



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

Monday—Friday 9:00 am—4:00 pm

April & May 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.

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.

"20 Fabulous Years" Chili Senior Center

1999 - 2019

Join in our Anniversary

Celebration!

Friends, food & dancing!
 Music by the "Blues Family Showband"

Italian American Community Center

150 Frank Dimino Way

Wednesday, May 29th 11:30 am - 3:30 pm

\$5/person. Limited sign-up.

Please sign-up & pay in advance.



**WAIT
 LIST
 ONLY**

Reuben Time - Grilled rye bread, corned beef, sauerkraut, dressing, served with chips, pickle, & beverage. They are the best!

Tuesday, May 7th @ 11:30 am. Limited sign-up.

Cost: \$6/person. Please sign-up & pay in advance.

Lilac Festival - Take time to stop and smell the lilacs! Enjoy many varieties of lilacs in Highland Park. This is for seniors who like to & are able to walk - time on your own.

No walkers or wheelchairs. Trip is weather dependent.

Limited sign-up.

Tuesday, May 14th. Depart Center @ 10:00 am, Return TBD.

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

May Mystery Lunch Trip

Enjoy some great American food.

Chili residents have priority. Limited sign-up.

Tuesday, May 21st @ 10:30 am Return ~ 1:30 pm.

Non-residents May sign-up begins Friday, May 10th.

Van Cost: \$2/person.

Lunch Cost on own \$4-\$10. CASH ONLY!!

Please sign-up & pay in advance.



"Standard Time" Concert - This ever-popular duo really enjoys playing for us as much as we enjoy hearing them. Beautiful saxophone, keyboard, and vocals.

Tuesday, Apr. 30th @ 2:15 pm.

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



Monroe County Spring Fling - Join us for this year's Spring Fling. This year we will be at the Memorial Art Gallery.

Friday, May 17th @ 10:00 am. Limited sign-up.

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



"Marcy Downey" Concert - Flashbacks from the '60s and '70s - enjoy great music. You will remember the songs and laugh with the good times. Marcy is fabulous!

Friday, May 24th @ 1:00 pm. Limited sign-up.

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

"For Singing's Sake" Concert - This is a female vocal ensemble that loves to sing! If you have never heard them before, they are awesome. They are happy, upbeat, & leave you wanting more music.

Monday, June 3rd @ 6:00 pm.

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

"Whit's fur ye'll no go past ye."

Sponsored by AAA Travel

Curious to know what this means? Enjoy a great presentation on our next possible trip to Scotland, next spring, 2020. There will be reps here from AAA and Collette Tours. Come to our meeting on

Wednesday, May 8th @ 10:00 am.

Please sign-up at the desk if you are joining us.



UPCOMING TRIPS

More information on trips at the Center.



TENTATIVE TRIPS:

Amishlands Pennsylvania - includes two nights lodging, two breakfasts, two dinners, performances of "Jesus," "Camelot," and "Magic & Wonder", shopping and other Amish stops.

May 15th -17th. Cost: \$439/person/dbl occupancy.

Don't Blame the Chef - Includes stop at Country Cottage Gift Shop & Gardens, Luncheon Show at Yorkshire Hall of "Don't Blame the Chef," stop at Kutter's Cheese.

Tuesday, June 18th. Cost: \$89/person.

Depart @ 9:30 am. Return around 4:30 pm.

Niagara Falls, Maid of the Mist - Includes Maid of the Mist tour, buffet Lunch at the Como Restaurant, & drive through Niagara Falls, USA.

Wednesday, July 10th. Cost: \$89/person.

Depart 8:30 am. Return around 4:00 pm.

Spirit of Buffalo & Millionaire Row

Wednesday, Aug 21st. Cost: \$114/person.

Underground Railroad Tour

Tuesday, Oct. 1st. Cost: \$118/person.

TENTATIVE TRIPS:

Summer Breeze - Lake Chautauqua

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, Apr. 8th & May 13th from 10:00 am to Noon.

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

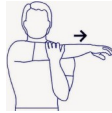
Wednesdays, Apr. 10th & May 8th from 10:00 am to Noon.

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.



Hiking Fun - It's hiking time again! This ever-popular program fills up very quickly. If you like to hike, learn new things, and have fun doing it, then consider signing up for our hiking program! A full schedule is available at the Senior Center, with more information available! Hikes are limited in size, so don't wait too long!

