



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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>10-1</b> Art Time <b>11-12</b> Grab & Go Lunch (pick up) <b>1-3</b> Dominoes	<b>8-11</b> 55+ Open Beginner Pickleball (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> Woodcarvers (Room 211) <b>10:30-3</b> Euchre <b>12:30-3:30</b> Chain Gang	<b>9:00-11:30</b> Mahjongg <b>9:30-11</b> 55+ Yard Games (Gym) <b>10-11</b> Stretch & Strength (Room 118) <b>11:30-12:30</b> Connection Café (Room 118) <b>12:45-1:45</b> Have a Ball Fitness (Room 214) <b>1-3</b> Bingo (Room 118) <b>2:15-6</b> 55+ Table Tennis (Gym)	<b>1-3</b> Canasta <b>1-4</b> Texas Hold 'Em <b>2-4</b> Puzzle Club <b>1:45-2:30</b> Power & Energy (Room 213) (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 27</b>  <b>10-12</b> Eldersource (Senior Lounge)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)	<b>June 28</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>10:30-12</b> Zentangle (Room 211)  <b>12:30-2</b> Tuesday Treasures (Senior Lounge)	<b>June 29</b>  <b>9:30-10:30</b> Drums Alive (Room 214) <b>11:30-12:30</b> Plant-Based Cooking w Barb (Room 118) <b>1-2 Wellness Wednesday</b> w/ Wegmans Pharmacy (Senior Lounge) <b>6-6:45</b> Beginner Tap Dancing (Room 210) <b>7-7:45</b> Beginner Jazz Dancing (Room 210)	<b>June 30</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)	<b>1</b>  <b>11-12 Meet &amp; Greet Friday</b> w/ Chili Fire Department (Senior Lounge)
<b>4</b>  <b>Community Center CLOSED</b>  <b>Happy 4th of July!</b>	<b>5</b>  <b>Community Center CLOSED</b>	<b>6</b> <b>9:30-10:30</b> Drums Alive (Room 214)  <b>10-11 Arc of Monroe Dance Recital</b> (Room 118)  <b>*There is no Wellness Wednesday today*</b> <b>6-6:45</b> Beginner Tap Dancing (Room 210) <b>7-7:45</b> Beginner Jazz Dancing (Room 210)	<b>7</b> <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>11-2</b> VA Table (Lobby)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)	<b>8</b>  <b>11-12 Meet &amp; Greet Friday</b> w/ Monroe County Sheriff (Senior Lounge)  <b>*Last day to sign-up for Sundaes and Music on 7/11.</b>
<b>11</b> <b>10-11</b> Intergenerational Program: Tie-Dyes (Room 122)  <b>10:30-12</b> Beaded Jewelry Making (Senior Lounge)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)  <b>1:30-2:30</b> National Make Your Own Sundae Day and Music with Tom Dunn	<b>12</b> <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>9:30-10:15</b> TAI CHI PART 1 (ROOM 213)  <b>10-12</b> Line Dancing (Room 118)  <b>10:30-12</b> Zentangle (Room 211)  <b>*There is no Parkinson Support Group this month</b>	<b>13</b> <b>9:30-10:30</b> Drums Alive (Room 214) <b>11:30-12:30</b> Plant-Based Cooking w Barb (Room 118) <b>1-2 Wellness Wednesday</b> w/ NAMI (Senior Lounge) <b>1-3</b> Alzheimer Support Office Hours (Senior Lounge) <b>6-6:45</b> Beginner Tap Dancing (Room 210) <b>6:30-8 SUMMER CONCERT-8 Days a Week (Room 118)-FREE – no registration</b> <b>7-7:45</b> Beginner Jazz Dancing (Room 210)	<b>14</b> <b>8:30-11– TRIP TO THE PUBLIC MARKET</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>9:30-10:15</b> TAI CHI PART 1 (ROOM 213)  <b>11-12 ART WITH LINDA</b> (SENIOR LOUNGE)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)  <b>*LAST DAY TO SIGN-UP FOR JELL-O LUNCH TRIP ON 7/22</b>	<b>15</b>  <b>11-12 Meet &amp; Greet Friday</b> w/ CHS (EMTs) (Senior Lounge)  <div style="text-align: center;"> <b>JULY CALENDAR CONTINUED</b>   </div>

