



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

November & December 2018

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.

“Don Newcomb” Don will share some classic rock & roll and country songs with you.

Tuesday, Nov. 20th @ 2:30 pm.

Please sign up in advance.

Cost: FREE! Includes refreshments.



“Top Brass” Enjoy some great sounds of Dixieland, Swing, & Big Band music. This is a great way to spend a morning.

Friday, Nov. 30th @ 11:00 am. Please sign up in advance.

Cost: FREE!, includes refreshments.

“American Jukebox” Big Band Music taking you through the decades. This is one of the favorite groups from our summer concerts. Enjoy some holiday music.

Sunday, Dec. 2nd @ 1:00 pm. Please sign up & pay in advance.

Cost: \$2/person, includes refreshments.

“For Singing’s Sake” This is a female vocal ensemble that loves to sing! They sing songs that take you back in time.

Monday, Dec. 3rd @ 6:00 pm. Please sign up in advance.

Cost: FREE! Includes refreshments.

“Bobby Neusatz” (formerly with Len Hawley). Come enjoy his great keyboard & vocal music.

Tuesday, Dec. 4th @ 2:15 pm. Please sign up in advance.

Cost: FREE! Includes refreshments.

“Brockport Big Band” Join us for a great holiday concert. This band is wonderful & will rev up your holiday spirit.

Tuesday, Dec. 4th @ 7:00 pm. Please sign up in advance.

Cost: FREE! Includes refreshments.

“Dr. Nick & Gloria” You asked for it so the “Dr. Nick and Gloria Showband” is returning to entertain you here at the Chili Senior Center. Enjoy a variety of music including light rock, swing, jazz, & show tunes.

Friday, Dec. 7th @ 1:00 pm. Please sign up & pay in advance.

Cost: \$2/person, includes refreshments.

“Josie Waverly” Josie’s coming back again! Come enjoy a great concert!

Saturday, Dec. 15th @ 1:00 pm.

Please sign up & pay in advance.

Cost: \$3/person, includes refreshments.

“Roxanne Ziegler & Mitzie Collins” These ladies have been performing as a duo since 1984. The combination of the harp & the hammered dulcimer is beautiful. The concert will include folk melodies, popular standards, hymns, & holiday favorites.

Tuesday, Dec. 18th @ 11:00 am.

Please sign up & pay in advance.

Cost: FREE! Includes refreshments.

Holiday Legends Show - Motorcoach Trip

Includes: sit down luncheon & holiday music show starring Jimmy Mazz singing classic, contemporary, ballads, & holiday tunes. Presented at New York Mill Twin Ponds Golf & Country Club. Driving tour to view the Lights on the Lake illuminated holiday displays on the shores of Onondaga Lake.

Tuesday, Nov. 27th. Depart: 8:00 am. Return ~7:30 pm.

Cost: \$98/person.

Sheriff Gift Wrap Help make the holiday bright for others! Transportation provided.

Thursday, Nov. 15th @ 8:30 am.

Returning around 11:30 am.

Cost: FREE! Please sign up at 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.

Friday, Nov. 16th @ 12:00 pm.

Cost: \$6/person for 1 sandwich.

\$10/person for 2 sandwiches.

Must sign up & pay by Friday, Nov. 9th.

St. Pius Tenth Church Tour

Enjoy a tour of the newly built church. You will discover many interesting and unique facets. Following the devastating fire, it has been a true joy to see the beautiful church today. There is walking involved. Tour is limited in size.

Tuesday, Nov. 20th.

Meet at Senior Center @ 12:45 pm.

Cost: FREE! Please sign up in advance.

Lunch Club 60 Christmas Party - Mark your calendar and help us celebrate Christmas. Enjoy Roast Ham Slice w/Raisin Sauce, Mashed Potatoes, Vegetable, Roll, & Holiday Dessert.
PLEASE BE SURE TO SIGN UP BY NOV. 26TH.

Monday, Dec. 17th Cost: \$5/person. CASH ONLY!

Christmas Lunch @ 12:00 pm.

