

**ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NTOTED**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>9-11</b> 55+ Yard Games Gym <b>10-1</b> Art Time <b>1-3</b> Dominoes	<b>9-11</b> 55+Basketball Gym <b>1-4</b> Texas Hold 'em <b>2-3</b> Stretch & Strengthen Room 118 <b>2-4</b> Puzzle Club <b>3-4</b> Open Billiards	<b>8:45-9:15</b> Meditation Room 215 <b>9-11</b> 55+ New to Pickleball Gym <b>9-11</b> Woodcarvers Room 211 <b>10:30-3</b> Euchre <b>12:30-3:30</b> Chain Gang	<b>9:30-12:30</b> Mahjongg <b>10-11</b> Stretch & Strengthen Room 118 <b>11:30-12:30</b> Connection Café Room 118 <b>12:45-1:45</b> Have a Ball Fitness Room 213 <b>1-3</b> Bingo Room 118 <b>2:15-6</b> Table Tennis Gym	<b>9-11</b> 55+ Beginner Open Pickleball Gym <b>1-3</b> Hooked on Crochet <b>1-4</b> Texas Hold 'Em <b>1:45-2:30</b> Power & Energy Room 213 <b>2-4</b> Puzzle Club <b>2:15-6</b> Table Tennis Gym

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>1</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>10-12</b> Line Dancing Room 118 <b>6:30-8</b> American Sign Language (ASL) Room 215	<b>2</b> <b>9:30-10:15</b> Tai Chi Part 2 Room 213 <b>10:30-11:30</b> Drums Alive Room 214 <b>11-1</b> VA Table Lobby <b>1-3</b> Matter of Balance Room 212 <b>3:30-4:30</b> Small Group Personal Training Room 214	<b>3</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>10:30-11:15</b> Beginner Tap Dancing Room 210 <b>11:30-12:15</b> Beginner Jazz Dancing Room 210 <b>12-1</b> Vinyasa Flow Yoga Room 213	<b>4</b> <b>1-2</b> Inspirational Thought Box Senior Lounge
<b>7</b> <b>9:30-10:15</b> Tai Chi Part 2 Room 213 <b>10-12</b> Basket Weaving Senior Lounge <b>12-1</b> Vinyasa Flow Yoga Room 213 <b>12:30-1:30</b> EMS— Hands Only CPR Room 118	<b>8</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>10-12</b> Line Dancing Room 118 <b>10:30-12</b> Zentangle Room 211 <b>12-1</b> Lunch on Legacy Senior Lounge <b>1-2</b> NAMI Skills & Support Room 211 <b>1-2:30</b> Parkinson's Support Room 212 <b>6:30-8</b> ASL Room 215 <b>6:30-7:30</b> Drums Alive Room 214	<b>9</b> <b>9:30-10:15</b> Tai Chi Part 2 Room 213 <b>10-12</b> Basket Weaving Senior Lounge <b>10:30-11:30</b> Drums Alive Room 214 <b>11:30-12:30</b> Plant-Based Cooking w Barb Room 118 <b>1-3</b> Matter of Balance Room 215 <b>3:30-4:30</b> Small Group Personal Training Room 214	<b>10</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>10:30-11:15</b> Beginner Tap Dancing Room 210 <b>11-12</b> Art w/Linda Senior Lounge <b>11:30-12:15</b> Beginner Jazz Dancing Room 210 <b>12-1</b> Vinyasa Flow Yoga Room 213 <b>6:30-8</b> ASL Room 215	<b>11</b> <b>10-12</b> NAMI Check in & Chat Senior Lounge <b>10-12</b> Basket Weaving Senior Lounge <b>1-2</b> Foodlink Room 118 <b>2:30-4</b> Promote Health Prevent Cancer Room 211
<b>14</b> <b>9:30-10:15</b> Tai Chi Pt 2 Room 213 <b>10:30-12</b> Beaded Jewelry Making Senior Lounge <b>12-1</b> Vinyasa Flow Yoga Room 213	<b>15</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>10-12</b> Line Dancing Room 118 <b>1-2</b> Positivity Matters Room 213 <b>6:30-8</b> ASL Room 215	<b>16</b> <b>9:30-10:15</b> Tai Chi Part 2 Room 213 <b>10:30-11:30</b> Drums Alive Room 214 <b>11:30-12:30</b> Michael & Guest Show Room 118 <b>1-3</b> Matter of Balance Room 215 <b>3:30-4:30</b> Sm Gr Training Room 214	<b>17</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>12-1</b> Vinyasa Flow Yoga Room 213 <b>6:30-8</b> ASL Room 215	<b>18</b> <b>12-1</b> Mugrug Senior Lounge <b>2:30-4</b> Promote Health Prevent Cancer Room 211
<b>21</b> <b>10-12</b> Basket Weaving Senior Lounge <b>10-12</b> Eldersource Senior Lounge <b>11-12</b> Scams 101 Senior Lounge <b>12-1</b> Vinyasa Flow Yoga Room 213	<b>22</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>10-12</b> Line Dancing Room 118 <b>10:30-12</b> Zentangle Room 211 <b>1-2</b> NAMI Skills & Support Room 212 <b>3:30-4:30</b> Bone Health Room 118 <b>6:30-8</b> NAMI Family Support Room 212 <b>6:30-7:30</b> Drums Alive Room 214	<b>23</b> <b>9:30-11</b> Aging Mastery Room 213 <b>10-12</b> Basket Weaving Senior Lounge <b>10:30-11:30</b> Drums Alive Room 214 <b>12:30-1:30</b> Beaded Wine Glass Charms Senior Lounge <b>1-3</b> Matter of Balance Room 215 <b>6:30-7:30</b> Plant-Based Cooking w Barb Room 118 <b>3:30-4:30</b> Sm Gr Training Room 214	<b>24</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>12-1</b> Vinyasa Flow Yoga Room 213	<b>25</b> <b>10-12</b> Basket Weaving Senior Lounge <b>12:30-2</b> Painted Wine Glasses Senior Lounge <b>1-2</b> Foodlink Room 118 <b>2:30-4</b> Promote Health Prevent Cancer Room 211
<b>28</b> <b>10-11</b> Intergenerational Explosions! <b>12-1</b> Vinyasa Flow Yoga Room 213	<b>29</b> <b>9:30-10:30</b> Fitness & Strength Room 214 <b>12:30-2</b> Tuesday Treasures Senior Lounge <b>3:30-5</b> Early Bird Special Room 118 <b>6:30-7:30</b> Drums Alive Room 214	<b>30</b> <b>9:30-11</b> Aging Mastery Room 213 <b>10:30-11:30</b> Drums Alive Room 214 <b>11:30-12:30</b> Plant-Based Cooking w Barb Room 118 <b>3:30-4:30</b> Sm Gr Training Room 214	<b>31</b> <b>9:30-10:30</b> Fitness & Strength Room 214	<b>EVENTS, MENUS &amp; TIMES ARE SUBJECT TO CHANGE</b>

