


ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11-1 (New!) Gin Rummy and/or Hearts 12-2 Open Beginner (55+) Pickleball (gym) 1-3 Dominoes	1-4 Texas Hold 'em 2-3 Stretch & Strengthen (Room 118) 2-4 Puzzle Club 3-4 Open Billiards	8:45-9:15 Meditation (Room 215) 9-11 Woodcarvers (Room 211) 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjonn (Gym) 9:30-11 55+ Yard Games (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 12:45-1:45 Have a Ball Fitness (Room 214) 1-3 Bingo (Room 118)	1-3 Canasta 1-4 Texas Hold 'Em 2-4 Puzzle Club 1:45-2:30 Power & Energy (Room 213) 2:15-5:45 55+ Table Tennis (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday
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EVENTS, MENUS & TIMES ARE SUBJECT TO CHANGE <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> \$ = Fee required for program </div>	AUGUST 30 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 \$ TAI CHI PART 1 (ROOM 213) 12:30-2 Tuesday Treasures (Senior Lounge)	August 31 10:30-11:30 Rock Painting (Room 118) 2-3 (Different Time!) Wellness Wednesday w/ Lifespan-Health Insurance Counseling (Room 118)	1 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 \$ TAI CHI PART 1 (ROOM 213) 12-1 \$ Vinyasa Flow Yoga (Room 213)	2 11-12 Meet & Greet Friday w/ Monroe County Sheriffs (Senior Lounge)
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5 Happy Labor Day! The Senior Center is Closed Today	6 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 \$ TAI CHI PART 1 (ROOM 213)	7 9-11 Fall Hike (Leave CC at 9) 11:30-12:30 \$ Plant-Based Cooking with Ann (Room 118) 1-2 Wellness Wednesday w/ Wegmans Pharmacy (Room 118)	8 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 \$ TAI CHI PART 1 (ROOM 213) 11-4 TRIP \$: Baseball at Sahlen Field in Buffalo, NY 11-2 VA Table (Lobby) 12-1 \$ Vinyasa Flow Yoga (Room 213)	9 (New!) 9:30-10:30 Chair Yoga Stretch (Room 213) 11-12 Meet & Greet Friday – U.S Navy (Senior Lounge)
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12 10-11 Intergenerational Program: Shapes & Textures (Room 122) 10-10:45 \$ TAI CHI PART 2 (ROOM 213) 10:30-12 \$ Beaded Jewelry Making (Senior Lounge) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2:30 FREE Bingo with Prizes (Sponsored by Touching Hearts at Home) (Room 118) 3-4 Poetry Workshop (Senior Lounge)	13 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 10:30-12 Zentangle (Room 211) 11-3 TRIP \$: Colonial Belle Boat Ride 1-2:30 Parkinson's Support Group (Room 212) 6:30-7:30 \$ Drums Alive (Room 118)	14 10-10:45 \$ TAI CHI PART 2 (ROOM 213) 10:30-11:30 \$ Drums Alive (Room 214) 1-2 Wellness Wednesday w/ NAMU (Room 118) 1-3 Alzheimer Support Office Hours (Senior Lounge)	15 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 ART WITH LINDA (SENIOR LOUNGE) 2-3 ARTIFACT SHARE W/JENN (SENIOR LOUNGE)	16 (New!) 9:30-10:30 Chair Yoga Stretch (Room 213) 11-12 Meet & Greet Friday w/ CHS (EMTs) <div style="text-align: center;"> SEPTEMBER CALENDAR CONTINUED  </div>
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Monday	Tuesday	Wednesday	Thursday	Friday
19 10-10:45 \$ TAI CHI PART 2 (ROOM 213) 10-12 Eldersource (Senior Lounge) PLEASE SEE JENN KELLEY FOR AN INDIVIDUAL APPT. 10-12 \$ BEGINNER BASKET WEAVING-SESSION 1 (SENIOR LOUNGE) 10-1 CPR/AED CLASS (IRELAND ROOM) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1:15-2:15 Blood Pressure Clinic (SENIOR LOUNGE)	20 9:30-10:30 Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 1-2 Positivity Matters (Room 213) 3-4:30 Tech Tuesday w/Daniel Jones: Internet Security, Privacy & Safety (Room 213) 6-7:30 \$ Beaded Jewelry— Bracelet (Senior Lounge) 6:30-7:30 \$ Drums Alive (Room 118)	21 9-11 Fall Hike (Leave CC at 9) 10-10:45 \$ TAI CHI PART 2 (ROOM 213) 10-12 \$ BEGINNER BASKET WEAVING-SESSION 1 (SENIOR LOUNGE) 10:30-11:30 \$ Drums Alive (Room 214) 11:30-12:30 \$ Plant-Based Cooking with Ann (Room 118) 1-2 Wellness Wednesday Cornell Cooperative: Cooking for One (Senior Lounge)	22 9:30-10:30 Fitness & Strength (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) 2:30-4:30 Board Games and Snacks (Senior Lounge)	23 (New!) 9:30-10:30 Chair Yoga Stretch (Room 213) 10-12 \$ BEGINNER BASKET WEAVING-SESSION 1 (SENIOR LOUNGE) 11-12 Meet & Greet Friday w/ NYS Troopers (Senior Lounge) 12-2 Fabric Crafts w/Tamara: Placemat (Library Spark Room)
26 10-10:45 \$ TAI CHI PART 2 (ROOM 213) 10-12 \$ BEGINNER BASKET WEAVING-SESSION 2 (SENIOR LOUNGE) 11-3 \$ TRIP: Mystery Lunch (leave Senior Center at 11am) 12-1 \$ Vinyasa Flow Yoga (Room 213)	27 9:30-10:30 Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 10:30-12 Zentangle (Room 211) 12:30-2 Tuesday Treasures (Senior Lounge) 6-6:45 Beginner Tap (Room 210) 6:30-7:30 \$ Drums Alive (Room 214) 7-7:45 Beginner Jazz (Room 118)	28 10-10:45 \$ TAI CHI PART 2 (ROOM 213) 10-12 \$ BEGINNER BASKET WEAVING-SESSION 2 (SENIOR LOUNGE) 10:30-11:30 \$ Drums Alive (Room 214) 1-2 Wellness Wednesday w/ GV Physical Therapy (Room 118)	29 9:30-10:30 Fitness & Strength (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) 2:30-4:30 Board Games and Snacks (Senior Lounge)	30 (New!) 9:30-10:30 Chair Yoga Stretch (Room 213) 10-12 \$ BEGINNER BASKET WEAVING-SESSION 2 (SENIOR LOUNGE) 1-2 METEOROLOGY PRESENTATION WITH RICH CANIGLIA FROM NEWS 10 NBC (ROOM 118) *THERE IS NO MORNING MEET AND GREET TODAY*

