

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Morning Meditation 215 9:30 Tai Chi 213 10:00 Art Time SL 12:00 Gentle Vinyasa Flow Yoga 213 2:00 Power & Energy with Katie 213	2 9:30 Fitness & Strength 214 10:00 Line Dancing 118 12:30 Lifespan Aging Mastery 211 2:00 Stretch & Strengthen 118 3:00 Open Billiards SL	3 8:45 Morning Meditation 215 9:00 Chili Woodcarvers 211 9:30 Tai Chi 213 10:30 Drums Alive 214 12:30 Chain Gang SL 2:00 Zumba Gold 210 6:30 Plant Based Cooking with Barb 118	4 8:15 Public Market 9:30 Fitness & Strength 214 10:30 Promote Health 215 10:30 Tap Dancing 210 11:30 Jazz Dancing 210 12:45 Bingo 118 12:45 Ball Class 213 2:00 Stretch & Strengthen 213	5 8:45 Morning Meditation 215 9:30 Gentle Flow Chair Stretch 213 1:00 Foodlink 118 1:00 Get Hooked on Crochet 101 SL 2:00 Parkinson's 101 118 2:00 Power & Energy with Katie 213
8 8:45 Morning Meditation - 215 9:30 Tai Chi 213 10:00 Art Time SL 12:00 Gentle Vinyasa Flow Yoga 213 1:00 NAMI Skills & Support 211 2:00 Power & Energy with Katie 213	9 9:30 Fitness & Strength 214 10:00 Line Dancing 118 10:30 Zentangle 211 12:00 Lunch on Legacy SL 12:30 Lifespan Aging Mastery 211 2:00 Stretch & Strengthen 118 3:00 Creative Writing SL 3:00 Open Billiards SL	10 8:45 Morning Meditation 215 9:00 Chili Woodcarvers 211 9:30 Tai Chi 213 10:30 Drums Alive 214 11:30 Plant Based Cooking with Barb 118 12:30 Blood Pressure SL 12:30 Chain Gang SL 1:00 Stroke 101 118 2:00 Zumba Gold 210 5:00 VA Table Lobby	11 CLOSED VETERANS DAY Nov. 13 9:00 VETERANS CELEBRATION & BREAKFAST - 118	12 8:45 Morning Meditation 215 9:30 Gentle Flow Chair Stretch 213 10:30 Let's Talk Pickle Ball SL 1:00 Get Hooked on Crochet 101 SL 2:00 Power & Energy with Katie 213
15 8:45 Morning Meditation 215 9:30 Tai Chi 213 10:00 Art Time SL 10:00 Eldersource SL 10:00 Basket Weaving SL 11:00 Gratitude Wreaths SL 12:00 Gentle Vinyasa Flow Yoga 213 2:00 Power & Energy with Katie 213	16 9:30 Fitness & Strength 214 10:00 Line Dancing 118 12:30 Lifespan Aging Mastery - 211 1:00 Positivity Matters 213 2:00 Stretch & Strengthen 118 3:00 Agape PT Talk SL 3:00 Open Billiards SL 6:00 Bone Health 118 4:30 Patience, Tolerance & Positivity SL	17 8:45 Morning Meditation 215 9:00 Chili Woodcarvers 211 9:30 Tai Chi 213 10:00 Basket Weaving SL 10:30 Drums Alive 214 11:30 Mike & Katie Show 118 12:30 Chain Gang SL 2:00 Zumba Gold 210 5:00 Food & Fun 118	18 9:30 Fitness & Strength 214 10:30 Promote Health 215 10:30 Tap Dancing 210 11:00 Art with Linda SL 11:30 Jazz Dancing 210 12:00 Tunes & Trivia SL 12:45 Bingo 118 12:45 Ball Class 213 2:00 Stretch & Strengthen 213 2:30 VA Table Lobby 3:00 Holiday Scrapbooking SL 4:30 Mix & Mingle SL	19 8:45 Morning Meditation 215 9:30 Gentle Flow Chair Stretch 213 10:00 Lifespan Medicare Update SL 11:30 Deputy Hurley SL 1:00 Foodlink 118 1:00 Get Hooked on Crochet 101 SL 2:00 Power & Energy with Katie 213
22 8:45 Morning Meditation 215 9:30 Tai Chi 213 10:00 Art Time SL 10:30 Leather Bracelet SL 12:00 Gentle Vinyasa Flow Yoga 213 1:00 NAMI Skills & Support 211 2:00 Power & Energy with Katie 213	23 10:00 Line Dancing 118 10:30 Zentangle 211 12:30 Lifespan Aging Mastery 211 - 2:00 Stretch & Strengthen 118 3:00 Open Billiards SL 3:00 Poetry Workshop SL 6:30 NAMI Family Support 211	24 8:45 Morning Meditation 215 9:00 Chili Woodcarvers 211 9:30 Tai Chi 213 10:30 Drums Alive 214 11:30 Plant Based Cooking with Barb 118 12:30 Chain Gang SL 2:00 Zumba Gold 210	25 CLOSED THANKSGIVING	26 CLOSED THANKSGIVING
29 8:45 Morning Meditation 215 9:30 Tai Chi 213 10:00 Art Time SL 11:00 Gratitude Bracelets SL 12:00 Gentle Vinyasa Flow Yoga 213 2:00 Power & Energy with Katie 213	30 10:00 Line Dancing 118 12:30 Tuesday Treasures 118 12:30 Lifespan Aging Mastery 211 2:00 Stretch & Strengthen 118 3:00 Open Billiards SL	EVENTS, MENUS & TIMES ARE SUBJECT TO CHANGE		

