



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 Pinochle (New!) 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
	The Senior Center will be closed on December 25 and January 1		DECEMBER 1 6:00-8:30 PM Craft Show, Tree Lighting, Wagon Rides & live Music DECEMBER 2 12:00-5:00 PM Santa, Student Market Raffles, Concessions	1 THE SENIOR CENTER IS CLOSED TODAY IN ORDER TO PREPARE/SET-UP FOR TREE LIGHTING CEREMONY AND CRAFT SHOW IT WILL ALSO BE CLOSED SATURDAY DECEMBER 2. 6-8:30 pm Tree Lighting Ceremony & Craft Show
4 *No Musical Moments Practice today* 12-1 \$ Vinyasa Flow Yoga (Room 213) 12:30-2 \$ "She Sings Concert and Ice Cream Sundae Social (Room 118) 1-3 Pinochle (New!) (Senior Lounge)	5 9-11 \$ Holiday Card Making w/Brenda (Senior Lounge) 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11:30 \$ Social Line Dancing (Room 118) 12-1 Charades with Jenn (Room 118)	6 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 10:30-11:30 FREE HOLIDAY SOCK GNOME CRAFT W/ LYDIA (SENIOR LOUNGE) 11:30-12:30 \$ PLANT BASED COOKING W/BARB (ROOM 118) 1-2 Wellness Wednesday Alzheimer's Association (ROOM CHANGE- 212)	7 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)	8 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10:30-3 Monroe County Senior Holiday Ball *THE SENIOR EXTRAVAGANZA (TALENT SHOW) HAS BEEN POSTPONED UNTIL SPRING OF 2024



Senior Programmer, Jenn Kelley, will be out of the building beginning December 20, 2023. She will return in mid-January. Should you have any questions or concerns, please reach out to one of our part-time Senior Center Staff Members: Mike, Pam, Phyllis or Carson, or call the Senior Center Phone Line at 889-6185.

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 Pinochle (New!) 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
11 10-12 \$ Advanced Basket Weaving (Senior Lounge) 10:30-12 \$ Beaded Jewelry Making (Wire Seed Bracelet) Senior Lounge 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Melody Makers Recorder Group Performance (Senior Lounge) 1-3 Pinochle (New!)	12 9:30-10:30 \$ Fitness & Strength (Room 214) 10-11:30 \$ Social Line Dancing (Room 118) 10:30-1:30 Christmas Zentangle (Room 211) 1-2:30 Parkinson's Support Group (Room 212) 7-8 PM \$ Brockport Big Band Concert (Room 118)	13 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 10-12 \$ Advanced Basket Weaving (Senior Lounge) 1-2 Wellness Wednesday Mental Health Matters w/ Kristina (Room 118) 6-7:30 \$ Beaded Jewelry Making (Wire Seed Bracelet) Senior Lounge	14 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 ART w/ LINDA (SENIOR LOUNGE) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (New!) (Senior Lounge)	15 9:30-10:30 \$ Chair Yoga Stretch (Room 213) <i>*Last class until 1/5/24</i> 10-12 \$ Advanced Basket Weaving (Senior Lounge) 10-12 or 12-2 \$ Fabric Crafts with Tamara: (Spark Lab) 11-12 Meet & Greet with MC Sheriff 12:30-2 \$ Oasis Tappers Performance w/ Chicken Salad Lunch (Room 118)
18 10:30-12:00 \$ Musical Moments Concert & Continental Breakfast (Room 118) 10-1 Eldersource Appointments (call Jenn Kelley if you would like an appointment) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Pinochle (New!) (Senior Lounge) 2-3 January Calendar Review (Room 118)	19 9:30-10:30 \$ Fitness & Strength (Room 214) <i>*Last Class until February</i> 10-11:30 \$ Social Line Dancing (Room 118) 11-12 \$ Ornament Craft with Phyllis (Senior Lounge) 3-4:30 Tech Tuesday w/Daniel Jones: Meet the iPhone (Room 211)	20 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 1-2 Wellness Wednesday w/ Cornell Cooperative Extension: Healthy Holiday Celebrations (Room 118)	21 *No Fitness & Strength *THERE IS NO CONNECTION CAFÉ OR BINGO TODAY* 12-1 \$ Vinyasa Flow Yoga (Room 213) 2:30-4 Dominoes (New!) (Senior Lounge)	22 *No Chair Yoga Today* 11-12 Meet & Greet with Mike Dix from Genesee Valley Therapy
25 CHILII COMMUNITY CENTER IS CLOSED Merry Christmas!	26 *No Line Dance Today* 12:30-2 Tuesday Treasures (Sen. Lounge)	27 *No MC Breakfast today* 10-10:45 \$ Drums Alive Exercise Program (Room 214) 11:30-12:30 \$ Make Calzones with Chef Mike (Room 118) *No Wellness Wednesday Today*	28 *No Connection Café or Transportation today* 11-1:30 \$ Chili Firehouse Tour & Lunch Be in SC by 10:30 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (New!) (Senior Lounge)	29 *No Chair Yoga Today* 11-1 \$ Lunch at the Legacy (Be in SC by 10:30)

