

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
55+ Eclipse Party If you are signed-up for the "Flashback to 1969" party on April 8 (this event is sold out), please make sure to pick-up your parking pass and wristband at the Center between March 27 and April 5. See Jenn w/any questions!	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	Wednesday Morning Meditation Update: The Senior Center would like to thank John Burr for running meditation for our senior center for so long. We will continue with a CD, moving forward. If you are someone who might be interested in running our Weds. Morning (8:45-9:15am) meditation, please see Jenn Kelley.	February 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) 1-3 BINGO 2:30-4 Dominoes (Senior Lounge)	1 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Guitar Sing Along w/ Mark-No sign-up necessary. (Senior Lounge)
4 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213)	5 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 11-12 \$ SAIL Exercise w/Lifespan-Room210 12:30-2 Easter Egg Stuffing in Senior Lounge	6 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 11-12:30 Mammogram Bus Sign-ups in Lobby 11:30-12:30 \$ PLANT BASED COOKING W/BARB (ROOM 118) 1-2 Wellness Wednesday Alzheimer's Association (Room 118)	7 *No Fitness & Strength Today* 11-12 \$ SAIL Exercise w/Lifespan-Room210 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	8 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 MEET & GREET WITH MC SHERIFF (SENIOR LOUNGE) THE SENIOR CENTER WILL CLOSE TODAY AT 3PM FOR FAMILY BINGO SET-UP 6:30-8PM FAMILY BINGO (THIS EVENT IS SOLD OUT)

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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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 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
11 10-12 \$ Advanced Basket Weaving (Senior Lounge) 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213)	12 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 11-12 \$ Spring Craft w/Deb Cody 11-12 \$ SAIL Exercise w/Lifespan-Room210 12:30-2 Easter Egg Stuffing in Senior Lounge 1-2:30 Parkinson's Support Group (Room 212) 3-4:30 Tech Tuesday w/Daniel Jones: Facebook (Room 211)	13 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10-12 \$ Advanced Basket Weaving (Senior Lounge) 1-2 Wellness Wednesday Mental Health Matters w/ Kristina (Room 118) 2:30-3:30 Charades (Room 118)	14 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 \$ SAIL Exercise w/Lifespan-Room210 *NO CONNECTION CAFÉ* 11:30-12:30 Eclipse Presentation-Room 118 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Have a Ball (Room 214) 1-3 BINGO (no transportation offered) 2:30-4 Dominoes (Senior Lounge)	15 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 \$ Advanced Basket Weaving (Senior Lounge) 12-1:30 \$ St. PATRICK'S DAY CELEBRATION (Room 118)- THIS EVENT IS SOLD OUT
18 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) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2:30 \$ Beaded Jewelry Making (Senior Lounge)	19 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 11-12 \$ SAIL Exercise w/Lifespan-Room210 12:30-2 Easter Egg Stuffing in Senior Lounge 3-3:30 AGAPE Advice (Room 118)	20 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 11:30-12:30 \$ PLANT BASED COOKING W/BARB (Room 118) 1-2 Wellness Wednesday w/ Cornell Cooperative Extension(Room118) 6-7:30 \$ Beaded Jewelry Making (Senior Lounge)	21 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 \$ SAIL Exercise w/Lifespan-Room210 12-1 \$ Vinyasa Flow Yoga (Room 213) 11-12 Art w/ Linda (Senior Lounge) 1-2 Have a Ball (Room 214) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	22 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12:30 \$ Memorial Art Gallery <u>Guided</u> Tour (be in senior lounge by 10am) THE SENIOR CENTER WILL CLOSE TODAY AT 3PM FOR EASTER BUNNY SET-UP SATURDAY, MARCH 23 (2-3PM) St. Joe's BRASS ENSEMBLE CONCERT-FREE IN ROOM 118
25 10:30-11:30 Musical Moments Sing Group (Room 118) 10:45-1 \$ Mystery Lunch Trip (Be in the Senior Center by 10:45) 12-1 \$ Vinyasa Flow Yoga (Room 213)	26 9:30-10:30 \$ Fitness & Strength (Room 214) *NO Line Dance* 11-12 \$ SAIL Exercise w/Lifespan-Room210 12:30-2 Tuesday Treasures— PLEASE NO CLOTHES (Senior Lounge) 3:15-4 April Calendar Review (Room 118)	27 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 1-2 Wellness Wednesday w/ Mike Dix from GV Physical Therapy (Room 118) 1-3 Billiard 8-Ball Tournament (Senior Lounge)	28 *No Fitness & Strength Today* 11-12 \$ SAIL Exercise w/Lifespan-Room210 1-3 BINGO 12-1 \$ Vinyasa Flow Yoga (Room 213)	29 *No Chair Yoga Today Good Friday Senior Center is open to pool, card games and puzzles, only. No coffee service today. Bring your own!