To register for a class/activity, please sign up at the Chili Community Center front desk or online at townofchili.org, select "Recreation and Senior Center", select "Online Catalog & Registration". **Be Well & Stay Active.**

Program List

- Beginner Jazz Dancing** - Thurs. Oct. 28th - Dec. 23rd @ 11:30 am, Cost: FREE!, Registration required.
- Beginner Tap Dancing** - Thurs., Oct. 28th - Dec. 23rd @ 10:30 am, Cost: FREE!, Registration required.
- Blood Pressure with Deb** - Wed., Nov. 10th @ 12:30 - 2:30 pm, Cost: FREE!, No registration required.
- Bone Health Presentation** - Tues., Nov. 16th @ 6:00 pm, Cost: FREE!, Registration required.
- Chain Gang** - Wed., @ 12:30 pm, Cost: FREE!, No registration required.
- Chili Woodcarvers** - Wed., @ 9:00 am, Cost: FREE!, No registration required.
- Conversations with Deputy Hurley** - Fri., Nov. 19th @ 11:30 am, Cost: FREE!, Registration required.
- Creative Writing** - Tues., Nov. 9th @ 3:00 pm, Cost: FREE! Registration required.
- Drums Alive Golden Beats** - Wed., Nov. 24th - Jan. 12th @ 10:30 am, Cost: \$25/8 weeks, Registration required.*
- Eldersource** - 3rd Monday of the month @ 10:00 am to 12:00 pm, No registration required.
- Fitness & Strength** - Tues./Thurs. @ 9:30 am, Oct. 5th - Nov. 18th, Cost: 30/6 weeks, Registration required.*
- Food & Fun** - Wed., Nov. 17th @ 5-7:30 pm, Cost: \$20. Registration required.*
- Foodlink - Just say yes to fruits & veggies** - Fri., Nov. 5th & 19th @ 1:00 pm, Cost: FREE! Registration required.
- Gentle Flow Chair Stretch** - Fri., @ 9:30 am, Cost: FREE!, Registration required.
- Gentle Vinyasa Flow Yoga** - Mon. @ 12:00 pm, Nov. 1st - Dec. 20th, Cost: \$30/8 weeks, Registration required.*
- Get Hooked on Crochet 101** - Fri. @ 1:00 pm. Cost: FREE!. No registration required.
- Gratitude Bracelets** - Mon., Nov. 29th @ 11:00 am, Cost: \$5, Registration required.
- Gratitude Wreaths** - Mon. Nov. 15th @ 11:00 am, Cost: \$5, Registration required.
- "Have a Ball" Fitness Class** - Thurs. @ 12:45 pm, Cost: FREE!, Registration required.
- Holiday Scrapbooking Ideas** - Thurs., Nov. 18th @ 3:00 pm, Cost: FREE!, Registration required.
- Let's Talk Pickle Ball** - Fri., Nov. 12th @ 10:30 am, Cost: FREE!, Registration required.
- Lifespan Medicare Update** - Fri., Nov. 19th @ 10:00, Cost: FREE!. Registration required.
