

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
2 10:30-11:30 Musical Moments Sing Group (Room 118) 11-12 \$ OTAGO Exercise (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213)	3 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11:30 \$ Social Line Dancing (Room 118)- <i>Next class is 10/31</i> 2:30-3:30 Play GOLF Card Game with Jenn (Senior Lounge)	4 9-11 Fall Hike: Holley Canal Falls (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) 11:30-12:30 \$ PLANT BASED COOKING W/BARB (ROOM 118) 1-2 Wellness Wednesday w/Alzheimer's Association (Room 118) 3:45-5 \$ Trivia & Pizza (Room 118)	5 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)	6 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet & Greet with Mark (our newest staff member at CCC-Senior Lounge) 1:15-4:30 \$ LUNCH TRIP TO KOBE HIBACHI & SUSHI (WE WILL DEPART THE SENIOR CENTER AT 1:15)
9 <h2>Columbus Day!</h2> Senior Center is open for card games and hanging out. All exercise classes cancelled. Coffee service from 11:30-3.	10 9:30-10:30 \$ Fitness & Strength (Room 214) 10-1 FLU SHOT CLINIC (Room 118) 10:30-12 (Beginner) Zentangle (Room 211) 1-2:30 Parkinson's Support Group (Room 212) 2:30-3:30 Play GOLF Card Game with Jenn (Senior Lounge)	11 9-11 Fall Hike: Durand Eastman (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) 11:30-12:30 \$ PLANT BASED COOKING W/BARB (ROOM 118) 1-2 Wellness Wednesday Mental Health Matters w/Kristina M (Room 118) 3:45-5 \$ Trivia & Pizza (Room 118)	12 8:15-11:15 Monroe Sheriff Senior Academy (be in Senior Lounge by 8am) 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 ART W/ LINDA (SENIOR LOUNGE) *NO CONNECTION CAFÉ OR TRANSPORTATION TODAY* 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (New!) (Senior Lounge)	13 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 or 12-2 \$ Fabric Class w/Tamara: Card Wallet-(sign-up for 1 class-in Spark lab) *No MEET AND GREET TODAY* 11:30-1:30 \$ OKTOBERFEST (ROOM 118)



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.

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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
16 8:15-5 \$ Seneca Niagara Casino Trip (meet in senior lounge) 10-1 Eldersource Appointments (call Jenn Kelley if you would like an appointment) 10:30-12 \$ Beaded Jewelry Making (Genuine Stone Bracelet) Senior Lounge 10:30-11:30 Musical Moments Sing Group (Room 118) 11-12 \$ OTAGO Exercise (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213)	17 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 \$ Fall Craft w/ Phyllis (Senior Lounge) 3-4:30 Tech Tuesday w/Daniel Jones: Podcasting (Room 211)	18 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 Wellness Wednesday w/Cornell Cooperative (Room 118) 3:45-5 \$ Trivia & Pizza (Room 118) 6-7:30 \$ Beaded Jewelry Making (Genuine Stone Bracelet) Senior Lounge	19 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)	20 9:30-10:30 \$ Chair Yoga Stretch (Room 213) *No Meet and Greet Today 1-2 Jeopardy!-see Jenn if you want to be a contestant! (Room 118)

SUNDAY OCTOBER 22
12:30-4 \$: BILLS TAILGATE PARTY (Senior Lounge)

23 10:30-11:30 Musical Moments Sing Group (Room 118) 10-11:30 \$ INTERGENERATIONAL PROGRAM (ROOM 122) 11-12 \$ OTAGO Exercise (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) 2-3 Questions for a Handyman (Room 118)	24 9:30-10:30 \$ Fitness & Strength (Room 214) 12:30-1:30 \$ Minor to Major League Baseball Presentation (Room 118)	25 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 Wellness Wednesday w/Lifespan-Seeking Volunteers (Room 118) 3:45-5 \$ Trivia & Pizza (Room 118)	26 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) *Wear a Costume for Connection Café* 1-3 Bingo (Room 118) 2:30-4 Dominoes (New!) (Senior Lounge) 2:45-3:45 November Calendar Review (Room 118)	27 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet and Greet with MC Sheriffs (Senior Lounge) 11-1 \$ Lunch at the Legacy (Fish Fry) (Meet in Senior Lounge at 11)
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30 10-2 \$ Trip to Eastview Mall (Meet in senior lounge at 10) 10:30-11:30 Musical Moments Sing Group (Room 118) 11-12 \$ OTAGO Exercise (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213)	31 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11:30 \$ Social Line Dancing (Room 118) 10:30-12 (Advanced) Zentangle (Room 211) 12:30-2 Tuesday Treasures (Sen. Lounge) 1-3 Volunteer Cooking Making for Tree Lighting Ceremony			
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October Programs & Events

