



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

February & March 2019

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.

Monday—Friday 9:00 am—4:00 pm

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.

Super Soup & Etc.

Join us for some tasty food to keep us warm on the inside!
You must sign up for each day separately!

Wednesday, Feb. 6th - Italian Wedding
Wednesday, Feb. 27th - Michael's Luncheon Casserole
Wednesday, Mar. 20th - Italian Sausage & Tortellini
Serving @ 11:30 am.

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

"Fat Tuesday" Pancake Breakfast & Game Time

Come enjoy pancakes, bacon, danish, juice, coffee, & tea.
After breakfast stay & play a favorite game or learn a new one. Bring a friend!

Tuesday, Mar. 5th. Breakfast @ 9:00 am. Games @ 10:00 am.

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

Shamrock Tea Party

The Chili Senior Center requests the pleasure of your presence for our latest tea party. Gwen's pulling out her recipe books for some tasty tea treats. Limited sign up.

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

Cost: \$5/person. Please sign-up & pay in advance.



St. Patrick's Day Luncheon & "Ron and Nancy OneSong"

Supervisor Dunning will once again be cooking his infamous potato soup, corned beef, cabbage, potatoes, & carrots. Also includes beverage & dessert. Then sit back & enjoy some great music! Limited sign up.

Friday, Mar. 15th Lunch @ 11:30 am. Concert @ 12:30 pm.

Cost: \$5/person (includes lunch & concert).

Please sign-up & pay in advance.

Sam's Soup & "Sam"wich Day + Game Time

Enjoy a game of Dominos, UNO, SKAT, & others. Then it's time for a grilled cheese sandwich & some homemade vegetable soup. Yummy! **Must sign up by Friday, Mar. 22nd.**

Tuesday, Mar. 26th Games @ 9:30 am. Lunch @ 11:30 am.

Lunch Cost: \$5/person. Please sign-up & pay in advance.

Fish Fry at the Senior Center

Everyone (Including St. Pius) must sign up & pay in advance!
Enjoy a great fish fry - including oven baked potatoes, cole-slaw, bread, tartar sauce. Dessert & beverage included.

Friday, Apr. 5th @ 11:30 am.

Cost: Pending

Please sign-up & pay by **Friday, Mar. 22nd.**

Save the Date!

Wednesday, May 29th

"20"

Watch for more clues!

Oasis Tap Dancers - The Oasis Tappers are a senior group of ladies & gentlemen ages 60-99 who love to tap dance! Wait until you see them dance. You will be envious. The group has been together for many years & they have loads of fun.

Friday, Feb. 22nd @ 1:00 pm. Includes refreshments.

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

"DSP Jazz Trio" - Come & hear this group that's new to the Senior Center. You'll really swing to music by the Gershwins, Cole Porter, Frank Sinatra, Nat King Cole, Louis Armstrong, Miles Davis, & Chuck Mangione. These guys sing & play it all.

Tuesday, Mar. 19th @ 2:15 pm. Includes refreshments.

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



"Musique" Concert - Sit back & enjoy a variety of music while strolling down memory lane.

Tuesday, Mar. 26th @ 2:15 pm. Includes refreshments.

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



"Bobby Neusatz" Concert - (formerly with Len Hawley)
Come enjoy his great keyboard & vocal music.

Friday, Mar. 29th @ 11:00 am. Includes refreshments.

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

Storytelling - A place to share our stories together! Heather Stevenson, of award-winning PUSH Physical Theatre, will be here to guide us through group exercises based on a concept for recalling & describing story details called sense memory. We will create & develop our writing for shared storytelling.

Thursdays 9:00 - 11:00 am. Limited sign-up.

March 7th, 14th, 21st, 28th, April 4th, 11th

COST: FREE! Please sign-up at the desk.

Everyone
Has a Story to Tell!

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.**



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, Feb. 11th & Mar. 11th 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.



The History of Violins - Have you ever wondered how violins were made? How do they produce the beautiful sounds they make? Join Ken Sullivan for this presentation, see some of his award-winning violins, & get a glimpse of what goes on behind the scenes.

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

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



Mended Hearts - Mended Hearts is a national & community based organization that offers the gift of hope to heart disease patients, their families & caregivers. The group offers a variety of programs. Come to hear Bruce's story & the importance of staying active. Everyone is welcome.

Tuesday, Feb. 12th @ 2:30 pm.

