

ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9-11 55+ YARD GAMES (GYM) 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 1-3 (New!) Hearts Rule Card Instruction 1-3 Dominoes	9-11 55+ Basketball 10-12 Chess Club 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) 9-11 55+ Corn Hole Instruction & Play 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjongg 9:00-11 55+ Senior Volleyball (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-2 Have a Ball Fitness (Room 214) 1-3 Bingo (Room 118)	9:00-11 55+ Beginner Pickle Ball (gym) 1-3 Canasta 1-4 Various Poker Games 2-4 Puzzle Club 2-3 Power & Energy (Room 213) 2:45-5:45 55+ Table Tennis (Gym)
Monday	Tuesday	Wednesday	Thursday	Friday
WEEKEND CONCERT Saturday, March 18 Fiddlers of the Genesee Room 118 2:00-3:00 pm Free; Please Register	WEEKEND CONCERT Saturday, March 25 Ceilidh Connection Room 118 1:00-2:00 pm Free; Please Register	1 9-11 55+ Corn Hole Instruction & Play (gym) 10:30-11:30 Drums Alive (Room 214) 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday w/Alzheimer's Association (Room 118)	2 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11 Stretch & Strength (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118)	3 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet & Greet Friday w/ Town of Chili Assessor, Mary Lander (Senior Lounge)
6 10:30-11:30 "Musical Moments" Singing Practice 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 "Hearts Rule" Card Game Instruction (Senior Lounge)	7 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 12:30-2 Easter Egg Stuffing in Senior Lounge	8 9-11 55+ Corn Hole Instruction & Play (gym) 9:30-12:30 Cartwright Pancake Trip (Senior Lounge) *No Wellness Wednesday Today 2:30-4 Board Games (Senior Lounge)	9 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11 Stretch & Strength (Room 118) 10:30-11:30 Intergenerational Program: Shamrock Ice Cream—(Room 122) 11-2 VA Outreach Table (Lobby) NO Café or BINGO Today 12- 1 \$ Vinyasa Flow Yoga (Room 213)	10 9:30-10:30 \$ Chair Yoga Stretch (Room 213) *NO MEET AND GREET TODAY* 11:30-1:30 \$ ST. PATRICK'S DAY CELEBRATION LUNCH w/ MUSIC BY JOHN DADY
13 10:30-11:30 "Musical Moments" Singing Practice 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 "Hearts Rule" Card Game Instruction (Senior Lounge) 2-3 Book Reading with Jay Diedrick (Room 118) 3-4 Poetry Workshop (Senior Lounge)	14 9:30-10:30 \$ Fitness & Strength (Room 214) No line dancing today 10:30-12 Beginner Zentangle (Room 211) 12:30-2 Easter Egg Stuffing in Senior Lounge 1-2:30 Parkinson's Support Group (Room 212)	15 9-11 55+ Corn Hole Instruction & Play (gym) 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday w/Cornell Cooperative (Room 118)	16 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11 Stretch & Strength (Room 118) 11-12 ART WITH LINDA- (SENIOR LOUNGE) 12- 1 \$ Vinyasa Flow Yoga (Room 213) *NO BINGO TODAY— Oasis Tappers performance will follow connection café	17 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet & Greet Friday w/ Deb Curran from CHS (Senior Lounge) 6:30-8 \$ Community BINGO— Seniors welcome to sign-up (gym) Fiddler Concert TOMORROW (3/18) FREE! 2-3pm