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<b>10-1</b> Art Time <b>11-12</b> Grab & Go Lunch (pick up) <b>1-3</b> Dominoes	<b>8-11</b> 55+ Open Beginner Pickleball (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> Woodcarvers (Room 211) <b>10:30-3</b> Euchre <b>12:30-3:30</b> Chain Gang	<b>9:00-11:30</b> Mahjongg <b>9:30-11</b> 55+ Yard Games (Gym) <b>10-11</b> Stretch & Strength (Room 118) <b>11:30-12:30</b> Connection Café (Room 118) <b>12:45-1:45</b> Have a Ball Fitness (Room 214) <b>1-3</b> Bingo (Room 118) <b>2:15-6</b> 55+ Table Tennis (Gym)	<b>1-3</b> Canasta <b>1-4</b> Texas Hold 'Em <b>2-4</b> Puzzle Club <b>1:45-2:30</b> Power & Energy (Room 213)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>18</b>  <b>10-12</b> Eldersource (Senior Lounge) PLEASE SEE JENN KELLEY FOR AN INDIVIDUAL APPT.  <b>12-1</b> Vinyasa Flow Yoga (Room 213)  <b>2-3</b> Fine Art Presentation and Discussion with Tony Bailey (Room 211)	<b>19</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>9:30-10:15</b> TAI CHI PART 1 (ROOM 213)  <b>10-12</b> Line Dancing (Room 118)  <b>2-3:30</b> Tech Tuesday w/Daniel Jones: Everything E-mail (Room 211)  <b>6-7:30</b> Beaded Jewelry (Senior Lounge)	<b>20</b>  <b>1-2 Wellness Wednesday</b> w/ Cornell Cooperative (Senior Lounge)  <b>6-6:45</b> Beginner Tap Dancing (Room 210)  <b>6:30-8 SUMMER CONCERT-Laura Dubin</b> — FREE- no registration required (Room 118)  <b>7-7:45</b> Beginner Jazz Dancing (Room 210)	<b>21</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>9:30-10:15</b> TAI CHI PART 1 (ROOM 213)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)	<b>22</b>  <b>10-2:00</b> Jell-O Museum and D&R Depot Lunch Trip (Senior Lounge)  <b>11-12 Meet &amp; Greet Friday</b> w/ NYS Troopers (Senior Lounge)
<b>25</b>  <b>12-1</b> Vinyasa Flow Yoga (Room 213)	<b>26</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>9:30-10:15</b> TAI CHI PART 1 (ROOM 213)  <b>10-12</b> Line Dancing (Room 118)  <b>10:30-12</b> Zentangle (Room 211)  <b>12:30-2</b> Tuesday Treasures (Senior Lounge)	<b>27</b>  <b>11:30-12:30</b> Plant-Based Cooking w Barb (Room 118)  <b>1-2 Wellness Wednesday</b> w/ GV Physical Therapy (Senior Lounge)  <b>6-6:45</b> Beginner Tap Dancing (Room 210)  <b>6:30-8 SUMMER CONCERT-Linda Berky &amp; Patsy Wilcox</b> FREE -no registration required (Room 118)  <b>7-7:45</b> Beginner Jazz Dancing (Room 210)	<b>28</b>  <b>8:30-11 TRIP TO THE PUBLIC MARKET</b>  <b>9:30-10:30</b> Fitness & Strength (Room 214)  <b>9:30-10:15</b> TAI CHI PART 1 (ROOM 213)  <b>12-1</b> Vinyasa Flow Yoga (Room 213)	<b>29</b>  <b>11-12 Meet &amp; Greet Friday</b> w/ Dan Mason, General Manger for the Rochester Red Wings (Senior Lounge)  <b>EVENTS, MENUS &amp; TIMES ARE SUBJECT TO CHANGE</b>  

Please call Jenn Kelley, Senior Programmer, at 585-889-6185 if you have questions about any Senior Programs!

# July Program Descriptions

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.**

## Fitness & Dance

**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.

**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 (last class is 6/21).

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

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

## Health & Well-Being

**Meet & Greet Fridays**– Free, No registration required. Refer to calendar for participating guest speakers.

**Parkinson's Support Group**– For loved ones of Parkinson's patient. Cancelled for July.

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

**Wellness Wednesdays**– talks with local groups to help you maintain your wellness. Free, no registration required.

Refer to calendar for participating guest speakers.

