

ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Monday	Tuesday	Wednesday	Thursday	Friday
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)
May 29 <h1>SENIOR CENTER IS CLOSED</h1> <h1>HAPPY MEMORIAL DAY!</h1>	May 30 9:30-10:30 \$ Fitness & Strength (Room 214) *No Line Dance 12:30-2 Tuesday Treasures (Senior Lounge)	May 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)	1 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)	2 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet and Greet with Jenn (SCAMS PRESENTATION)- Room 118
5 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10-1:30 CPR TRAINING CLASS (Ireland Room) 10:30-11:30 "Musical Moments" Singing Practice 12- 1 \$ Vinyasa Flow Yoga (Room 213)	6 9:30-10:30 \$ Fitness & Strength (Room 214) 1-2:30 Parkinson's Support Group (Room 212) <i>*Tomorrow is the last day to sign-up for the 6/21 Red Wings Game.</i>	7 9:00 Hike: Hamlin Beach (bus leaves at 9am) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10-11:30 55+ Cornhole 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 WELLNESS WEDS w/ALZHEIMER'S ASSOC. (ROOM 118) 2-3 \$ Concert w/ John Culligan (Room 118)	8 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)	9 9-9:30 Voices and Visions Committee Meeting (Senior Lounge) 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet and Greet w/ Genesee Valley PT (Senior Lounge)
12 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10-1 Eldersource Appointments (call Jenn Kelley if you would like an appointment) 10:30-12 \$ "Musical Moments" Concert & Continental Breakfast (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1:15-2:15 Blood Pressure Checks	13 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 1-2 Golf Card Game with Jenn (Senior Lounge)	14 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10-11:30 55+ Cornhole 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday NAMI (Room 118)	15 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)	16 *NO Chair Yoga Stretch Today <i>*No Meet and Greet Today*</i> 11-12:15 \$ Father's Day Cookout (Room 118) w/ Special Guest, Deputy Jonathan Payne of MC Sheriff Dept.



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Monday	Tuesday	Wednesday	Thursday	Friday
19 9-2 \$ Trip to Sauders (Meet in Senior Lounge at 9) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10:30-12 \$ Beaded Jewelry— Seed Bead Bracelet (Senior Lounge)	20 10:30-12 Beginner Zentangle (Room 211) 1-2 Golf Card Game with Jenn (Senior Lounge) 3-4:30 Tech Tuesday w/Daniel Jones: Pinterest (Room 211) 6-7:30 \$ Beaded Jewelry-Seed Bead Bracelet (Senior Lounge)	21 9:00 Hike: Iroquois Wildlife (bus leaves at 9 am) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 9:30-10:15 \$ Tai Chi for Beginners (Room 213) 10-11:30 55+ Cornhole 12-4 \$ Red Wings Game (Meet in Senior Lounge at 12) 1-2 Wellness Wednesday w/Cornell Cooperative (Room 118)	22 1-3 Bingo (Room 118) *NO HAVE BALL FITNESS TODAY* *LAST DAY TO SIGN-UP FOR LEGACY LUNCH*	23 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet and Greet with Michelle Melvin from the U.S. Navy (Senior Lounge) CHILI FEST IS TOMORROW 6/24
26 9:30-10:15 \$ Tai Chi for Beginners (Room 213)- LAST CLASS 1-2 \$ Wild Women of the West Presentation w/ Tom Boyce (Room 118)	27 9:30-10:30 \$ Fitness & Strength (Room 214) *No Line Dance 10:30-12 Advanced Zentangle (Room 211) 12:30-2 Tuesday Treasures (Senior Lounge)	28 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-11:30 55+ Cornhole 1-2 Wellness Wednesday w/Wegmans Pharmacy (Room 213) 2:30-3:30 July Calendar Review (Room 118)	29 9:30-10:30 \$ Fitness & Strength (Room 214) 1-2 HAVE A BALL FITNESS (ROOM 214) 1-3 Bingo (Room 118)	30 9:30-10:30 \$ Chair Yoga Stretch (Room 213) *No Meet and Greet Today* 11:00-1 \$ Fish Fry Lunch at The Legacy (Meet in Senior Lounge at 11-must ride with us)

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. It will be from 2:00-3:00 pm in Room 213. It will no longer be offered on Fridays.

June Programs & Events

June Highlights...

Friday, June 2: Scams Presentation with Jenn Kelley (11-12)

Come learn about the latest scams that are out there, targeting the senior citizen population.

Wednesday, June 7 & 21: Spring Hikes (9:00-11:30am)

June 7: Hamlin Beach, June 21: Iroquois Wildlife. **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. THE BUS LEAVES AT 9:00 AM, SHARP!

Wednesdays, June 7 & 14: Plant Based Cooking w/Barb (11:30-12:30)

These are Barb's last two classes until September! Join her for her final two plant-based recipes!

Monday, June 12: "Musical Moments" Concert & Continental Breakfast (10:30-12)

Several senior citizens at CCC have participated in a weekly singing/music group. They are ready to perform their Spring concert for an audience! Please come support them and enjoy a continental breakfast during the performance! The cost is \$5 per person.

Monday, June 12: Free Blood Pressure Checks with CHS (1:15-2:15)

CHS is back to perform blood pressure checks for our seniors. Please sign-up if you plan to attend!

Friday, June 16: Father's Day Lunch w/ Special Guest (11:00-12:30)

We are having a Father's Day lunch to celebrate all fathers, grandpas, uncles, etc. It will be Italian sausage w/ peppers and onions, potato salad, chips and double chocolate cake for dessert. Monroe County Sheriff Deputy, Jonathan Payne will join us for discussion and lunch. The cost is \$6 (\$8 for non-residents) and space is limited so sign-up today! Last day to sign-up is June 13.

Monday June 19: TRIP to Sauder's (9-2)

Join us for a trip to Sauder's in the Mennonite Community of Seneca Falls, NY! We will depart the Chili Senior Center at 9am (you must ride with us for this trip). The cost \$5 per person and space is limited, so sign-up today!

Wednesday, June 21: TRIP to the Red Wings' Game (12-4)

Cheer on the Rochester Red Wings as they take on the Omaha Storm Chasers for a 1:05 game at Frontier Field! Tickets are \$16 each and if you would like transportation, it will be an additional \$3 (plus the cost of any food or beverage that you would like to buy at the ballpark). **You can sign-up for transportation under the "Transportation" tab of the online registration portal. If you are riding with us, please plan to be in the Senior Lounge by 12pm. No refunds can be issued for game tickets after June 7.**

Monday, June 26: Women of the Wild West w/Tom Boyce (1-2)

Join historian Tom Boyce as he presents on the wild women of the Wild West. The cost is \$3 per person and light snacks will be provided.

Friday, June 30: Lunch at the Legacy (11-1)

Marc, the head chef at the Legacy in Churchville, NY has invited our residents to a Fish Fry lunch! The lunch will consist of a Fish Fry, French Fries, Cole Slaw, and a Roll. The cost is \$15 per person. Transportation (you must ride with us) is already included in the cost. Space is limited so sign-up today!!

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!**



June 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: June Menu

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

June 1: BBQ Hamburgers, Potato Salad, Dessert

June 8: Cobb Salad w/all the Trimmings, Dessert

June 15: Pizza (Chef's Choice), Salad, Dessert

June 22: Hot Dogs, Baked Beans, Chips, Dessert

June 29: Pulled Pork on a Bun, Cole Slaw, Applesauce, Dessert

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

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)
- ◆ Corn Hole 55+ (Wednesdays, 10-11:30- Outside)
- ◆ 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)
- ◆ Various Poker Games (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.