Cost: FREE! Please sign-up at the desk in advance. Mended Hearts™



Rochester Patent Medicine Man - In the late 19th century, Rochester was the third largest producer in the U.S. of patent medicines (i.e. over-the-counter-medicines.) Learn about the products, who produced them, & if they worked.

Tuesday, Feb. 26th @ 10:30 am.

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

Breaking up with Sugar - NEW DATES - Are you addicted to sugar? We will learn about the effects added sugar has on the body, & how to recognize it in our foods. We will learn how to break addictive eating patterns. Limited sign-up.

Fridays, Mar. 29th, Apr. 5th, 12th & 26th from 9:30 - 11:00 am.

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

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, Feb. 7th & 21st, Mar. 7th & 21st from 1:30-2:30 pm.

Cost: FREE!

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



WE'RE ON FACEBOOK!

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

WE ARE ON THE WEB!

"www.townofchili.org"

"Thrive Here"
"Senior Citizen Programs"

FOOD FOR SENIOR ASSISTANCE

SWEM - 585-235-4491

Pearce Food Cupboard - 585-594-9488

Grace Covenant Food Pantry - 585-889-2130



AARP SMART DRIVER - UPCOMING CLASSES

Tuesdays & Fridays 9:00 am - Noon

Feb. 19th & 22nd, Mar. 19th & 22nd, & Apr. 23rd & 26th

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

PLEASE SIGN UP IN ADVANCE. CHILI RESIDENTS HAVE PRIORITY!



Peace of Mind - Adam Szeluga & Janet Bratt, of Alvah Halloran & Son Funeral Home, invite you to a seminar "Your Life, Your Legacy", where you will spend time discussing important end of life decisions. You will discover 4 simple steps to planning your final arrangements, bring peace of mind to your family, & have an opportunity to receive a free planning guide.

Tuesday, Mar. 12th @ 2:15 pm.

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

"Writing Without Fear" Workshop with Loekie!

Large variety of writing activities! Fun new ways to write about ourselves, our values, hopes, dreams, goals, strengths, & more! Many proven health benefits! More information is available at the Center.

You are encouraged to attend all sessions.

Mondays Apr 1st through June 10th from 2:00-3:15 pm.

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








Vitality







HEALING

joy

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH CLUB 60 SUGGESTED CONTRIBUTION IS \$3.50/PERSON</p> <p>PLEASE BE SURE YOU SIGN UP FOR LUNCHES 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>10:00 LIFESPAN TAI CHI</p> <p>10:30 St. Pius</p> <p>1:00 MOVIE</p> <p>2:00 Table Tennis</p>
<p>4</p> <p>10:00 Silver Chords</p> <p>11:00 VOICES & VISIONS</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>Macaroni & Cheese</p>	<p>5</p> <p>10:00 HISTORY OF VIOLINS</p> <p>12:30 Bridge</p> <p>1:00 Stretch & Strengthen</p> 	<p>6</p> <p>9:00 Chili Carvers</p> <p>10:00 LIFESPAN TAI CHI</p> <p>11:30 SOUP</p> <p>12:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>7</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>Fajita Chicken w/Rice, Cheese, Lettuce, Tomato, Salsa, & Sour Cream on Tortilla</p>	<p>8</p> <p>10:00 LIFESPAN TAI CHI</p> <p>1:00 VALENTINE CARDS</p> <p>1:00 TEXAS HOLDEM'</p> <p>2:00 Table Tennis</p> 
<p>11</p> <p>10:00 Silver Chords</p> <p>10:00 ELDERSOURCE</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>Mild Chili</p>	<p>12</p> <p>12:30 Bridge</p> <p>1:00 Stretch & Strengthen</p> <p>2:30 MENDED HEARTS</p>  <p>Mended Hearts™</p>	<p>13</p> <p>9:00 Chili Carvers</p> <p>10:00 EXCELLUS</p> <p>10:00 LIFESPAN TAI CHI</p> <p>12:00 Euchre</p> <p>1:00 BLOOD PRESSURE</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>14</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 COLORED PENCIL CLASS</p> <p>2:30 Stretch & Strengthen</p> <p>HAPPY VALENTINE'S DAY</p> <p>Steak Diane w/Mushroom Sauce</p>	<p>15</p> <p>10:00 LIFESPAN TAI CHI</p> <p>1:00 MOVIE</p> <p>2:00 Table Tennis</p>
<p>18</p> <p>CLOSED</p> <p>Presidents' Day</p>	<p>19</p> <p>9:00 AARP</p> <p>12:30 Bridge</p> <p>1:00 Stretch & Strengthen</p> 	<p>20</p> <p>9:00 Chili Carvers</p> <p>10:00 LIFESPAN TAI CHI</p> <p>12:00 Euchre</p> <p>12:00 HOT DOG WEDNESDAY</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>21</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>Broccoli & Cheese Topped Baked Potato</p>	<p>22</p> <p>9:00 AARP</p> <p>10:00 LIFESPAN TAI CHI</p> <p>1:00 OASIS TAP DANCERS</p> <p>2:15 Table Tennis</p>
<p>25</p> <p>10:00 Silver Chords</p> <p>11:15 ADAM BELLO COUNTY CLERK</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>26</p> <p>10:30 "PATENT MEDICINE MAN"</p> <p>12:30 Bridge</p> <p>1:00 Stretch & Strengthen</p>	<p>27</p> <p>9:00 Chili Carvers</p> <p>10:00 LIFESPAN TAI CHI</p> <p>11:30 SOUP</p> <p>12:00 Euchre</p> <p>1:00 Canasta</p> <p>1:00 Chain Gang</p>	<p>28</p> <p>9:30 Mahjongg</p> <p>11:15 NUTRITION ED</p> <p>12:00 Lunch Club</p> <p>12:45 Bingo</p> <p>1:00 Ball Class</p> <p>2:00 COLORED PENCIL CLASS</p> <p>2:30 Stretch & Strengthen</p> <p>Country Captain Fish served over Brown Rice</p>	<p>March 1</p> <p>10:00 LIFESPAN TAI CHI</p> <p>10:30 St. Pius</p> <p>1:00 TEXAS HOLDEM'</p> <p>1:00 MOVIE</p> <p>2:00 Table Tennis</p>