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

September Program Descriptions

To register for a class/activity, please sign up at the Chili Community Center front desk or online at 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

Chair Yoga Stretch (New!)- Yoga practice that incorporates stretching and promotes balance! Free; registration req.

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.

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

Health & Well-Being

Blood Pressure Clinic w/ CHS- Free, takes place on the 3rd Monday of every month in the senior lounge care room.

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. Free; no registration required.

Plant-Based Cooking w. Barb (or Ann)- 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.

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.

Fabric Crafts w/ Tamara- Make beautiful craft items! Materials provided; \$ is due to instructor on day of craft.

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

Artifact Share w/Jenn- Bring an artifact that represents you to share with the group! 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 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.

9/1- Tuna Fish w/Croissant & Chips **9/8-** Stuffed Peppers from "Town and Country" **9/15-** Meatball Sub & Mac Salad

9/22- Ziti & Chef Salad from "Ferrari's" **9/29-** Chicken and Biscuits

Plant-Based Cooking w/ Ann 9/7 (11:30-12:30), 9/21 (11:30-12:30) No PM session this month \$3, Registration required.

Trips & Special Events

Minor League Baseball Game at Sahlen Field (Buffalo, NY)- 9/8- Take a trip down the NYS Thruway to see the Buffalo Bisons take on the Gwinnett Stripers at Sahlen Field. Price includes transportation, game ticket, and a five dollar food voucher. \$10; registration required.

FREE Bingo Event (Sponsored by Touching Hearts at Home)- 9/12- (1-2:30pm) We will play a number of one-line bingo games. Everyone will receive two boards and you will choose a prize from the prize table if you win. Free; registration required.

Colonial Belle Boat Tour of Erie Canal- 9/13 (11am-3pm)- Join us for an afternoon cruise on the largest tour boat operating along the Erie Canal! The price of this trip includes transportation and a two-hour cruise from 12:00-2:00 pm. Snacks & drinks available for purchase onboard the boat. \$25 per person (plus \$3 for transportation); registration required. Last day to register is **9/8-** trip will be cancelled if we do not meet number requirement.

CPR/AED Hands Only Class- 9/19 (10am-1pm) Learn CPR and how to use the AED machine. All participants will receive a certificate after class completion. Free; registration required.

Mystery Lunch- 9/26- (11am departure)- Be brave and join us for a Mystery Lunch. The cost of this trip is \$3 per person (plus the cost of your own food). Registration is required and everyone will need to drive with us!

Meteorology Presentation w/ Rich Caniglia (News10 NBC)- 9/30 (1-2pm) Come meet Rich Caniglia and learn about what it takes to be a meteorologist! This event is free; registration is required.

Seneca Niagara Casino Trip- 10/19- 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 \$32 (plus \$2 cash/day of for driver tip). You will get \$25 in Free Play.

