



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

September 2020

Michael Curley - Recreation Director

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.

2019/2020 Flu Shots

- You must call and schedule a time for your flu shot in advance at 889-6185
- You will receive your paperwork to complete ahead of time.
- Your paperwork must be returned to Chili Senior Center before Thursday, Sept. 3rd.
- If you received a phone call from Wegmans to reserve a flu shot you can still get it at Chili Senior Center, however you must schedule a time.
- You will wait in your car in the back parking lot until your assigned time and will be called in at that time. NO EARLY BIRDS J
- Masks will be required for all staff and participants. You will abide by social distancing guidelines at all times.
- You are asked to stay home if you are experiencing any COVID related symptoms.



For scheduling or questions

Please call Chili Senior Center @ 889-6185

Wednesday, Sept. 25th from 9 am-1 pm.

We are starting to have some of our weekly programs return to the Chili Senior Center. If you are interested in joining one of these programs please give us a call @ 889-6185 for more information about attending.

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

Tuesdays @1:00 pm Starting September 15th.

Cost: FREE!

Chili Woodcarvers

These woodcarving sessions are for those who are beginners or with years of woodcarving experience. Our goal is to be helpful and encourage carvers while enjoying fellowship within the group.

Wednesdays @ 9:00 am.

Chain Gang

Join us as we crochet or knit lap robes, mittens, caps, baby blankets and more. The items we make are donated to Hillside Children's Center and the VAs in the area. New people are always welcome.

Wednesdays @ 1:00 pm.

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!

Eldersource - We currently cannot have a representative at the center. If you are needing to talk with Eldersource you can reach Holly at 626-8519.



Chili Senior Center is providing Grab and Go lunch program for seniors. Boxed meals will be available for seniors (age 60 and older) on Mondays and Thursdays.

YOU NEED TO ORDER MEALS BY WEDNESDAY @ NOON THE WEEK PRIOR TO PICK UP.

Please let us know what days you would like a meal- 889-6185. PLEASE LEAVE A MESSAGE ON THE ANSWERING MACHINE IF YOU WANT A MEAL. Delivery is available for Chili Seniors only. Meal pick up will be in the rear parking lot at the Chili Senior Center between 11:00 am-12:30 pm. Please stay in your vehicle. We will place your meal in your back seat or trunk. If you can, please consider bringing a cooler bag or box for us to put your meal in.

Any questions please call the Center at 889-6185 and leave a message. We will get back to you. Looking forward to seeing you there!

Meals provided by ABVI.

The Monroe County Senior Nutrition Program is sponsored in part by the Monroe County Department of Human Services/ Office for the Aging, Monroe County Council on Elders, NYS Office for the Aging, US Administration on Community Living and your contributions.



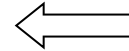
Soldier's Wish List-2020

Because of COVID pandemic the list is a bit different this year.

Financial donations also accepted. Checks can be made out to ALA #330 and mailed to Barbara Marhatta, 6 David Drive, North Chili, NY 14514 or dropped off at Chili Senior Center
Everything will be used for the troops either for the monthly care packages or the Christmas stockings.

FOOD:

Single size coffee packets or coffee sticks (like Taster Choice)
Condiments that go with the coffee like sugar and the creamer in stick form
Tea bags (like Lipton)
Kool Aid (sticks or single packs)
Wyler's stick drinks in all sorts of flavors
Hot cocoa packets
Hot cider packets
Single size Crystal Light packets
Energy drink packets



REMEMBER THESE WHEN YOU GO
ON TRIPS AT A HOTEL 😊

SNACKS:

Tootsie Rolls	Cans or boxes of cookies	Slim Jims or Beef Jerky
Power Bars	Protein bars	Granola bars
Gummie Bears	Poptarts	

ODDS AND ENDS:

Next years packet calendar, Pens & small notebooks

Our BIG collection date is Monday, September 28th
however you can bring in items anytime before
Monday, October 12th.



"Learn from yesterday,
live for today and
hope for tomorrow."



Albert Einstein



COVID-19 & Chili Senior Center Programs

The Town of Chili takes your health and safety very seriously. We also understand how much you miss interacting at the Senior Center. In an effort to offer programs in a safe way, Chili Senior Center has implemented various protocols and screenings for before, during and after any program. All programs have undergone risk assessment, and alterations to ensure the safety of participants and staff. Please read through the following before registering and attending any programs. So you will know what to expect.

- Continue to follow state and local guidelines
- If you are sick, DO NOT come to the center for a program
- You will be required to preregister for ALL programs so we can plan setup and not exceed maximum number for program.
- Use the designated entrances and maintain 6-foot social distancing while checking into your program
- All participants must wear a mask that **COVERS YOUR MOUTH AND NOSE** before, during and after the program.
- Each participant will be required to sign a waiver (one time requirement) before you can attend a program.
- Upon arrival, each participant must complete a Health Screening Form and sanitize hands.
- Equipment is not to be shared. Please bring what you need from home.
- Throughout the program, participants must wash or sanitize hands as needed.
- You may bring bottled water, but are asked to consume in a designated area.
- At the conclusion of the program, participants will be released in a staggered process. Please leave without lingering. If you wish to further talk with someone, please do so in a safe place outside.
- Additional guidelines may be added as needed or required by authorities.

Any question please contact Chili Senior Center at 889-6185.

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> Hot Dog	1	2 9:00 Chili Carvers 1:00 Chain Gang	3 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 1:00 Ball Class BBQ Chicken Breast	4
7 CLOSED LABOR DAY	8	9 9:00 <u>FLU SHOTS</u> 1:00 Chain Gang 	10 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 12:45 Ball Class Pub Burger	11
14 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> Chicken Fingers	15 1:00 Stretch & Strengthen 	16 9:00 Chili Carvers 1:00 Chain Gang	17 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 1:00 Ball Class Sloppy Joe	18
21 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> Veggie Meatballs	22 1:00 Stretch & Strengthen	23 9:00 Chili Carvers 1:00 Chain Gang	24 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 1:00 Ball Class Pulled Pork	25
28 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> Macaroni & Cheese	29 1:00 Stretch & Strengthen	30 9:00 Chili Carvers 1:00 Chain Gang	1	2