


ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9-11 55+ BADMINTON 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-3 Pinochle (New!) 1-3 Dominoes	9-11 55+ Basketball 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) 9-11 55+ Cornhole (gym) 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjongg 9-11 55 + Volleyball 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	9-11 55+ Womens Pickleball 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  THE SENIOR CENTER IS CLOSED TODAY	2 1-3 Play Board Games in the Senior Lounge—Bring your own or use some of ours—no sign up needed *NO STRETCH AND STRENGTHEN TODAY	3 9-11 55+ Corn Hole (gym) *No Breakfast today* 10-10:45 \$ Drums Alive Exercise Program (Room 214) 1-2 Wellness Wednesday Alzheimer's Association (Room 118)	4 *No Connection Café or transportation Today* 10:15-1:30 \$ Strong Museum & Butterfly Exhibit Trip 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	5 9:30-10:30 \$ Chair Yoga Stretch (Room 213)
8 10-12 \$ Advanced Basket Weaving (Senior Lounge) 10-1 Eldersource No need for an appointment today. Stop by to chat with Stacie. 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Pinochle (New!) (Senior Lounge)	9 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 11-12 \$ Valentine Gnome Craft w/ Deb Cody (Senior Lounge) 1-2:30 Parkinson's Support Group (Room 212) 3-4:30 Tech Tuesday w/Daniel Jones (Now the 2nd Tuesday of every month): Instagram (Room 211)	10 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-12 \$ Advanced Basket Weaving (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 11:30-12:30 \$ PLANT BASED COOKING W/BARB (ROOM 118) 1-2 Wellness Wednesday Mental Health Matters w/ Kristina (Room 118)	11 9:30-10 Healthy Living w/Linda (Vitamins) (Room 211) 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	12 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 \$ Advanced Basket Weaving (Senior Lounge) 11-12 MEET AND GREET WITH MONROE COUNTY SHERIFF (SENIOR LOUNGE)



Senior Programmer, Jenn Kelley, will be out of the building for a few weeks in 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
9-11 55+ BADMINTON 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-3 Pinochle (New!) 1-3 Dominoes	9-11 55+ Basketball 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) 9-11 55+ Cornhole (gym) 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjongg 9-11 55 + Volleyball 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	9-11 55+ Womens Pickleball 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
15 MARTIN LUTHER KING JR., DAY! SENIOR CENTER IS OPEN FOR DOMINOES, CARDS, POOL AND PUZZLES. <u>THERE IS NO COFFEE SERVICE TODAY</u>	16 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 10-12 \$ Line Dancing-Denise is BACK! (Room 118) 3-3:30 AGAPE Advice (Room 118)	17 9-11 55+ Corn Hole (gym) *There is no Breakfast today* 10-10:45 \$ Drums Alive Exercise Program (Room 214) 1-2 Wellness Wednesday w/ Cornell Cooperative Extension: New Year, New Choices (Room 118)	18 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	19 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 1-3 Play Board Games in the Senior Lounge-Bring your own our use some of ours-no sign-up needed
22 12-1 \$ Vinyasa Flow Yoga (Room 213) 12:30-2 \$ Harp Concert and Pasta Lunch in Senior Lounge The Senior Lounge will be closed from 10-3 today (except for those attending lunch/concert) ALL CARD GAMES , ART & DOMINOES IN ROOM 118 ONLY FROM 10-4	23 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 10-12 \$ Line Dancing (Room 118) 1-3 Play Board Games in the Senior Lounge-Bring your own our use some of ours-no sign-up needed	24 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 11:30-12:30 \$ PLANT BASED COOKING W/BARB (ROOM 118) *No Wellness Wednesday Today*	25 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	26 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 \$ Mystery BREAKFAST Trip (meet in senior lounge)
29 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Pinochle (New!) (Senior Lounge) 1-2 February Calendar Review (Room 118)	30 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 10-12 \$ Line Dancing (Room 118) 12:30-2 Tuesday Treasures— <u>PLEASE NO CLOTHES</u> (Senior Lounge) 1-2:30 \$ Fraud 101 Presentation & Pizza (Room 213)	31 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) 1-2 Wellness Wednesday w/ Mike Dix from GV Physical Therapy (Room 118)	FUTURE PARTY: VALENTINE'S DAY Thursday, February 15 11:30-1 Menu: Salad, Rolls, Penne w/ Red Sauce & Italian Sausage, Dessert Music by Joe Miltsch. NO BINGO ON THIS DAY. Transportation Available	FUTURE PARTY: ST. PATRICK'S DAY Friday, March 15 12:00-1:30 Menu: Corned Beef, Cabbage, Potatoes, Dessert Music by John Dady. NO BINGO ON THIS DAY. Transportation Available

January Programs & Events

January Highlights...