LUNCH CLUB 60 RESUMES Thursday, January 3rd



PLEASE BE SURE YOU SIGN UP FOR
JANUARY LUNCHESES BEFORE
FRIDAY, DECEMBER 14th

THE CENTER WILL BE CLOSED FROM FRIDAY, DEC. 21ST THROUGH TUESDAY, JAN. 1ST. WE WILL RE-OPEN ON WEDNESDAY, JAN. 2ND.

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.

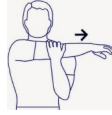
Mondays, Nov. 5th & Dec. 3rd from 10:00 am - Noon.

Stretch & Strengthen - Join us for some exercise fun to keep us strong, flexible, & 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!

Complimentary Community Blood Pressure Checks

Stop in to have one of the professional & caring providers from the CHS Mobile Integrated Healthcare check your blood pressure.



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.



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 have the flyers for you! Trip is confirmed & we have several people signed up already. Don't miss out on this awesome adventure. **Stop in for information.**

Zentangle - Presented by Marilyn Colby.
Zentangle is an easy-to-learn, relaxing, & fun way to create beautiful images by drawing structured patterns. Anyone can use it to create beautiful images. It increases focus & creativity & provides artistic satisfaction along with an increased sense of personal well-being.
Thursdays, Nov. 1st, 15th, & Dec. 6th, 20th from 1:30-2:30 pm.
Cost: FREE!

HEALTH CARE

Medicare Update for 2019 - This presentation by a Lifespan Certified HHCAP Counselor is designed to help Medicare beneficiaries understand Medicare & related private health insurance options for 2019. Lifespan provides objective, unbiased information about original Medicare, prescription drug and Medicare Advantage plans. A comprehensive Medicare Advantage Plan comparison table for Monroe County will be distributed.
Monday, Nov. 5th @ 10:00 am. Please sign up in advance.

Medicare Plans Seminar by Excellus - Individuals who are turning 65 or shopping for Medicare coverage can attend a free seminar to learn more. Please sign up in advance.
Tuesday, Nov. 20th @ 10:00 am.

United Health Care - A sales person will be present with information & applications. For accommodation of persons with special needs call 1-800-555-5757, TTY 711.
Wednesday, Nov. 7th - 11:00 am-1:00 pm. - One-to-one.
Thursday, Nov. 15th - 9:00-11:00 am. - One-to-one.

Simple Medicare Reviews - with Jodie
Wednesday, Nov. 21st from 11:00 am - 12:30 pm.
Thursday, Dec. 6th from 11:00 am - 12:30 pm.

IT'S TIME TO CELEBRATE CHRISTMAS WITH YOUR FRIENDS AT THE CHILI SENIOR CENTER!

- TABLE TENNIS CHRISTMAS SOCIAL**
Friday, Dec. 7th @ 2:30 pm.
Cost: \$2/person. Please sign up & pay in advance.
- BRIDGE CHRISTMAS SOCIAL**
Tuesday, Dec. 11th @ 12:30 pm.
Cost: \$2/person. Please sign up & pay in advance.
- STRETCH & STRENGTHEN CHRISTMAS SOCIAL**
Tuesday, Dec. 11th @ 12:30 pm.
Cost: \$2/person. Please sign up & pay in advance.
- EUCHRE/CANASTA CHRISTMAS SOCIAL**
Wednesday, Dec. 12th @ 12:30 pm.
Cost: \$2/person. Please sign up & pay in advance.
- WOODCARVERS CHRISTMAS PARTY**
Wednesday, Dec. 19th @ 11:00 am.
Cost: \$5/person. Please sign up & pay in advance.
- CHAIN GANG CHRISTMAS PARTY**
Wednesday, Dec. 19th @ 1:00 pm.
Cost: \$5/person. Please sign up & pay in advance.






AARP SMART DRIVER - UPCOMING CLASSES
Tuesdays & Fridays 9:00 am - Noon
Nov. 13th & 16th, No Dec. Class, Jan. 15th & 18th
\$20/AARP MEMBER, \$25/OTHERS
PLEASE SIGN UP IN ADVANCE.
CHILI RESIDENTS HAVE PRIORITY!