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9:00-11 55+ YARD GAMES (GYM) 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 1-3 (New!) Hearts Rule Card Instruction 1-3 Dominoes	9:00-11 55+ Basketball 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) 9-11 55+ Corn Hole Instruction & Play (gym) 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjongg 9:00-11 55+ Senior Volleyball (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-2 Have a Ball Fitness (Room 214) 1-3 Bingo (Room 118)	9:00-11 55+ Beginner Pickle Ball (gym) 1-3 Canasta 1-4 Various Poker Games 2-4 Puzzle Club 2-3 Power & Energy (Room 213) 2:45-5:45 55+ Table Tennis (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday
20 10-12 \$ BEGINNER BASKET WEAVING (SENIOR LOUNGE) 10-1 Eldersource Appointments (call Jenn Kelley if you would like an appointment) 10:30-11:30 "Musical Moments" Singing Practice 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Free Piano Concert with Steve Cortese (Room 118) 1:15-2:15 BLOOD PRESSURE CHECKS w/CHS (SENIOR LOUNGE)	21 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 12:30-2 Easter Egg Stuffing in Senior Lounge 1-2 Positivity Matters (Room 213) 3-4:30 Tech Tuesday w/Daniel Jones: Travel Apps (Room 211) 6-7:30 \$ Beaded Jewelry (Senior Lounge)	22 9-11 55+ Corn Hole Instruction & Play (gym) 10-12 \$ BEGINNER BASKET WEAVING (SENIOR LOUNGE) 1-2 Wellness Wednesday w/Genesee Valley Physical Therapy (Room 118) 2:30-4 Golf Card Game w/ Jenn (Senior Lounge)	23 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11 Stretch & Strength (Room 118) 11:30-12:30 –Mix & Mingle Lunch Connection Café: Taco Salad (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 \$ Bingo (Room 118)	24 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 \$ BEGINNER BASKET WEAVING (SENIOR LOUNGE) 11-12 Meet & Greet w/ Monroe County Sheriff, (Senior Lounge) 12-2 \$ ID/Luggage Holder Fabric Craft w/Tamara (Spark Lab) Bagpipe Concert TOMORROW (3/25) FREE! 1-2 pm, Room 118
27 10:30-11:30 "Musical Moments" Singing Practice 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 "Hearts Rule" Card Game Instruction (Senior Lounge) 2:30-3:30 April Calendar Review (Senior Lounge)	28 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 10:30-12 Advanced Zentangle (Room 211) 11-12 \$ Spring Flower Craft w/ Phyllis 12:30-2 Easter Egg Stuffing in Senior Lounge 12:30-2 Tuesday Treasures (Senior Lounge)	29 9-11 55+ Corn Hole Instruction & Play w/ Jenn (gym) 1-2 Wellness Wednesday w/Dave Korody– Medicare 101 Seminar (Room 118) 2-4:30 8-Ball Pool Tournament (Senior Lounge)	30 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11 Stretch & Strength (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118)	31 No CHAIR YOGA TODAY 11-12 Meet & Greet w/Terry of Chili Fire Department (Senior Lounge) 1:00-3:30 \$ Mystery Lunch Trip (meet in Senior Lounge) 6-8 \$ Evening w/ the Easter Bunny– Single Seniors Welcome (Senior Lounge)

March Programs & Events

March is the Month for Music...

We have several concerts lined up for the month of March and you are all invited!

Friday, March 10: St. Patrick's Day Lunch and Music by John Dady

We will have a corned beef and cabbage lunch followed by a musical performance by John Dady. The entire event will take place from 11:30am-1:30pm in Room 118. The cost is \$10 for residents (\$12 for non residents). Please note that this is a packaged deal and you cannot sign-up for the lunch or music separately. The very last day to register is March 3.

Thursday, March 16: Oasis Tappers performance (following Connection Café)

The Oasis Tappers will join us again in room 118 immediately after Connection Café. Please note that there is not Bingo this day. The concert is free, so you may join us even if you are not eating lunch at the Connection Café. Please register if you plan to attend the concert.

Saturday, March 18: Fiddlers of the Genesee

Join this bluegrass, Irish tune, band for a fun concert in Room 118. This concert is FREE, but registration is required.

Monday, March 20: Pianist and Vocalist, Steve Cortese

This is a free concert for our seniors, but registration is required. Steve Cortese will play piano/sing from 1-2pm in Room 118.