**SUNDAY, MARCH 27**  
**1-2:30** Senior Spring Social Concert w/ Laura Dubin Jazz Room 118

To register for a class/activity, please sign up at the Chili Community Center front desk or online at [townofchili.org](http://townofchili.org), select "Chili Community Center", select "Online Catalog & Registration" or call the front desk 889-4680. Non-resident fees may apply.

Senior Center Hours: Monday-Friday, 9am-4pm 889-6185

***Be Well & Stay Active.***

### **Active Fitness & Games**

**Beginner Jazz Dance**– Learn the basic steps to Jazz dancing & short routines. Free, registration required.

**Beginner Tap Dancing**– Learn the basic steps to Tap dance & short routines. Free, registration required.

**Drums Alive**– A unique drum & dance celebration using basic beats on a stable ball. \$25, registration required.

**Fitness & Strength**– Full aerobic workout. Stretching, cardio, muscle toning & balance. \$40, registration required.

**Line Dancing**– Line dancing class for beginners and experienced dancers. \$30, registration required.

**Tai Chi Pt 2**– Lifespan's follow up to Tai Chi Part 1. \$20, registration required.

**Vinyasa Flow Yoga**– Move through different poses with breath. \$50/resident, registration required.

**See Ongoing Programs list for weekly Fitness & Game offerings, as well as Senior Open Gym.**

### **Health & Wellness**

**Bone Health with EWBC**– Discuss factors that influence bone health, density testing & more. Free, registration required.

**EMS Overview**– Learn about hands-only CPR and its benefits and practice on a manikin. Free, registration required.

**Foodlink**– Free cooking workshops on healthy, budget-friendly meals. Free, registration required.

**Aging Mastery**– Lifespan educational class on making the most on additional years of life. \$20, registration required.

**Matter of Balance**– Lifespan presents class to manage falls and increase activity. \$20, registration required.

**Parkinson's Support Group**– For loved ones of Parkinson's patient. Free, no registration required.

**Plant-Based Cooking w/ Barb**– Benefits and tastes of plant-based recipes. \$3, registration required.

**Promote Health. Prevent Cancer**– Make & maintain changes in diet, activity & more. Free, registration required.

**See Ongoing Programs list for weekly Health & Wellness offerings.**

### **Art & Creativity**

**American Sign Language (ASL)**– Beginners in ASL- high frequency vocabulary, basic sentences constructions, common phrases, and cultural aspects of the Deaf community. \$40/6 weeks, registration required.

**Art with Linda**– Bring your inner artist and try something new and creative. All skill levels. Free, registration required.

**Basket Weaving**– Learn how to weave a basket, take it home after 3 classes. \$7.50, registration required.

**Beaded Jewelry Making**– Make a beautiful bracelet with seed beads. \$10 due to instructor on site, registration required.