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



November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH CLUB 60 SUGGESTED CONTRIBUTION IS \$3.50/PERSON</p> <p>PLEASE BE SURE YOU SIGN UP FOR LUNCHESES AT LEAST TWO WEEKS IN ADVANCE</p> 		<p>CELEBRATING- MICKEY MOUSE'S 90TH BIRTHDAY NOV. 1ST</p> 	<p>1</p> <p>9:30 PRESIDENTS</p> <p>9:30 Mahjongg</p> <p>10:30 BLOOD PRESSURE</p> <p>11:30 BIRTHDAYS</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>1:30 Zentangle</p> <p>2:30 Stretch & Strengthen</p> <p>Harvest Chili</p>	<p>2</p> <p>10:30 St. Pius</p> <p>2:00 Table Tennis</p> <hr/> <p>3</p> <p>9:15 VETERANS CELEBRATION</p>
<p>5 FOOTCARE</p> <p>10:00 MEDICARE UPDATE LIFESPAN</p> <p>10:00 ELDERSOURCE</p> <p>10:00 Silver Chords</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:30 MATTER OF BALANCE</p> <p>Country Captain</p> <p>Chicken w/Brown Rice</p>	<p>6 NO PROGRAMS VOTING</p> 	<p>7</p> <p>9:00 Chili Carvers</p> <p>11:00 UNITED HEALTH CARE</p> <p>12:00 Euchre</p> <p>12:30 HOT DOG WEDNESDAY</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>8 FOOTCARE</p> <p>9:30 Mahjongg</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>2:00 CREATIVE EXPRESSIONS 1</p> <p>2:30 Stretch & Strengthen</p> <p>THANKSGIVING LUNCH</p> <p>Roast Chicken Breast</p>	<p>9</p> <p>9:30 VOLUNTEER BRUNCH</p> <p>1:00 MOVIE</p> <p>2:00 Table Tennis</p>
<p>12</p> <p>CLOSED</p> <p>Observance of Veterans Day</p>	<p>13</p> <p>9:00 AARP</p> <p>12:30 Bridge</p> <p>1:00 Stretch & Strengthen</p> <p>2:30 SQUARE DANCING FUN</p>	<p>14</p> <p>9:00 Chili Carvers</p> <p>10:30 NOV. MYSTERY LUNCH</p> <p>12:00 Euchre</p> <p>1:00 BLOOD PRESSURE</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>15 FOOTCARE</p> <p>8:30 SHERIFF'S GIFT WRAP</p> <p>9:00 UNITED HEALTH CARE</p> <p>9:30 Mahjongg</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>1:30 Zentangle</p> <p>2:30 Stretch & Strengthen</p> <p>Macaroni & Cheese</p>	<p>16</p> <p>9:00 AARP</p> <p>12:00 LIMBURGER & LIVERWURST LUNCH</p> <p>2:00 Table Tennis</p>
<p>19 FOOTCARE</p> <p>10:00 Silver Chords</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:30 MATTER OF BALANCE</p> <p>Potato Crusted Tilapia w/Tartar Sauce</p>	<p>20</p> <p>10:00 EXCELLUS</p> <p>12:30 Bridge</p> <p>12:45 ST. PIUS TOUR</p> <p>1:00 Stretch & Strengthen</p> <p>2:30 DON NEWCOMB CONCERT</p>	<p>21</p> <p>9:00 DECK THE HALLS</p> <p>9:00 Chili Carvers</p> <p>11:00 MEDICARE REVIEWS</p> <p>12:00 Euchre</p> <p>12:30 HOT DOG WEDNESDAY</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>22</p> <p>CLOSED</p> <p>Happy Thanksgiving</p>	<p>23</p> <p>CLOSED</p> <p>Happy Thanksgiving</p>
<p>26</p> <p>10:00 Silver Chords</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>2:00 BUNCO FUN</p> <p>Stuffed Pepper w/Sauce</p>	<p>27</p> <p>8:00 HOLIDAY LEGENDS TRIP</p> <p>11:00 SPOOKY GRAVEYARDS</p> <p>12:30 Bridge</p> <p>1:00 Stretch & Strengthen</p>	<p>28</p> <p>9:00 Chili Carvers</p> <p>12:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>29 FOOTCARE</p> <p>9:30 Mahjongg</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>2:00 CREATIVE EXPRESSIONS 2</p> <p>2:30 Stretch & Strengthen</p> <p>Braised Pork Chop w/Gravy</p>	<p>30</p> <p>11:00 TOP BRASS CONCERT</p> <p>2:00 Table Tennis</p> <p>6:00 COMMUNITY TREE LIGHTING</p> <hr/> <p>Sunday, Dec. 2nd</p> <p>1:00 AMERICAN JUKEBOX CONCERT</p>

