

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) 11:30-1 Rummikub 1-3 Hearts Rule 1-3 Dominoes	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) 10:30-3 Euchre 12:30-3:30 Chain Gang 2-3 (New Day!) Power & Energy (Room 213)	8:00-11:00 55+ BEGINNER PICKLE BALL (GYM) 9:00-11:30 Mahjonn 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)	1-3 Canasta 1-4 Various Poker Games 2-4 Puzzle Club 2:45-5:45 55+ Table Tennis (Gym)
Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10:30-11:30 "Musical Moments" Singing Practice 11:30-1 (New!) Rummikub 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 "Hearts Rule"	2 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 3-4 Play Golf (Card Game) w/ Jenn	3 9:30 Hike: Greece Canal Park (be in Senior Lounge by 9am) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday w/Alzheimer's Association: Dementia Behaviors (Room 118)	4 9:30-10:30 \$ Fitness & Strength (Room 214) 12- 1 \$ Vinyasa Flow Yoga (Room 213) *No Connection Café or BINGO today* 1-2 HAVE A BALL FITNESS (ROOM 214)	5 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11:30-1:30 \$ CINCO DE MAYO CELEBRATION (ROOM 118) LAST DAY TO REGISTER IS MAY 3RD.
8 9:30-10:15 \$ Tai Chi for Beginners (Room 213) *Musical Moments Off-site Performance (meet in senior lounge at 12:30pm) 11:30-1 (New!) Rummikub 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 "Hearts Rule"	9 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 10:30-12 Beginner Zentangle (Room 211) 1-2:30 Parkinson's Support Group (Room 212)	10 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 1-2 Wellness Wednesday NAMI (Scams Presentation Cancelled) (Room 118) 2:30-4 Play Golf (Card Game) w/Jenn	11 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 ART WITH LINDA- (SENIOR LOUNGE) 11-2 VA Outreach Table (Lobby) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-2 HAVE A BALL FITNESS (ROOM 214) 1-3 Bingo (Room 118)	12 9-10 (Time Change for Today) Meet & Greet Friday w/ Monroe County Sheriff (Senior Lounge) 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11:30-1 \$ Mother's Day Tea (Room 118)
15 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 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)	16 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 3-4:30 Tech Tuesday w/Daniel Jones: What is Facebook? (Room 211)	17 9:30 Hike: North Hampton Park (be in Senior Lounge by 9 am) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday w/Cornell Cooperative (Room 118)	18 9:30-10:30 \$ Fitness & Strength (Room 214) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-2 HAVE A BALL FITNESS (ROOM 214) 1-3 Bingo (Room 118)	19 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet and Greet w/ Genesee Valley PT (Senior Lounge) 10:30-12 OR 12-2 \$ (Choose 1 Session) Accordion Pouch Fabric Craft w/Tamara (Spark Lab) 1-3:30 \$ TRIP: Mystery Lunch (Senior Lounge)



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10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-3 Hearts Rule 1-3 Dominoes	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) 10:30-3 Euchre 12:30-3:30 Chain Gang 2-3 (New Day!) Power & Energy (Room 213)	8:00-11:00 55+ BEGINNER PICKLE BALL (GYM) 9:00-11:30 Mahjongg 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)	1-3 Canasta 1-4 Various Poker Games 2-4 Puzzle Club 2:45-5:45 55+ Table Tennis (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday
22 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10:30-11:30 "Musical Moments" Singing Practice 10:30-12 \$ Beaded Jewelry— Genuine Stone Bracelet (Senior Lounge) 11-3 \$ TRIP: Seneca Park Zoo (meet in Senior Lounge at 11) 12- 1 \$ Vinyasa Flow Yoga (Room 213)	23 9:30-10:30 \$ Fitness & Strength (Room 214) *No Line Dance 10:30-12 Advanced Zentangle (Room 211) 6-7:30 \$ Beaded Jewelry (Senior Lounge)	24 8:00 \$ TRIP: Botanical Gardens & Lunch (Senior Lounge) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 1-2 Wellness Wednesday w/Wegmans Pharmacy (Room 213) 6-7 \$ Plant-Based Cooking with Barb (Room 118)	25 9:30-10:30 \$ Fitness & Strength (Room 214) 11:30-12:30 \$ 19th Century Presidential Trivia w/ Tom Boyce (Room 118) *No Connection Café or BINGO today* 12-1 \$ Vinyasa Flow Yoga (Room 213) *NO HAVE BALL FITNESS TODAY* 2:30-3:30 June Calendar Review (Room 118)	26 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Resident Council Information Meeting w/ Jenn (Senior Lounge) 2-3 Jeopardy! (Room 118)
29 SENIOR CENTER IS CLOSED HAPPY MEMORIAL DAY!	30 9:30-10:30 \$ Fitness & Strength (Room 214) *No Line Dance 12:30-2 Tuesday Treasures (Senior Lounge)	31 *No breakfast today* 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 1-2 Wellness Wednesday w/Stronger Today PT: Balance (Room 118)		

A Note from Senior Programmer, Jenn Kelley...

Please note that Friday's Power and Energy class with Genesee Valley Physical Therapists, has been moved to Wednesdays (beginning this month). It will be from 2:00-3:00 pm in Room 213. It will no longer be offered on Fridays.

May Programs & Events

May Highlights...