"Homespun Decorated Eggs" - Using onion skin as dye and plant material as resists, create lovely mottled patterns & colored hard boiled eggs to enhance your holiday celebrations.

Wednesday, April 17th @ 10:00 am. Limited sign-up.

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

"Creative Expressions" Colored Pencil Class - Simple guided instructions. Techniques used include applying color, layering, blending, etc. No prior art experience or drawing skills are required.

Thursdays, May 9th, 23rd, June 13th, 27th, July 11th & 18th.

@ 2:00 pm. Limited sign-up.

Cost: \$25/6 week session.

Please sign-up at the desk in advance.

Quilt Display - There are many talented quilters in our community. Please consider bringing your quilts to the Center to display for one day. We will provide the table space. Call us for more information.

Exhibitors & attendees please sign-up in advance.

Tuesday, May 7th

Setup begins @ 7:30 am . Open House from 10:00 am-2:00 pm

Cost: FREE!



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"



AARP SMART DRIVER - UPCOMING CLASSES

Tuesdays & Fridays 9:00 am - Noon

Apr. 23rd & 26th, May 21st & 24th, & June 18th & 21st.

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

PLEASE SIGN-UP IN ADVANCE. CHILI RESIDENTS HAVE PRIORITY!



The Chili Senior Center will be accepting donations of women's, men's, infants', & children's new & gently used clothing, shoes & sneakers, purses, backpacks, sheets, linens, blankets, & towels. Items must be clean, in good shape, without tears or holes, with good zippers & with buttons attached. Please do not leave these items outside of the Center. We thank you in advance for your generosity.

Collecting clothes through the end of May only!

"Granny's Attic" SALE Chil-E Fest - Thursday, July 4th

Clean out your house, shop to find some treasures! Help raise funds for Chili Senior Center Programs. Glassware, Dishes, Silverware, Pots & Pans, Small Appliances CLEAN & IN WORKING ORDER!, Craft items, Collectibles, Holiday items, Vases, Candles, Lamps, Wicker, Baskets, Games, Plastics.

BRING IN ITEMS from Monday, June 3rd - June 24th.

NO TVs, COMPUTERS, CLOTHES or BOWLING BALLS! NO JUNK!

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.



FOOD FOR SENIOR ASSISTANCE

SWEM - 585-235-4491


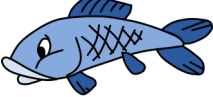





Pearce Food Cupboard - 585-594-9488

Grace Covenant Food Pantry - 585-889-2130










*Every day may not be good,
but there is something good
in every day*

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Silver Chords-Out 11:00 APRIL FOOL'S FUN 12:00 Lunch Club 12:45 Bingo Chicken Cordon Bleu	2 11:00 OPIOID OVERDOSE TRAINING 12:30 Bridge 1:00 Stretch & Strengthen	3 9:00 Chili Carvers 9:30 CARTWRIGHT'S 10:00 KITCHEN INSERVICE 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 	4 FOOTCARE 9:00 STORYTELLING 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 Pub Burger	5 9:30 BREAKING UP WITH SUGAR 10:00 ST. PIUS 11:30 FISH FRY 2:00 Table Tennis 
8 FOOTCARE 10:00 Silver Chords-Out 10:00 ELDERSOURCE 12:00 Lunch Club 12:45 Bingo BBQ Pulled Pork served over Baked Potato	9 12:30 Bridge 1:00 Stretch & Strengthen	10 9:00 Chili Carvers 10:00 EXCELLUS 12:00 Euchre 12:00 HOT DOG WEDNESDAY 1:00 BLOOD PRESSURE 1:00 Canasta 1:00 Chain Gang	11 9:00 STORYTELLING 9:30 Mahjongg 11:00 HEAR OUR STORIES 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:00 COLORED PENCIL CLASS 2:30 Stretch & Strengthen Broccoli Cheese Quiche	12 9:30 BREAKING UP WITH SUGAR 1:00 EASTER CARDS 1:00 TEXAS HOLD'EM 2:00 Table Tennis
15 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo Sweet & Sour Meatballs over Brown Rice	16 12:30 Bridge 1:00 Stretch & Strengthen 	17 9:00 Chili Carvers 10:00 DECORATED EGGS 10:30 MYSTERY LUNCH 12:00 Euchre 1:00 Canasta 1:00 Chain Gang 	18 FOOTCARE 9:30 Mahjongg 11:30 NUTRITION ED 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 1:30 Zentangle 2:30 Stretch & Strengthen HAPPY EASTER Baked Ham w/ Pineapple Sauce	19 <p style="text-align: center;">CLOSED In observance of Good Friday</p> 
22 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo Breaded Haddock w/ Tartar Sauce	23 9:00 AARP 12:30 Bridge 1:00 Stretch & Strengthen	24 9:00 HIKING MEMORIAL ART CITY WALK 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	25 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:00 COLORED PENCIL CLASS 2:30 Stretch & Strengthen Tacos w/ Ground Beef	26 9:00 AARP 9:30 BREAKING UP WITH SUGAR 1:00 TEXAS HOLD'EM 2:00 Table Tennis
29 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo Chicken ala King over Warm Biscuit	30 12:30 Bridge 1:00 Stretch & Strengthen 2:15 "STANDARD TIME" CONCERT 	<div style="border: 2px solid black; padding: 10px;"> <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>  </div>		