December Programs & Events

December Highlights...

SHE SINGS CONCERT W/ICE CREAM SUNDAES, Monday, December 4 (12:30-2pm)

This folk/country band is back for another performance. Ice cream sundaes served from 12:30-1 and the concert will be from 1-2. room 118. The cost is \$2 per person. Sign-up today!

CHARADES W/JENN, Tuesday, December 5 (12-1pm)

Join us in Room 118 for a few rounds of charades! Teams will compete against one another and prizes will be awarded to the winning team!

MELODY MAKERS RECORDER GROUP CONCERT, Monday, December 11 (1-2pm)

This group of senior citizens (age range 66-83) keep their brains active through music. Join them for a free recorder performance in the senior lounge.

BROCKPORT BIG BAND EVENING CHRISTMAS CONCERT, Tuesday, December 12 (7-8pm)

Join us for a Holiday concert that is sure to get you excited for the upcoming season! This 18-piece band has performed all over Rochester and is comprised of active and retired music educators, plus talented people from various other professions! The cost is \$4/\$5 for non-residents.

OASIS TAPPERS TAP DANCE PERFORMANCE W/LUNCH, Friday, December 15 (12:30-2)

The Oasis Tappers, Senior Citizen Tap Dance group will be back for a Holiday Show! In addition to the show, we will also serve a Chicken Salad Sandwich lunch w/chips and dessert. The cost is \$5 per person and the very last day to sign-up is Wednesday, December 13.

MEET AND GREETs, FRIDAYS IN THE SENIOR LOUNGE

December 15: Monroe County Sheriff, Deputy Jonathan Payne

December 22: Mike Dix, Physical Therapist with Genesee Valley Physical Therapy

MUSICAL MOMENTS W/CONTINENTAL BREAKFAST, Monday, December 18 (10:30-12)

Join this senior choir for a Holiday performance! A continental breakfast will be served as well. The cost is \$5/\$7 non-resident and is a packaged deal (music and breakfast). Last sign-up day is 12/14.

HOLIDAY ORNAMENT CRAFT W/PHYLLIS, Tuesday, December 19 (11-12)

Join Phyllis in the Senior Lounge to make a few Holiday Ornaments for your tree! The cost is \$4 per person (picture of ornaments can be found in online catalog).

MAKE CALZONES WITH CHEF MIKE, Wednesday, December 27, (11:30-12:30)

Chef Mike will do a cooking demo on how to make calzones (stuffed bread). Join him to learn all of the steps and then taste his delicious recipe! The cost is \$3 per person.

CHILI FIRE DEPARTMENT TOUR/LUNCH AT TOWNE & COUNTRY, Thursday, December 28

We will leave the Senior Center at 10:45am for a 11am-12pm tour of the new Chili Fire Department. Immediately following the tour, we will have lunch at Towne and Country. The cost is \$2 plus the cost of your own lunch. Space is limited. (and note that there is no Connection Café on this day)

LUNCH AT THE LEGACY, Friday, December 29 (11-1)

We will leave the Senior Center at 10:45am a wonderful lunch at the Legacy in North Chili. The menu will include: Italian Wedding Soup, Chicken Parm over pasta with garlic bread, and chocolate cake with strawberries for dessert. The cost is \$17 per person and this price includes transportation (you must ride with us as parking space is limited there). Space is limited 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.

December 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: December Menu

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

December 7: Cobb Salad, Roll, Dessert

December 13: Meatloaf w/ Gravy, Mashed Potatoes, Veg, Bread, Dessert

December 21: *NO CONNECTION CAFÉ OR BINGO TODAY*

December 28: *NO CONNECTION CAFÉ OR TRANSPORTATION* **THERE WILL BE BINGO TODAY**

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)
- ◆ Pinochle (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.