

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 1-2:30 55+ BEGINNER PICKLE BALL (GYM) 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 Power & Energy w/GVPT (Room 213)	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) 2:30-4 Dominoes (Senior Lounge)	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
<p>FLU SHOTS</p> <p>WEGMANS PHARMACY IS HOSTING FLU SHOTS OCTOBER 10 10 AM – 1 PM ROOM 118</p> <p>PLEASE SIGN-UP FOR A TIME SLOT AT THE FRONT DESK AND GET A FORM TO FILL-OUT AND DROP OFF.</p>	<p>Don't forget about the Monroe County Sheriff Senior Citizen Academy! It is free and begins on September 28. It will continue every Thursday for 8 weeks from 8:15am-11:15 am!</p>	<p>August 30</p> <p>9:15-10 Monroe County Breakfast Program (Senior Lounge)</p> <p>9:30-10:15 \$ Tai Chi-PART 2 (Room 213)</p> <p>1-2 Wellness Wednesday w/Stronger Today PT (Room 118)</p> <p>2:30-3:30 September Calendar Review (Room 118)</p>	<p>August 31</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p> <p>1-3 Bingo (Room 118)</p> <p>2:30-4 Dominoes (New!) (Senior Lounge)</p>	<p>1</p> <p>9:30-10:30 \$ Chair Yoga Stretch (Room 213)</p> <p>*No Meet & Greet Today*</p>
<p>4</p> <p>Happy Labor Day!</p> <p>Senior Center is Closed Today!</p>	<p>5</p> <p>No Fitness & Strength Today</p> <p>No Vinyasa Yoga Today</p> <p>3-4 Play GOLF Card Game with Jenn (Senior Lounge)</p>	<p>6</p> <p>*No Breakfast Today*</p> <p>11:30-12:30 \$ PLANT BASED COOKING w/BARB (ROOM 118)</p> <p>1-2 WELLNESS WEDNESDAY w/ALZHEIMER'S ASSOCIATION (ROOM 118)</p>	<p>7</p> <p>No Fitness & Strength Today</p> <p>11-12 ART w/ LINDA IS CANCELLED. SHE WILL RETURN IN OCTOBER</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p> <p>1-3 Bingo (Room 118)</p> <p>2:30-4 Dominoes (New!) (Senior Lounge)</p>	<p>8</p> <p>9:30-10:30 \$ Chair Yoga Stretch (Room 213)</p> <p>11-12 MEET & GREET (SURPRISE GUEST) SENIOR LOUNGE</p>
<p>11</p> <p>10:30-12 \$ Beaded Jewelry Making (Buffalo Bills Bracelets) Senior Lounge</p> <p>11-12 \$ OTAGO Exercise (Room 214)</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p>	<p>12</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>10-11:30 \$ Social Line Dancing (Room 118)</p> <p>10:30-12 (Beginner) Zentangle (Room 211)</p> <p>1-2:30 Parkinson's Support Group (Room 212)</p>	<p>13</p> <p>9:15-10 Monroe County Breakfast Program (Senior Lounge)</p> <p>10-10:45 \$ Drums Alive Exercise Program (Room 214)</p> <p>11-12 \$ OTAGO Exercise (Room 214)</p> <p>11:30-12:30 \$ PLANT BASED COOKING w/BARB (ROOM 118)</p> <p>1-2:30 Honor Flight Presentation w/ Marshall & Jenn (Room 118)</p> <p>6-7:30 \$ Beaded Jewelry Making (Buffalo Bills Bracelets) Senior Lounge</p>	<p>14</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>11-2 VA Outreach Table (Lobby)</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p> <p>2:30-4 Dominoes (New!) (Senior Lounge)</p>	<p>15</p> <p>9:30-10:30 \$ Chair Yoga Stretch (Room 213)</p> <p>11-12 Meet and Greet with Monroe County Sherriff (Senior Lounge)</p> <p>12:30-1:30 \$ Lunch with Episcopal Senior Housing (Senior Lounge)</p>