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<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 9:00 <u>HIKING</u> <u>SPENCERPORT</u> 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>2 FOOTCARE 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>Hot Roast Beef Sandwich</u></p>	<p>3 11:00 <u>WESTSIDE EXPRESS PARTY</u> 2:00 Table Tennis</p>
<p>6 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo <u>Sloppy Joes on Bun</u></p>	<p>7 10:00 <u>QUILT DISPLAY</u> 11:30 <u>REUBENS</u> 12:30 Bridge 1:00 Stretch & Strengthen</p> 	<p>8 9:00 <u>HIKING</u> <u>HIGHLAND PARK</u> 9:00 Chili Carvers 10:00 <u>SCOTLAND MEETING</u> 10:00 <u>EXCELLUS</u> 12:00 Euchre 1:00 <u>BLOOD PRESSURE</u> 1:00 Canasta 1:00 Chain Gang</p>	<p>9 9:30 Mahjongg 11:00 <u>FLORENCE BRASSER</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:00 <u>COLORED PENCIL CLASS</u> 2:30 Stretch & Strengthen <u>HAPPY MOTHER'S DAY Roasted Chicken Breast w/Dressing</u></p>	<p>10 1:00 <u>TEXAS HOLD'EM</u> 2:00 Table Tennis</p>
<p>13 10:00 Silver Chords-Out 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo <u>Italian Sausage, Pasta & Sauce</u></p>	<p>14 10:00 <u>LILAC FESTIVAL</u> 12:30 Bridge 1:00 Stretch & Strengthen</p> 	<p>15 9:00 <u>HIKING</u> <u>IROQUOIS WILDLIFE</u> 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p>	<p>16 9:30 Mahjongg 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></p>	<p>17 10:00 <u>MONROE COUNTY SPRING FLING</u> 1:00 <u>TEXAS HOLD'EM</u> 2:00 Table Tennis</p>
<p>20 FOOTCARE 10:00 Silver Chords-Out 12:00 Lunch Club 12:45 Bingo <u>Chicken Cordon Bleu</u></p>	<p>21 9:00 <u>AARP</u> 10:30 <u>MYSTERY LUNCH</u> 12:30 Bridge 1:00 Stretch & Strengthen</p>	<p>22 9:00 <u>HIKING MERTENSIA ROAD PARK</u> 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p> 	<p>23 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>Broccoli & Cheese Topped Baked Potato</u></p>	<p>24 9:00 <u>AARP</u> 1:00 <u>MARCY DOWNEY</u> 3:00 Table Tennis</p> 
<p>27 CLOSED In observance of MEMORIAL DAY</p> 	<p>28 12:30 Bridge 1:00 Stretch & Strengthen</p>	<p>29 9:00 Chili Carvers 11:30 <u>20TH ANNIVERSARY PARTY</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang</p> 	<p>30 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Braised Pork Chop w/Gravy</u></p>	<p>31 1:00 <u>TEXAS HOLD'EM</u> 2:00 Table Tennis</p>