



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

October 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.



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 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.



If you are interested in joining one of these programs please give us a call @ 889-6185 for more information about participating.

Stretch & Strengthen on Zoom- Join us for some exercise fun to keep us strong, flexible, & improve coordination. Call to sign up and for more information.

Tuesdays @ 1:00 pm

Chili Woodcarvers

These woodcarving sessions are for those who are beginners or with years of woodcarving experience. Our goal is to be helpful & 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 & more. The items we make are donated to Hillside Children's Center & the VAs in the area. New people are always welcome.

Wednesdays @ 1:00 pm.

Have a Ball Fitness Class on Zoom - Tone up from head to toe with these moves using an exercise ball to target your abs, arms, butt, & thighs, and improve your balance. Call to sign up and for more information.

Thursdays @ 1:00 pm.

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.

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"

~Humbert Wolfe



VETERANS DAY REVERSE PARADE

To Participate in the Parade:
 Register your vehicle online.
 Decorate your vehicle in a patriotic theme.
 Line up between 9 and 9:30 am.

Veterans:
 To be visited by the parade, call Chili Recreation or Senior Center by November 4. The Town of Chili will also have a limited supply of free "Home of a Proud Veteran" yard signs, so don't delay in calling to secure yours!

**WEDNESDAY,
 NOVEMBER 11**

**LINE UP AT
 TOWN HALL**

**10:00 AM
 KICK-OFF**

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> <u>Macaroni & Cheese</u>	2
5 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> <u>Stuffed Peppers</u>	6	7 9:00 Chili Carvers 1:00 Chain Gang	8 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> <u>Chicken ala King</u>	9
12 CLOSED 	13	14 9:00 Chili Carvers 1:00 Chain Gang	15 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 1:00 Ball Class via ZOOM <u>Knockwurst</u>	16
19 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> <u>Chicken Fajitas</u>	20	21 9:00 Chili Carvers 1:00 Chain Gang	22 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 1:00 Ball Class via ZOOM <u>Beef Stew</u>	23
26 9:00 am - 5:00 pm <u>EARLY VOTING</u> 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> <u>Chicken Fingers</u>	27 11:00 am - 8:00 pm <u>EARLY VOTING</u> 1:00 Stretch & Strengthen Via ZOOM	28 9:00 am - 5:00 pm <u>EARLY VOTING</u>	29 11:00 am - 8:00 pm <u>EARLY VOTING</u> 11:00-12:30 <u>GRAB AND GO</u> <u>LUNCH PICK UP</u> 1:00 Ball Class via ZOOM <u>Pub Burger</u>	30 9:00 am - 5:00 pm <u>EARLY VOTING</u> 

MEDICARE INFORMATION

Lifespan will not be offering any in-person educational sessions this year.

Medicare 101 will be done virtually on line. October dates are:

October 2, 2:00 to 4:00 p.m.

October 20, 5:00 to 7:00 p.m.

Anyone interested can register on the Lifespan website, www.lifespan-roch.org. Select "Classes" from the menu. When the 2021 Medicare Advantage Comparison Chart is finalized, we will have copies here at the Chili Senior Center. Any questions feel free to contact us at Chili Senior Center - 889-6185.