**See Ongoing Programs list for weekly Health & Well-Being offerings.**

## Art & Creativity

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

**Intergenerational Activities**– Seniors & Preschool "Tie Dyes" July 11 (Room 122) Free, registration required.

**Art with Linda**– Make beautiful pencil drawings. Free. Registration required.

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

**Zentangle**– Easy to learn, fun & relaxing way to create beautiful images. Free, registration required. (cancelled on 6/14)

**Fine Art Presentation w/Tony Bailey**– Join Tony as he showcases and discusses some of his amazing artwork. Free. Registration required.

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

## Mental Health & Well-Being

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

**VA Table**–Jacquie Delgado, RN, BSN, MSW from the Rochester/Canandaigua VA to provide education and support for Veterans, care takers and loved ones.

**Alzheimer's Association Community Forum**– Hear a brief overview of Alzheimer's, dementia, and memory loss.

**Alzheimer's Support Consultations**– Meet with a specialist, one-on-one in the care room. Free; registration required.

**See Ongoing Programs list for weekly Mental Health & Well-Being offerings.**

## Food & Nutrition

**Connection Café**– Thursdays at 11:30- \$6/resident or \$8/non-resident, registration required.

**7/7**– Bratwurst & Sauerkraut **7/14**– Chicken Kabob & Rice **7/21**– Taco Salad **7/28**– Turkey w/Mash, Stuffing, & Gravy

**Plant-Based Cooking w/ Barb**– **7/13** (11:30-12:30), **7/27**(11:30-12:30) No PM session this month \$3, Registration required.

## Trips & Special Events

**Arc of Monroe Dance Recital**– **7/6 at 10:00 am (Room 118)** Come cheer on the students from the Arc of Monroe, as they put on a very special performance for our wonderful seniors! Free, registration required.

**National Make Your Own Ice Cream Sundae Day and Music by Tom Dunn (keyboard and vocals)**-**7/11 at 1:30pm**

We will celebrate the day with a Sundae Bar and fantastic music. \$4, registration required by 12pm on 7/8.

**Mornings at the Public Market**– **7/14 & 7/28**– We will leave from the Senior Lounge promptly at 8:30am (in the Town of Chili Van) and return by 11:00am. \$3, registration required.

**Jell-O Museum & Lunch at D&R Depot**– **7/22**– Join us for a tour of the Jell-O Museum in Leroy, NY. After the tour, we will have lunch at the D&R Depot Restaurant. We will meet in the Senior Lounge at 10:00am and return around 2pm. \$8, plus the cost of your lunch. Registration required by 7/14.

**Seneca Niagara Casino Trip**– **8/10**– We are taking a charter bus to the casino! We will depart the Senior Center at 8:30am and return around 5 pm. The cost is \$30 (plus \$2 cash/day of for driver tip). You will get \$25 in Free Play.

# July Program Descriptions

## 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 & Well-Being

**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.

### 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.

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

### Food & Nutrition

**Connection Café**– This weekly program features a delicious lunch cooked in house by Mike F. and other volunteers. \$6/resident or \$8/non-resident, registration required for each meal.

### **Grab and Go– Lunch Club 60 Program Monroe County Office for the Aging**

The Lunch Club 60 Program is a congregate meal program for people aged 60 and older. It is administered by the Monroe County Office for the Aging. It was created in 1972 as part of the Older Americans Act, and is designed to help the older person enjoy better health through improved nutrition. The suggested meal donation for Lunch Club 60 is \$3.50 per person. Meal selections change monthly. If you are under the age of 60, lunch cost is \$6.00 per person. The Chili Senior Center offers lunches on Mondays and for more information please call 889-4680.

### Sports & Games

- ◆ Billiards (Tuesdays, 3-4)
- ◆ Bingo (Thursdays, 1-3)
- ◆ Canasta (Fridays, 1-3)
- ◆ Dominoes (Mondays, 1-3)
- ◆ Euchre (Wednesdays, 10:30-3)
- ◆ Mahjongg (Thursdays, 9:00-11:30)
- ◆ Puzzle Club (Tuesdays/Fridays, 2-4)
- ◆ Texas Hold Em'  
(Tuesdays/Fridays 1-4)
- ◆ 55+ Open Beginner Pickleball  
(Tuesdays, 8-11)
- ◆ 55+ Yard Games  
(Thursdays, 9:30-11)
- ◆ 55+ Table Tennis  
(Thursdays/Fridays, 2:15-6)



### My Programs

Write down the programs you plan to attend!

Check here when you've registered

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