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Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-2:30 55+ BEGINNER PICKLE BALL (GYM) 1-3 Hearts Rule 1-3 Dominoes	10-12 Chess Club 1-4 Various Poker Games 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 Power & Energy w/GVPT (Room 213)	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) 2:30-4 Dominoes (Senior Lounge)	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
18 10:30-11:30 Musical Moments Sing Group (Room 118) 10-1 Eldersource Appointments (call Jenn Kelley if you would like an appointment) 10-11:30 \$ INTERGENERATIONAL PROGRAM (ROOM 122) 11-12 \$ OTAGO Exercise (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1:15-2:15 Blood Pressure Checks (Senior Lounge) 1:30-3 Toxic Free Living Class (Room 211) 2-3:30 \$ Prize BINGO with Happier at Home (Room 118)	19 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11:30 \$ Social Line Dancing (Room 118) 11-12:30 Funeral Home-Pre Planning Presentation (Room 211) 3-4:30 Tech Tuesday w/Daniel Jones: TV Today (Room 211)	20 9-11 Fall Hike: Hamlin Beach (meet in Senior Lounge) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 10:15-12:30 \$ Mount Hope Cemetery Tour (meet in Senior Lounge by 10:15) 11-12 \$ OTAGO Exercise (Room 214) 1-2 Wellness Wednesday w/Cornell Cooperative Extension (Room 118)	21 9:30-10:30 \$ Fitness & Strength (Room 214) *11:30-1:30 \$ Connection Café & Concert with Joe Miltch *NO BINGO TODAY* 12-1 \$ Vinyasa Flow Yoga (Room 213) 2:30-4 Dominoes (New!) (Senior Lounge)	22 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 1-2:30 Family Feud (Room 118)
25 10:30-11:30 Musical Moments Sing Group (Room 118) 11-12 \$ OTAGO Exercise (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 \$ Photo Interpretation & Ice Cream Sundaes (Room 118)	26 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11:30 \$ Social Line Dancing (Room 118) 11-12 \$ Fall Craft with Deb Cody (Senior Lounge) 10:30-12 (Advanced) Zentangle (Room 211) 12:30-2 Tuesday Treasures (Senior Lounge)	27 9-11 Fall Hike: Tinker Nature Park (meet in Senior Lounge) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 11-12 \$ OTAGO Exercise (Room 214) 1-2 How to Survive a Natural Disaster w/Barb Phillips (Room 213) 2:45-3:30 October Calendar Review (Room 213) 6-7 \$ PLANT BASED COOKING W/BARB (ROOM 118)	28 8:15-11:15 Monroe Sheriff Senior Academy (be in Senior Lounge by 8am) 9:30-10:30 \$ Fitness & Strength (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (New!) (Senior Lounge)	29 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-1 \$ Lunch at the Legacy (BBQ Ribs)- Meet in Senior Lounge at 11 am

Please call Jenn Kelley, Senior Programmer, at 585-889-6185 if you have questions about any Senior Activities! Additional details about programs & events can also be found online at www.townofchili.org.

September Programs & Events

September Highlights...

Fall Hikes: September 20 and 27

Join Mike F. for Fall Hikes! September 20: Hamlin Beach & September 27: Tinker Nature Park

LUNCH WITH "EPISCOPAL SENIOR LIVING": September 15

Episcopal Senior Living will be here to discuss housing options for seniors. They will provide registrants with lunch (half chicken salad sandwich, mac salad, brownie). Cost is \$2 per person.

PRIZE BINGO WITH "HAPPIER AT HOME": September 18

Happier at Home Quality Senior Care Organization will put on a Prize Bingo for residents. They will provide all prizes and refreshments. The cost is \$2 per person.

FUTURE PLANNING WITH ALVAH HALLORAN & SON FUNERAL HOME

On September 19, come learn everything you need to know about how to protect your loved ones by planning your life celebration in advance. This is a free seminar, but registration is required.

MOUNT HOPE CEMETERY BUS TOUR: September 20

The cost is \$8 and includes a bus tour (with guide) of Mount Hope Cemetery. Space is limited.

CONNECTION CAFÉ AND CONCERT BY JOE MILTCH: September 21

Stuffed Green Peppers from Town and Country Restaurant and a concert with Joe Miltch. The cost is \$8 residents/\$10 non residents and is a packaged deal (food and music). NO BINGO this day.

FAMILY FEUD ON SEPTEMBER 22

We are in need of people to fill-in our two groups of 5! You may also sign-up to be in the audience!

PHOTO INTERPRETATION & ICE CREAM SUNDAES: SEPTEMBER 25

Local photographer, Meg Tyo will be here to share some of her amazing photos. We will discuss the photos, interpret the photos, listen to the story behind them and eat ice cream! The cost is \$4 for residents and \$5 non residents.

HOW TO SURVIVE A NATURAL DISTATER PRESENTATION W/BARB PHILLIPS

Barb Phillips, one of our residents was in Maui during the wildfires and then in California during Hurricane Hillary. On September 27, come hear her story and learn tips on survival!

LUNCH AT THE LEGACY: September 29

Chef Marc will put on a BBQ Rib lunch (chef's choice of sides) for us at the Legacy in North Chili. The cost is \$16 per person and includes lunch and transportation.

LOOKING FORWARD TO OCTOBER...

- October 4-25 (Wednesdays, 3:45-5:00): General Trivia & Pizza
- October 10 (Tuesday, 10:00-1:00) FLU Shots in Room 118
- October 13 (Friday, 11:30-1:30) OKTOBERFEST
- October 16 (Monday, 8:15-5) TRIP to Seneca Niagara Casino

Monroe County Breakfast Program

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!



September 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: September Menu

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

September 7: Sausage, Egg & Cheese Breakfast Sandwich, Hash Brown Dessert

September 14: Beef Stew, Biscuit, Dessert

September 21: Price Change: \$8/\$10, Stuffed Pepper from Town and Country, Roasted Veg, Dessert. **NO BINGO TODAY.** Joe Miltch Concert to follow lunch.

September 28: Cheeseburger, Salt Potatoes, Mystery Salad, Dessert

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

Sports & Games

- ◆ Beginner Pickle ball 55 + (Mondays 1-2:30 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)
- ◆ Rummikub (Mondays, 11:30-1)
- ◆ Various Poker Games (Tuesdays, 1-4)
- ◆ Various Poker Games (Friday, 1-4)
- ◆ Adult/55+ Table Tennis (Fridays, 2:45-5:45pm)

*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.