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 FOOTCARE 10:00 Silver Chords 10:00 <u>ELDERSOURCE</u> 11:15 <u>NUTRITION ED</u> 12:00 Lunch Club 12:45 Bingo 6:00 <u>FOR SINGING'S SAKE CONCERT</u></p> <p><u>"Veggie" Meatballs, Pasta & Sauce</u></p>	<p>4 12:30 Bridge 1:00 Stretch & Strengthen 2:15 <u>BOBBY NEUSATZ CONCERT</u> 7:00 <u>BROCKPORT BIG BAND CONCERT</u></p> 	<p>5 9:00 Chili Carvers 12:00 Euchre 12:30 <u>HOT DOG WEDNESDAY</u> 1:00 Canasta 1:00 Chain Gang</p>	<p>6 FOOTCARE 9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 11:00 <u>MEDICARE REVIEWS</u> 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen <u>Potato Crusted Tilapia w/Tartar Sauce</u></p>	<p>7 1:00 <u>DR. NICK & GLORIA CONCERT</u> 2:15 Table Tennis 2:30 <u>TABLE TENNIS CHRISTMAS SOCIAL</u></p>
<p>10 FOOTCARE 10:00 Silver Chords 12:00 Lunch Club 12:45 Bingo</p> <p><u>Sloppy Joes on Bun</u></p>	<p>11 12:30 Bridge 12:30 <u>BRIDGE CHRISTMAS SOCIAL</u> 12:30 <u>S & S CHRISTMAS SOCIAL</u> 1:00 Stretch & Strengthen</p>	<p>12 9:00 Chili Carvers 12:00 Euchre 12:30 <u>EUCHRE/CANASTA CHRISTMAS SOCIAL</u> 1:00 <u>BLOOD PRESSURE</u> 1:00 Canasta 1:00 Chain Gang</p>	<p>13 FOOTCARE 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:00 <u>CREATIVE EXPRESSIONS 2</u> 2:30 Stretch & Strengthen <u>Pub Burger w/Lettuce, Tomato & Onion on Bun</u></p>	<p>14 11:00 <u>MOVIE</u> 2:00 Table Tennis</p> <hr/> <p>15 1:00 <u>JOSIE CONCERT</u></p>
<p>17 10:00 Silver Chords 11:00 <u>CHRISTMAS CHEER</u> 12:00 Lunch Club <u>NO BINGO</u></p> <p><u>CHRISTMAS LUNCH</u> <u>Roast Ham Slice w/Raisin Sauce</u></p>	<p>18 11:00 <u>ROXANNE & MITZIE CONCERT</u> 12:30 Bridge 1:00 Stretch & Strengthen</p>	<p>19 9:00 Chili Carvers 11:00 <u>CARVERS CHRISTMAS SOCIAL</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 1:00 <u>CHAIN GANG CHRISTMAS SOCIAL</u></p>	<p>20 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle <u>NO Stretch & Strengthen</u></p> <p><u>Steak Diane w/Mushroom Sauce</u></p>	<p>21</p> <p>CLOSED FOR ACTIVITIES</p>
<p>24</p> <p>CLOSED Christmas Eve</p> 	<p>25</p> <p>CLOSED Christmas Day</p> 	<p>26</p> <p>CLOSED</p>	<p>27 28</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <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>	
<p>31</p> <p>CLOSED New Year's Eve</p>	<p>1</p> <p>CLOSED Happy New Year!</p>	<p>2 9:00 <u>UNDECORATE</u> 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>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 1:30 Zentangle 2:30 Stretch & Strengthen <u>Swiss Steak</u></p>	<p>4 10:30 St. Pius 2:00 Table Tennis</p>