**Beaded Wine Charms**– Make 4 charms and a cork charm holder. \$4, registration required.

**Intergenerational Activity**– Seniors & Preschool activities. "Explosions" is the theme. Free, registration required. **Room 122**

**Inspirational Thought Box**– Stencil an inspirational thought on a box. Example in Senior Center. \$3, registration required.

**Mugrug**– Come make a mini quilt of your choice! \$7, registration required.

**Tuesday Treasures**– Bring your treasures or go shopping! Must take leftovers home. Free, no registration required.

**Wine Glass Painting**– Paint 2 wine glasses and take them home. \$7, registration required.

**Zentangle**– Easy to learn, fun & relaxing way to create beautiful images. Free, registration required.

**See Ongoing Programs list for weekly Art & Creativity offerings.**

### **Mental Health & Wellness**

**Eldersource**– Meet with an advisor who provides guidance in eldercare situations. Free, no registration required.

**NAMI Check In & Chat**– Drop in and have a conversation in a safe environment. Free, no registration required.

**NAMI Family Support**– For loved ones of a person with mental health conditions. Free, no registration required.

**NAMI Skills & Support**– Concepts, ideas & coping to improve your mental health. Free, no registration required.

**Positivity Matters**– Learn to make small changes in how you look at life. Free, registration required.

**Scams 101**– Lifespan presents information to avoid identity theft, scams and fraud. Free, registration required.

**VA Table**– Education & support for veterans in lobby of Community Center. Free, no registration required.

**See Ongoing Programs list for weekly Mental Health & Wellness offerings.**

### **Meals**

**Connection Café**– **3/3** Chicken/Veggie Stir Fry/Rice **3/10** Turkey Meatloaf/Mashed Potatoes/Green Beans

**3/17** Irish Stew/Biscuit **3/24** Pork Chops/Stuffing/Sweet Potatoes **3/31** Stuffed Pepper/Salad/Roll \$6, registration required.

**Early Bird Special by Legacy**– 3-course dinner prepared by Chef Dan of the Legacy. French Onion Soup, Bacon Cheddar Meatloaf, German Chocolate Cake. \$15, registration required.

**Lunch on Legacy**– Legacy chef provides Garbage plates. Free, registration required.

**Michael & Guest Show**– Laughter & food with Mike F & a guest! \$3, registration required.

**Spring Social**– Come enjoy a free concert from Laura Dubin with refreshments, sponsored by John & Toni Burr

## Ongoing Weekly Programs

Please register quarterly for these programs, so we can contact you in the event we need to change or cancel the program. Programs are free unless noted.

### Health & Fitness

**Have a Ball Fitness**– Improve posture, coordination, strength & balance.

**Morning Meditation**– Come clear your mind to begin your day. Mindfulness is important to your health.

**Power & Energy with GVPT**– Weights and cardio from the chair or standing. Taught by Genesee Valley Physical Therapy.

**Stretch & Strengthen**– Agape physical therapist leads stretches to increase your strength.

### Games

**Bingo**- Come play Bingo! New players welcome. \$1 per board.

**Dominoes**– Stop by to play, or come learn the game of Dominoes.

**Euchre**- Stop by to play, or come learn the game of Euchre.

**Mahjongg**- Stop by to play, or come learn the game of Mahjongg.

**Open Billiards**– Come and play some pool with us.

**Puzzle Club**– Come enjoy time doing puzzles with friends!

**Texas Hold 'Em**-Come play poker or learn the game.

### Art & Creativity

**Art Time**– Bring your own item to paint or draw while spending good, quality time with amazing people!

**Chain Gang**– Join the gang as they crochet or knit items to donate. New people always welcome.

**Get Hooked on Crochet**– Come try or learn more about crochet! Vivian shares her passion & skills with you.

**Woodcarvers**– Woodcarving sessions for all skill levels with helpful and encouraging carvers.

### Meal Programs

**Connection Café**– This weekly program features a delicious lunch cooked in house by Mike F. and other volunteers. \$6, registration required for each meal.

**Grab & Go Meals**– Monroe County provides frozen meals you can drive by and pick up. Warm it up at home and enjoy. Suggested donation of \$3.50, call to register in advance.

## Weekly 55+ Open Gym

Please register quarterly for these programs, so we can contact you in the event we need to change or cancel the program. Open Gym is free with a Community Center Membership. Open Gyms are canceled when there is no school.

**55+ Yard Game**– Mondays, 9-11 am

**55+ Basketball**– Tuesdays, 9-11 am

**55+ New to Pickleball**– Wednesdays, 9-11 am

**55+ Table Tennis**– Thursdays & Fridays, 2:15-6 pm

**55+ Pickleball**– Fridays, 9-11 am

***Additional Programs for Adults can be found in our Online Catalog! There is plenty more to choose from and enjoy.***