Friday, May 5: Cinco de Mayo Celebration (11:30-1:30)

Enjoy a taco and chicken/cheese enchilada meal with a delicious dessert. Marianna Gonzalez will be here to play the accordion/sing. Special performance by the Chili Senior Cheerleaders and a pinata! The cost is \$8 (\$10 non-residents) and the very last day to sign-up is 5/3/23.

Wednesday, May 3 & 17: Spring Hikes (9:30-11:30am)

May 3: Greece Canal Park, May 17: North Hampton Park. **NEW FOR SPRING/SUMMER 2023:** IF YOU PLAN TO RIDE WITH US IN THE CHILI VEHICLES, THERE IS NOW A \$3 (ROUND TRIP) CHARGE AND YOU MUST SIGN-UP IN TWO PLACES. IF YOU PLAN TO MEET US THERE IN YOUR OWN VEHICLE, YOU ONLY NEED TO SIGN-UP ONCE AND THERE IS NO CHARGE.

Wednesday, May 10: NAMI is back for Wellness Wednesday (1-2)

There is no Scam presentation on May 10. Instead, Kristina from NAMI will return to use vision boards and discuss how important it is for our mental health, that we dream, plan and believe in ourselves.

Friday, May 12: Mother's Day Tea Party (11:30-1)

Calling all moms, grandmas, aunts, etc! We are having a tea party to celebrate Mother's Day! Along with tea, small sandwich squares and mini-desserts will be served. We will have wonderful conversation and the early afternoon will end with a piano/vocal performance by Steve Cortese. The cost is \$6 per person and space is limited.

Friday, May 19: Trip to a Mystery Lunch Destination (1-3:30)

Feeling brave? Join us for a Mystery Lunch! The Chili Bus will leave at 1 pm and we will return around 3:30 pm. You are responsible for the cost of your own lunch. PLEASE LET JENN KELLEY KNOW IF YOU HAVE SIGNED-UP AND YOU ARE A VETERAN. Space is limited so sign-up today!

Monday, May 22: Trip to Seneca Park Zoo (11-3)

Join us for a trip to the Seneca Park Zoo! The cost is \$15 per person (\$20 for non-residents) and the price includes admission and transportation. You must ride with us for this event and are responsible for packing/buying your own lunch.

Wednesday, May 24: Trip to Botanical Gardens & Lunch (8:00-3)

Explore the many wondrous plants in the tropical greenhouses of the Botanical Gardens in Buffalo, NY. After visiting the Gardens for about an hour, we will have lunch at The Anchor Bar in Williamsville, NY. The cost is \$20 and this includes your transportation and ticket into the Gardens. You are responsible for the cost of your own lunch.

Friday, May 26: Resident Council Information Meeting w/Jenn (11-12)

We would like to create a resident council group for the Chili Senior Center. If you are someone who likes to be the voice for others and would like to give monthly input on featured activities and events, please plan on attending this information meeting. Please sign-up!

Music & Merriment Senior Citizen Dinner at Gates Middle School: Wednesday, May 10 in the Gates Chili Middle School Cafeteria. Pasta dinner begins at 4pm. If you have already signed-up, please remember to pick your ticket up from the front desk at CCC as soon as possible. **We have some extra tickets, so if you are not signed-up and would like to go, please see Jenn Kelley ASAP.**

Monroe County Breakfast Program Continues!

We now offer a Monroe County breakfast every Wednesday. The breakfast will take place in the senior lounge 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 A WEEK IN ADVANCE FOR EVERY BREAKFAST YOU PLAN TO ATTEND. **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.

See Jenn Kelley for any questions related to our new breakfast program!
The menu is printed on the back of the Connection Café Lunch Menu!



May 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: May Menu

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

May 4: No Connection Café or BINGO (See Cinco de Mayo on May 5)

May 11: Chicken Salad Croissant, Broccoli Salad, Dessert

May 18: Sloppy Joe, Waffle Fries, Vegetable & Dessert

May 25: No Connection Café or Bingo (See Presidential Trivia w/Tom Boyce)

PLEASE SEE THE REVERSE OF THE CONNECTION CAFÉ MENU FOR THE WEDNESDAY BREAKFAST OPTIONS.

HAPPY MEMORIAL DAY FROM THE CHILI RECREATION STAFF!

Sports & Games

- ◆ Beginner Pickle ball 55 + (Thursdays, 8-11 in the gym)
- ◆ Billiards (Tuesdays, 3-4)
- ◆ Bingo (Thursdays, 1-3)
- ◆ Canasta (Fridays, 1-3)
- ◆ Chess Club (Tuesdays, 10-12)
- ◆ Dominoes (Mondays, 1-3)
- ◆ Euchre (Wednesdays, 10:30-3)
- ◆ Hearts Rule (Mondays, 1-3)
- ◆ Mahjongg (Thursdays, 9:00-11:30)
- ◆ Puzzle Club (Tuesdays/Fridays, 2-4)
- ◆ (New!) Rummikub (Mondays, 11:30-1)
- ◆ Rummikub (Mondays, 11:30-1)
- ◆ Texas Hold Em' (Tuesdays, 1-4)
- ◆ Various Poker Games (Friday, 1-4)
- ◆ 55+ Table Tennis (Fridays, 2:15-5:45pm)

*Tables in the Senior Lounge are open M-F for various card games. Bring a group of friends to play a game!



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.