Saturday, March 25: Ceilidh Connection (Small Bagpipe Band)

This is a small Scottish and Irish Tune bagpipe ensemble that is made up of friends who have played together since 2007. Join us from 1:00-2:00pm in Room 118 for this FREE concert. Registration is required.

Other March Activity Details:

- We will need assistance with stuffing Easter Eggs for the kiddos. There is an Easter Egg Hunt on 4/1. Please see the calendar for the TUESDAY dates and times. If you are able to assist, please register!
- Eldersource Appointments will be available from 10am-1pm on Monday, March 20. You must call Jenn Kelley to schedule a time block for an appointment-889-6187. Appointments are limited and will be given out on a first come, first serve basis.
- Blood Pressure Clinic is back! Free Blood Pressure checks with CHS on Monday, March 20 from 1:15-2:15 in the senior lounge. FREE, but please register!
- Jay Diedreck, a local author will be doing a book reading from his recent novel, "Klem Watercrest the Lighthouse Keeper", in Room 118 on 3/13. His fictional book setting is somewhere along the sea-swept coast of Maine in an enchanting little gas lit village that Jay calls "Port James." Come support a local author and have some refreshments from 2-3pm.
- We have added a "Mystery Lunch Trip" to March 31. The cost is \$4 per person (and you are responsible for your own food). Space is limited so sign-up today!

Monroe County Breakfast Program Beginning in April!

Beginning April 12, we will offer a breakfast opportunity through Monroe County. The breakfast will take place in the senior lounge every Wednesday (menu will be posted in April Calendar), from 9:15-10:00am. No take-outs please. A \$3.50 contribution is suggested, but not required. PLEASE SIGN-UP ONLINE OR AT THE FRONT DESK FOR EVERY BREAKFAST YOU PLAN TO ATTEND. More information to come in the April Calendar. **Disclaimer:** No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. **Funding:** This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.



March Programs & Events

Grab and Go- Lunch Club 60 Program (Mondays)



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. *Disclaimer: No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. Funding: This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging*

Connection Café: March Menu

Thursdays from 11:30-12:30 in Room 118. The cost is \$6/\$8 and registration is required.

March 2: Chicken Stir Fry w/ Vegetables/Rice & Dessert

March 9: No Connection Café or BINGO today (St. Patrick's Day Party on 3/10)

March 16: Bratwurst, German Potato Salad, Green Beans & Dessert- **No Bingo**

March 23 (Mix & Mingle-Random Seating): Taco Salad & Dessert

March 30: Pepperoni Pizza, Salad, & Dessert

A Note from Senior Programmer, Jenn Kelley...

I will be out of the office from Wednesday, March 1-Wednesday, March 8.
For immediate assistance, please call the main desk at 585-889-4680.

Sports & Games

- ◆ Senior Yard Games (Mondays, 9-11)
- ◆ Senior Basketball (Tuesdays, 9-11)
- ◆ Billiards (Tuesdays, 3-4)
- ◆ Senior Corn Hole (Wednesdays, 9-11)
- ◆ Bingo (Thursdays, 1-3)
- ◆ Canasta (Fridays, 1-3)
- ◆ Chess Club (Tuesdays, 10-12)
- ◆ Dominoes (Mondays, 1-3)
- ◆ Euchre (Wednesdays, 10:30-3)
- ◆ **Hearts Rule (NEW!)** Card Instruction (Mondays, 1-3)
- ◆ Mahjonn (Thursdays, 9:00-11:30)
- ◆ Senior Volleyball (Thursdays, 9-11)
- ◆ Puzzle Club (Tuesdays/Fridays, 2-4)
- ◆ Texas Hold Em' (Tuesdays, 1-4)
- ◆ Various Poker Games (Friday, 1-4)
- ◆ 55+ Table Tennis (Fridays, 2:15-5:45pm)

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.