July 17th & 20th

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

PLEASE SIGN UP IN ADVANCE.

CHILI RESIDENTS HAVE PRIORITY!

Complimentary Community Blood Pressure Checks

Stop in to have one of the professional and caring providers from the CHS Mobile Integrated Healthcare check your blood pressure. Learn what the numbers mean and what they mean to your health. **Cancelled for May 9th.**

The second Wednesday of each month

from 1:00 pm to 2:30 pm.



Blood Pressure checks also on the first Thursday of the month from 10:30 am - 12:00 pm.

CHS Mobile Integrated Healthcare "CPR"

You may have heard the word "CPR," read about it, or maybe even know someone who may have lived because of this. CHS Mobile Integrated Healthcare will be here to demonstrate "Hands Only" CPR and answer any questions you may have. All are welcome to join us.

Monday, June 18th @ 11:00 am. Please sign up at the desk.

"Living Healthy" Presented by Lifespan

Do you have an ongoing health condition? Do you want to take charge of your life? This is a 6-week workshop for adults with a chronic or limiting health condition. Caregivers are also welcome to attend. Plan to attend ALL 6 weeks.

Thursdays - 1:30 - 4:00 pm. Limited signup.

June 7th Overview of Self Management & Chronic Conditions & Using Your Mind to Manage Symptoms

June 14th Difficult Emotions, Fitness and Exercise

June 21st Better Breathing, Pain and Fatigue

June 28th Nutrition, Future Plans for Health Care, Communication

July 5th Medications, Making Treatment Decisions, Depression

July 12th Working with Health Care Professional, Future Plans

The workshop includes textbooks & a CD. Feedback, problem solving, & action plans are part of each session.

Refreshments will be served at each session.

Cost: \$10/person. You must sign up at the desk in advance.

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!

FOOD FOR SENIOR ASSISTANCE

SWEM - 585-235-4491

Pearce Food Cupboard - 585-594-9488






Grace Covenant Food Pantry - 585-889-2130



May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	2 9:00 <u>HELMER TRAIL HIKE</u> 9:00 Chili Carvers 10:30 <u>MYSTERY LUNCH</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	3 9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen NATIONAL DAY OF PRAYER <u>Tuna Salad w/Lettuce & Tomato on Thinwich</u>	4 11:30 <u>WELCOME SUMMER PICNIC</u> 2:00 Table Tennis 
7 FOOTCARE 10:00 Silver Chords-Out 10:00 <u>ESSENTIAL OILS 101</u> 11:15 <u>NUTRITION ED</u> 12:00 Lunch Club 12:45 Bingo <u>Breaded Haddock w/Tartar Sauce</u>	8 9:00 <u>RISE & SHINE BREAKFAST</u> 10:00 <u>GAME TIME</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	9 9:00 <u>ISSAC GORDON HIKE</u> 10:00 <u>EXCELLUS NO ACTIVITIES</u> <u>CHILI COMMUNITY CENTER PUBLIC MEETING</u> <u>11:00 AM - 1:00 PM</u> <u>5:00 PM - 7:00 PM</u>	10 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen HONOR MOTHERS <u>Pork Roast w/Dressing</u>	11 9:15 <u>MC BINGO</u> 2:00 Table Tennis 
14 FOOTCARE 10:00 Silver Chords-Out 10:00 <u>ESSENTIAL OILS 101</u> 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo <u>Chicken ala King</u>	15 9:00 <u>AARP</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis 	16 9:00 <u>COBBS HILL HIKE</u> 9:00 Chili Carvers 10:45 <u>LILAC FESTIVAL</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 6:00 <u>GOLDEN ERA CONCERT</u>	17 FOOTCARE 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Hot Roast Beef Sandwich w/Gravy</u>	18 9:00 <u>AARP</u> 2:00 Table Tennis 1:00 <u>MOVIE - "MURDER ON THE ORIENT EXPRESS" (2017)</u>
21 FOOTCARE 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo <u>Goulash w/Ground Beef</u>	22 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	23 9:00 <u>MAPLEWOOD HIKE</u> 9:00 Chili Carvers 10:00 <u>SPRING FLING</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	24 FOOTCARE 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Broccoli Cheese Topped Baked Potato</u>	25 1:00 <u>"MARCY DOWNEY" CONCERT</u> 3:00 Table Tennis 
28 <u>CLOSED</u> 	29 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	30 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 	31 8:30 <u>PUBLIC MARKET</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Rosemary Oven Browned Chicken 1/4</u>	