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4 10:00 Silver Chords 12:00 Lunch Club 12:45 Bingo <u>Chicken ala King over Biscuit</u>	5 9:00 <u>FAT TUESDAY BREAKFAST</u> 10:00 <u>GAME TIME</u> 12:30 Bridge 1:00 Stretch & Strengthen 	6 9:00 Chili Carvers 10:00 <u>LIFESPAN TAI CHI</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	7 9:00 <u>STORYTELLING</u> 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>Braised Pork Chop w/Gravy</u>	8 10:00 <u>LIFESPAN TAI CHI</u> 11:00 <u>TEA PARTY</u> 2:00 Table Tennis 
11 10:00 Silver Chords 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo <u>Italian Sausage Pasta & Sauce</u>	12 12:30 Bridge 1:00 Stretch & Strengthen 2:15 <u>PEACE OF MIND</u>	13 9:00 Chili Carvers 10:00 <u>EXCELLUS LIFESPAN TAI CHI</u> 12:00 Euchre 1:00 <u>BLOOD PRESSURE</u> 1:00 Canasta 1:00 Chain Gang	14 9:00 <u>STORYTELLING</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:00 <u>COLORED PENCIL CLASS</u> 2:30 Stretch & Strengthen <u>Fajita Chicken w/Rice, Cheese, Lettuce, Tomato, Salsa, & Sour Cream</u>	15 10:00 <u>LIFESPAN TAI CHI</u> 11:30 <u>ST. PATRICK'S LUNCH</u> 2:00 Table Tennis 
18 10:00 Silver Chords 12:00 Lunch Club 12:45 Bingo <u>Pub Burger w/Catsup, Mustard, Relish, & Onion on Bun</u>	19 9:00 <u>AARP</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:15 <u>DSP JAZZ TRIO</u> 	20 9:00 Chili Carvers 10:00 <u>LIFESPAN TAI CHI</u> 11:30 <u>SOUP</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 	21 9:00 <u>STORYTELLING</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen <u>Hot Roast Beef Sandwich w/Gravy</u>	22 9:00 <u>AARP</u> 10:00 <u>LIFESPAN TAI CHI</u> 1:00 <u>MOVIE</u> 2:00 Table Tennis 
25 10:00 Silver Chords 12:00 Lunch Club 12:45 Bingo <u>Mild Chili</u>	26 9:30 <u>GAME TIME</u> 11:30 <u>SOUP & "SAM"-WICH</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:15 <u>MUSIQUE CONCERT</u>	27 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	28 9:00 <u>STORYTELLING</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:00 <u>COLORED PENCIL CLASS</u> 2:30 Stretch & Strengthen <u>Beef Stew over Biscuit</u>	29 9:30 <u>BREAKING UP WITH SUGAR</u> 11:00 <u>BOBBY NEUSATZ CONCERT</u> 2:00 Table Tennis 