- Line Dancing** - Tues., Nov. 2nd - Dec. 14th @ 10:00 am, Cost: \$30/6 week session, Registration required.*
- Maintaining a Strong & Healthy Body w/Agape PT** - Tues., Nov. 16th @ 3:00 pm, Cost: FREE!, Registration required.
- Mix & Mingle** - Thurs., Nov. 18th @ 4:30 pm, Cost: \$3, Registration required.
- Morning Meditation** - Mon., Wed., & Fri. @ 8:45 am, Cost: FREE!, Registration required.
- NAMI Family Support** - 4th Tues. @ 6:30 pm, Cost: FREE!, No registration required.
- NAMI - Skills & Support** - 2nd & 4th Mon. @ 1:00 pm, Cost: FREE!, No registration required.
- Parkinson's 101** - Friday, Nov. 5th @ 2:00 pm, Cost: FREE!, Registration required.
- Patience, Tolerance & Positivity** - Tues., Nov. 16th @ 4:30 pm, Cost: FREE!, Registration required.
- Plant based cooking** - Wed., Nov. 10th & 24th @ 11:30 am, Nov. 3rd @ 6:30 pm, Cost: \$2/class, Registration required.
- Poetry Experience** - Tues., Nov. 23rd @ 3:00 pm, Cost: FREE, Registration required.
- Positivity Matters** - Tues., Nov. 16th @ 1:00 pm, Cost: FREE!, Registration required.
- Power & Energy with Katie** - Mon. & Fri. @ 2:00 pm, Cost: FREE! Registration required.
- Public Market Trip** - Thurs., Nov. 4th @ 8:15 am, Cost: \$3/trip. Registration required.
- Single Wrap Leather Bracelet** - Mon., Nov. 22nd @ 10:30 am, Cost: \$10 cash to instructor, Registration required.
- Stretch & Strengthen (Agape)** - Tues. & Thurs. @ 2:00 pm, Cost: FREE!, Registration required.
- Stroke 101 - Be Fast** - Wed., Nov. 10th @ 1:00 pm, Cost: FREE!, Registration required.
- Tai Chi** - Mondays & Wednesdays, Oct. 18th - Dec. 8th @ 9:30 am, Cost: \$20/7 weeks, Registration required.*
- The Mike & Katie Show** - Wed., Nov. 17th @ 11:30 am, Cost: \$2, Registration required.
- Tuesday Treasures** - Last Tues. of the month, 12:30 - 2:00 pm, Cost: FREE!, No registration required.
- Tunes & Trivia with Linda** - Thurs., Nov. 18th @ 12:00 pm, Cost: FREE!, Registration required.
- Zentangle** - 2nd & 4th Tues. @ 10:30 am, Cost: FREE!, Registration required.
- VA Table** - Wed. Nov. 10th @ 5 - 6:30 pm, Thurs Nov. 18th @ 2:30 -4 pm, Cost: FREE!, No registration required,
- Zumba Gold** - Wed., Nov. 10th - Dec. 29th @ 2:00 pm, Cost: \$25/8 weeks, Registration required.*

* \$5 NON-RESIDENT FEE ADDED TO PROGRAM COST IF APPLICABLE.