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH CLUB 60 SUGGESTED CONTRIBUTION IS \$3.00/PERSON</p> <p>PLEASE BE SURE YOU SIGN UP FOR LUNCHESES AT LEAST TWO WEEKS IN ADVANCE</p> 		<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>		<p>1</p> <p>10:30 <u>St. Pius</u></p> <p>1:00 <u>SING ALONG</u></p> <p>2:00 Table Tennis</p>
<p>4 FOOTCARE</p> <p>10:00 Silver Chords-In 12:00 Lunch Club 12:45 Bingo 6:00 <u>FOR SINGING'S SAKE CONCERT</u></p>  <p><u>Stuffed Pepper w/Sauce</u></p>	<p>5</p> <p>9:30 <u>LINE DANCING</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p>	<p>6</p> <p>9:00 Chili Carvers 10:30 <u>MYSTERY LUNCH</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>7 FOOTCARE</p> <p>9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 <u>LIVING HEALTHY</u> 2:30 Stretch & Strengthen <u>Chicken Breast w/Lettuce, Tomato & Mayo on Bun</u></p> 	<p>8</p> <p>11:30 <u>"MUSIQUE" & ICE CREAM SOCIAL</u> 2:00 Table Tennis</p>
<p>11 FOOTCARE</p> <p>10:00 Silver Chords-Out 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo 2:00 <u>CRUISE MEETING</u></p> <p><u>Pub Burger w/Catsup, Mustard, Relish, & Chopped Onion</u></p>	<p>12</p> <p>9:30 <u>LINE DANCING</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis</p> 	<p>13</p> <p>9:00 Chili Carvers 10:00 <u>EXCELLUS</u> 12:00 Euchre 1:00 <u>BLOOD PRESSURE</u> 1:00 Canasta 1:00 Chain Gang</p>	<p>14 FOOTCARE</p> <p>9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 <u>LIVING HEALTHY</u> 2:30 Stretch & Strengthen <u>HONOR FATHERS Steak Diane w/Mushroom Sauce</u></p>	<p>15</p> <p>9:00 <u>AARP</u> 10:00 <u>BLACK JACK FUN</u> 1:00 <u>"PATSY CLINE"</u> 2:00 Table Tennis</p>
<p>18</p> <p>10:00 Silver Chords-Out 11:00 <u>CHS "CPR" DEMO</u> 12:00 Lunch Club 12:45 Bingo</p> <p><u>Italian Sausage Pasta & Sauce</u></p>	<p>19</p> <p>9:00 <u>AARP</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis <u>12-9 PM COMMUNITY CENTER VOTE AT CHILL TOWN HALL</u></p>	<p>20</p> <p>9:00 <u>HIKING</u> 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>21</p> <p>9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 <u>LIVING HEALTHY</u> 2:30 Stretch & Strengthen <u>Chicken 1/4 w/BBQ Sauce</u></p>	<p>22</p> <p>9:00 <u>AARP</u> 2:00 Table Tennis</p> <p>24</p> <p>TBA <u>SUNDAY AT CHAUTAUGUA</u></p>
<p>25 FOOTCARE</p> <p>12:00 Lunch Club 12:45 Bingo</p> <p><u>Goulash w/Ground Beef</u></p>	<p>26</p> <p>9:30 <u>LINE DANCING</u></p> <p>NO PROGRAMS AFTER 11:30 AM VOTING</p> 	<p>27</p> <p>9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>28</p> <p>8:30 <u>PUBLIC MARKET</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 <u>LIVING HEALTHY</u> 2:30 Stretch & Strengthen <u>Chili Topped Baked Potato w/Shredded Cheese & Sour Cream</u></p>	<p>29</p> <p>10:30 <u>"HISTORY OF THE HAMBURGER"</u> 11:45 <u>BURGER BAR LUNCH</u> 2:00 Table Tennis</p> 