March Programs & Events

March Highlights...

EASTER EGG STUFFING: MARCH 5, 12, & 19, 12:30-2 in Senior Lounge

We need to stuff 10,000 Easter Eggs w/Candy for the kiddos! Sign-up if you can help!

SAIL Exercise Program through Lifespan (begins March 5)

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. Please sign-up today if you are interested!

ROCHESTER REGIONAL MAMMOGRAM BUS SIGN-UPS (Wednesday, March 6 11-12:30)

The Mammogram bus will be at the Senior Center on April 30th! We are offering appointments to seniors (55+) between 9:00am and 4:00 pm. Stop by the Mammogram table in the lobby to make your appointment. If you sign-up, you will be invited back to the Center for a dinner that evening!

ADVANCED BASKET WEAVING (March 11, 13, & 15, 10-12 in senior lounge)

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

PLANT BASED COOKING W/BARB (March 6 & 20, 11:30-12:30 in room 118)

There will not be classes in April! Make sure to sign-up for her March classes!

"MEAN GIRLS" PREVIEW NIGHT AT CHURCHVILLE-CHILI PERFORMING ARTS CENTER

Seniors (55+) are welcome to attend a FREE preview of the CC School District production of "Mean Girls" on March 12th at 5:00pm. No tickets or sign-ups are needed. You must drive yourself and no food or drink is allowed in the theatre. There will be a small reception with refreshments following the show. Plan a night out with friends and support our local high school performers!

CHARADES (March 13, 2:30-3:30 in Room 118)

Join friends for a few rounds of Charades! We will have teams and small prizes will be awarded!

HAVE A BALL FITNESS (March 14-and continuing every Thursday from 1-2 in Room 214)

Join Lucy for this FREE exercise program (please sign-up) weekly on Thursdays!

ECLIPSE PRESENTATION (Thursday, March 14 from 11:30-12:30 in Room 118)

Have all of your questions answered (from a RMSC member) about the upcoming Eclipse!

GUIDED TOUR OF THE MEMORIAL ART GALLERY (March 22, 10-12:30) \$18 w/transportation

You must ride with us for this guided tour of the Memorial Art Gallery. Please be in the senior lounge by 10am for check-in. Space is limited, so sign-up today!

ST. JOE'S (OF BATAVIA) BRASS ENSEMBLE CONCERT (Saturday, March 23, 2-3pm Room 118)

This concert is free, but registration is required.

MYSTERY LUNCH TRIP (Monday, March 25, from 10:45-1pm)

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.

8-BALL BILLIARD TOURNAMENT (March 27, 1-3pm in Senior Lounge)

Sign-up to participate in this tournament! Free to sign-up and prizes awarded to 1st, 2nd, and 3rd place!

Upcoming in April and May....

- Trivia & Pizza is Back (April 3, 10, and 17 from 3:45-5 in room 118) \$5/candy prizes awarded
- Music & Merriment-Music/Pasta (Gates HS- get your free tickets starting 4/15 at front desk)
- Photo Interpretation & Ice Cream Floats (April 22, 1-2 in room 211) \$2/\$3 non residents
- SAVE THE DATE: CINCO DE MAYO LUNCH (MAY 1) & MOTHER'S DAY TEA PARTY (MAY 10) MORE INFORMATION TO FOLLOW IN APRIL'S CALENDAR

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.

March 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: March Menu

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

March 7: Chicken & Biscuits, Roll, Dessert

March 14: No CAFÉ or transportation today. There IS BINGO.

March 21: Taco Salad, Roll, Dessert

March 28: Cheeseburger, Potato Salad, Dessert

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

Sports & Games

- ◆ 55+ Badminton (Mondays 9-11)
- ◆ 55+ Basketball (Tuesdays, 9-11)
- ◆ 55+ Corn Hole (Wednesdays, 9-11)
- ◆ 55+ Volleyball (Thursdays, 9-11)
- ◆ 55+ Womens Pickle Ball (Fridays, 9-11)
- ◆ 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)
- ◆ Mahjonn (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)

My Programs

Write down the programs you plan to attend!

Check here when you've registered

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*Tables in the Senior Lounge are open M-F for various card games. Bring a group of friends to play a game!



Additional Programs for Adults can be found in our Online Catalog! There is plenty more to choose from and enjoy.