

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 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 |
| Valentine's Day Connection Café! February 15, 11:30-1 Menu: Salad & Rolls, Penne, with Red Sauce, Italian Sausage & Dessert MUSIC (AND DANCING) BY JOE MILTSCH NO BINGO ON THIS DAY LAST DAY TO SIGN-UP IS FEBRUARY 12 | WESTSIDE EXPRESS IS IN NEED OF VOLUNTEER DRIVERS IN THE CHILI AREA. IF YOU'RE INTERESTED, PLEASE VISIT THE WESTSIDE OFFICE (located in the Senior Center) The Senior Center is in need of volunteers for Thursday lunches & special events. See Jenn Kelley if you're interested | January 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) *Wellness Wednesday w/ Mike Dix from GV PT is CANCELLED TODAY. | 1 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) | 2 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Guitar Sing Along w/ Mark-No sign-up necessary. (Senior Lounge) |
| 5 10-12 \$ Beginner Basket Weaving (Senior Lounge) 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213) | 6 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 10-12 \$ Line Dancing (Room 118) | 7 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-12 \$ Beginner 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 Alzheimer's Association (Room 118) | 8 9:00-9:45 (New Time and Day!) Healthy Living w/Linda (Secret Hormones) (Room 215) 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 11-12 Art w/ Linda (Senior Lounge) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge) | 9 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 \$ Beginner Basket Weaving (Senior Lounge) 11-12 MEET AND GREET WITH TERRY SKELLY FROM CHILI FIRE DEPT. (SENIOR LOUNGE) *SENIOR CENTER CLOSED AT 12PM FOR SET-UP FOR FATHER DAUGHTER VALENTINE'S DANCE |
| | | | | SATURDAY, FEBRUARY 10 12-1PM FIDDLERS OF THE GENESEE CONCERT (ROOM 118- FREE) |

Please call Jenn Kelley, Senior Programmer, at 585-889-6187 if you have questions about any Senior Activities. Additional details about programs & events can also be found online at: <http://www.townofchili.org/chili-community-center/>. Click on "Online Catalog & Registration."



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| 9-11 55+ BADMINTON 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-3 Pinochle 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 |
| 12 10-1 Eldersource Representative: Call Jenn Kelley if you'd like an appointment 889-6187 10:30-11:30 Musical Moments Sing Group (Room 118) 1-2 \$ Photo Interpretation & Ice Cream Floats (Room 211) 12-1 \$ Vinyasa Flow Yoga (Room 213) | 13 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 10-12 \$ Line Dancing (Room 118) 11-12 \$ St. Pat's Day Craft w/ Phyllis (Senior Lounge) 1-2:30 Parkinson's Support Group (Room 212) 3-4:30 Tech Tuesday w/Daniel Jones: What is X/Twitter? (Room 211) | 14 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 Mental Health Matters w/ Kristina (Room 118) | 15 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) *NO STRETCH & STRENGTHEN TODAY* 11:30-1:30 \$ Valentine's Day Party w/ Lunch and Music by Joe Miltsch *NO BINGO TODAY* 12-1 \$ Vinyasa Flow Yoga (Room 213) 2:30-4 Dominoes (Senior Lounge) | 16 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 MEET AND GREET WITH MONROE COUNTY SHERIFF (SENIOR LOUNGE) |
| 19 *No Vinyasa Flow Yoga Today * No Musical Moments Today Presidents' Day Senior Center is open to pool, card games and puzzles, only. No coffee service today. Bring your own! | 20 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 10-12 \$ Line Dancing (Room 118) 11:00-1:30 \$ Mystery Lunch Trip (Be in Senior Lounge by 10:45am) 3-3:30 AGAPE Advice (Room 118) | 21 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) 1-2 Wellness Wednesday w/ Cornell Cooperative Extension (Room 118) | 22 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) | 23 9:30-10:30 \$ Chair Yoga Stretch (Room 213) * No Meet & Greet TODAY 1-2 Jeopardy! *We need 3 volunteer contestants and audience members—see Jenn Kelley ASAP (Room 118) |
| 26 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Monroe County Crime Lab Presentation (Room 118) 1-2:30 \$ Beaded Jewelry Making (Senior Lounge) | 27 9:30-10:15 \$ Tai Chi: Beginners Part 1 (Room 213) 9:30-10:30 \$ Fitness & Strength (Room 214) *No Line Dancing * 11-12 \$ Zoo Mobile Presentation: Animal Adaptations (Room 118) 12:30-2 Tuesday Treasures— PLEASE NO CLOTHES (Senior Lounge) | 28 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-10:45 \$ Drums Alive Exercise Program (Room 214) LAST DAY until Spring 1-2 Wellness Wednesday w/ Mike Dix from GV Physical Therapy (Room 118) 2:30-3:15 March Calendar Review (Room 118) | 29 9:30-10:15 \$ Tai Chi: Beginners Part 1-LAST DAY (Room 213) 9:30-10:30 \$ Fitness & Strength (Room 214) 12-1 \$ Vinyasa Flow Yoga (Room 213) | 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 |