October Highlights...

FALL HIKES: October 4 (Holley Canal Falls) & October 11 (Durand Eastman)

GENERAL TRIVIA & PIZZA: Wednesdays in October, 3:45-5

Join us in Room 118 for pizza and team trivia! The price is \$5 residents/\$6 non-residents

LUNCH TRIP: Kobe Hibachi & Sushi, Greece, NY, Friday, October 6, 1:15-4:30

Sit with us around a Hibachi Grill and enjoy lunch! You must ride with us for this lunch trip and you will be responsible for the cost of your own lunch. The cost is \$4 for transportation; space is limited.

FLU SHOT CLINIC: Tuesday, October 10 from 10-1 in Room 118

OKTOBERFEST: Friday, October 13 from 11:30-1:30

David Dunning will be back to prepare all of the food! Marianna Gonzalez will be here to provide music on her accordion! The cost is \$6 residents/\$8 non-residents. Transportation available.

TRIP TO SENECA NIAGARA CASINO: Monday, October 16, 8:15-5

The cost is \$35 residents/\$40 non-residents. You will receive \$25 in Free Play, plus other senior citizen free play offers. Space is limited, so sign-up today!

JEOPARDY!: Friday, October 20, 1-2

See Jenn Kelley if you would like to be a contestant! All others welcome to join audience!

BUFFALO BILLS TAILGATE PARTY: Sunday, October 22, 12:30-4

Come to the Senior Center to watch the Bills take on the Patriots! The game will be shown on the TV above the fireplace. Snacks, Iced Tea, and Water provided (no outside snacks permitted). Pizza will be delivered for halftime! Wear your Bills gear! The cost is \$5. Sign-up by 10/19!

QUESTIONS FOR A HANDYMAN W/CARSON: Monday, October 23, 2-3

Carson is an experienced handyman and will present on how to fix simple things in your home.

MINOR TO MAJOR LEAGUE BASEBALL PRESENTATION: October 24, 12:30-1:30

Mike Buczkowski, President of Rich Baseball Operations and former GM for the Buffalo Bisons, will be here to discuss the transformation of their stadium during the COVID period (when their Major League Affiliate, the Toronto Blue Jays, could not play in their home stadium in Canada). The cost is \$2. Light refreshments served.

TRIP TO EASTVIEW MALL: Monday, October 30, 10-2

We will provide transportation for an afternoon at Eastview Mall. Lunch is on your own inside the mall and the cost is \$5 for roundtrip transportation.

LUNCH AT THE LEGACY: Friday, October 27, 11-1

Chef Marc will put on a Fish Fry lunch w/Clam Chowders, Fries, Coleslaw, and cheesecake. The cost is \$16 per person and includes lunch and transportation.

Medicare Open Enrollment Appointments with Lifespan Representative

The open enrollment period for Medicare is October 15- December 7. If you would like to schedule an appointment to ask questions or learn about new changes, **please call Jenn Kelley directly at 889-6187.** Individual appointments will take place at the Senior Center on Tuesdays and Thursdays from October 17-December 7 (between the hours of 9am-1pm). Spots will fill-up fast, so sign-up today!

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.

October 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: October Menu

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

October 5: White Chicken Chili, Salad, Roll, Dessert

October 12: No Connection Café- There WILL BE Bingo- Oktoberfest on 10/13

October 19: Stuffed Shells, Salad, Roll, Dessert

October 26: *wear your costume to be entered for prizes*- There WILL BE Bingo
Chicken Enchiladas, Rice and Beans, 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.