PLAY BOARD GAMES IN THE SENIOR LOUNGE (January 2, 19, & 23, 1-3)

Join us in the Senior Lounge Bring your own board game or use some of ours! No sign-up needed.

55+ CORN HOLE IS BACK! (Wednesdays, 9-11 in the gym)

TRIP TO STRONG MUSEUM OF PLAY & BUTTERFLY EXHIBIT (January 4, 10:15-1:30)

We are headed to the Strong Museum of Play! The cost is \$20 per person and this includes transportation (you must ride with us) and your ticket to BOTH the museum and the butterfly exhibit. There are lunch options available (on your own) at the museum. No refunds after January 2.

ADVANCED BASKET WEAVING (January 8, 10 & 12, 10-12 in senior lounge)

PLEASE NOTE THAT EXPERIENCE IS PREFERRED AND YOU MUST ATTEND ALL 3 CLASSES.

VALENTINE GNOME CRAFT W/ DEB CODY (January 9, 11-12 in senior lounge)

Make a cute gnome craft with Deb for Valentine's Day. \$3 due to instructor on day of class

HEALTHY LIVING W/LINDA SCHMALFUSS (January 11 9:30-10, Room 211)

Join Linda before attending Stretch and Strengthen, as she discusses VITAMINS!

BEGINNER TAI CHI (PART 1) W/ LIFESPAN IS BACK! (Tues/Thurs 9:30-10:15, Room 213)

Join Lifespan Instructors for Beginner Tai Chi! Classes will be every Tuesday/Thursday, beginning January 9. The cost is \$25 residents, \$30 non-residents for the entire session!

AGAPE ADVICE (Tuesday, January 16-Immediately following Stretch & Strengthen 3-3:30)

Learn everything your physical therapist wants you to know! Free; registration required

HARP CONCERT W/ROXANNE ZEIGLER & SPAGHETTI LUNCH (January 22, 12:30-2)

Join us in THE SENIOR LOUNGE for a Chicken Parm w/ Spaghetti Lunch and Harp Concert with Roxanne Zeigler. The cost is \$8 residents/\$10 non-residents. Very last day to sign-up is January 15. PLEASE NOTE THAT THE SENIOR LOUNGE WILL CLOSED FROM 10-12. ALL CARDS/GAMES WILL HAVE THE OPTION TO BE PLAYED IN ROOM 118 AT THE LARGE ROUND TABLES FROM 10-4. YOU MUST BE SIGNED-UP TO ENTER SENIOR LOUNGE AT 12PM FOR THE LUNCH/CONCERT.

MYSTERY BREAKFAST TRIP (Friday, January 26 from 10-12)

Join us for a Mystery BREAKFAST trip (there will also be lunch options). The cost is \$3 for transportation (you must ride with us) plus the cost of your own food.

FRAUD 101 PRESENTATION & PIZZA (January 30 1-2:30 in Room 213)

Canandaigua National Bank and Trust will be here to discuss senior citizen scams and fraud and how to avoid getting scammed. They are bringing pizza! The cost is \$1 and space is limited!

Upcoming in February...

- The Fiddlers of the Genesee Concert: Saturday, February 10 (12-1pm in Room 118). This concert is FREE to seniors, but please register at the front desk.
- Photo Interpretation & Ice Cream Floats w/Meg Tyo: Monday, February 12 (1-2 in Room 211)
- Jeopardy!: Friday, February 23 (1-2 in Room 118).
- Monroe County Crime Lab Presentation (Monday, February 26 (1-2 in Room 118) Free

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.