February Programs & Events

February Highlights...

WELLNESS WEDNESDAY ON JANUARY 31 IS CANCELLED-rescheduled for 2/28.

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

BEGINNER BASKET WEAVING (February 5, 7, & 9, 10-12 in senior lounge)

\$5 PER PERSON-PLEASE NOTE THAT YOU MUST ATTEND ALL 3 CLASSES.

HEALTHY LIVING W/LINDA SCHMALFUSS (February 8, 9:00-9:45, Room 215)

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

MEET AND GREET FRIDAYS: FEBRUARY 9 AND 16

February 9: Terry Skelly from CFD and February 16: Jonathan Payne from MCS

FIDDLERS AT THE GENESEE CONCERT-FREE (Saturday, February 10, 12-1 in Room 118)

PHOTO INTERPRETATION & ICE CREAM FLOATS (February 12, 1-2 in Room 211)

Interpret photos taken by local photographer, Meg Tyo & enjoy ice cream floats. \$2

ST. PATRICK'S DAY DOOR HANGER CRAFT W/ PHYLLIS (February 13, 11-12 in senior lounge)

Make a door hanger for St. Patrick's Day! The cost is \$5 per person (pay at front desk)

MYSTERY LUNCH TRIP (Tuesday, February 20, from 11-1:30pm)

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

AGAPE ADVICE (Tuesday, February 20-Immediately following Stretch & Strengthen 3-3:30)

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

JEOPARDY IS BACK! (February 23, 1-2, Room 118)

Sign-up to be a contestant (please see Jenn Kelley ASAP if interested) or be in the audience!

MONROE COUNTY CRIME LAB PRESENTATION (February 26, 1-2 in Room 118)

Learn about the Lab's role in aiding in forensic investigation; they will discuss techniques used.

SENECA PARK ZOO, ZOO MOBILE PRESENTATION (February 27, 11-12 in Room 118)

Learn about animals and their amazing adaptations (live animals will be brought to the center). The cost is \$4 per person and the number of audience members is limited.

Upcoming in March & April...

- **SAIL Exercise Program through Lifespan-** This is an evidence-based fall prevention program centered around strength, balance, and fitness for older adults. You'll be stronger, have better balance, feel better, stay independent, stay active, and prevent falls. Tuesdays and Thursdays 11am-12pm from March 5-April 25, 2024. \$25 residents/ \$30 non-residents.
- **Saturday, March 23 (2-3pm):** St. Joe's Brass Ensemble Concert- Free but registration is required
- **April 8: Flashback to 1969-Senior Exclusive Eclipse Event-** In addition to the other Eclipse events offered at the Community Center, we are also holding a special (exclusive, 55+) event in room 118. The cost is \$3 per person and it includes shuttle transportation from parking at the Town Hall, as well as several activities and snacks that focus on the Eclipse and Flashback to the Moon Landing in 1969. See Jenn Kelley with any questions.
- **April 12 (1-2:30pm): Senior Extravaganza (Talent Show)- WE NEED SENIOR PERFORMERS!! Please see Jenn Kelley if you would like to perform for the show.**

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.

