

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
1 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213)	2 *No Fitness & Strength Today* *THERE IS STRETCH & STRENGTHEN *No Line Dancing Today* 11-12 \$ SAIL Exercise w/Lifespan-Room210	3 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 1-2 Wellness Wednesday Alzheimer's Association (Room 118) 3:45-5 \$ Trivia & Pizza (Room 118)	4 *No Fitness & Strength Today* *THERE IS STRETCH & STRENGTHEN 11-12 \$ SAIL Exercise w/Lifespan-Room210 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Have a Ball (Room 214) 1-3 BINGO (Room 118) 2:30-4 Dominoes (Senior Lounge)	5 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Senior Jam Session -No sign-up necessary. (Senior Lounge) Bring your instrument and play music!
8 ECLIPSE DAY! Senior Center closed for all normal activities. Entire Center being used for event (all day). Senior Center Event in 118 is sold out. You may still attend the general event that is taking place throughout the Center.	9 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 11-12 \$ SAIL Exercise w/Lifespan-Room210 1-2:30 Parkinson's Support Group (Room 212) 3-4:30 Tech Tuesday w/Daniel Jones: Youtube (Room 211)	10 9-11 55+ Corn Hole (gym) *No Breakfast Today* 1-2 Wellness Wednesday Mental Health Matters w/ Kristina (Room 118) 3:45-5 \$ Trivia & Pizza (Room 118)	11 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 \$ SAIL Exercise w/Lifespan-Room210 11-12 Art w/ Linda (Senior Lounge) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Have a Ball (Room 214) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	12 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 MEET & GREET WITH MC SHERIFF (SENIOR LOUNGE) 1-2:30 SENIOR EXTRAVAGANZA (TALENT SHOW) ROOM 118

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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Monday	Tuesday	Wednesday	Thursday	Friday
15 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) 12pm- Free Tickets for Music & Merriment available at front desk. See poster for details.	16 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 11-12 \$ SAIL Exercise w/Lifespan-Room210 1-2 CHS EMT Deb Curran Presentation (Room 211) 3-3:30 AGAPE Advice (Room 118)	17 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 10:30-3 \$ Trip to the Abbey at the Genesee & Lunch at Tavern (Sold Out) 1-2 Wellness Wednesday w/ Cornell Cooperative Extension(Room118) 3:45-5 \$ Trivia & Pizza (Room 118)	18 9-11 Zone C Visit (Closed Group-No sign-ups) 9:30-10:30 \$ Fitness & Strength (Room 214) 11-12 \$ SAIL Exercise w/Lifespan-Room210 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Have a Ball (Room 214) 1-3 BINGO (Room 118) 2:30-4 Dominoes (Senior Lounge)	19 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet & Greet with Terry Skelly (and some young presenters) from Chili FD (Senior Lounge) 1-3 ROCHESTER REGIONAL MAMMOGRAM BUS SIGN-UPS- SENIOR LOUNGE 6:30-8:30 \$ Chili Formal for All (Room 118)
22 *No Musical Moments Practice Today* 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 \$ Photo Interpretation & Ice Cream Floats w/Meg Tyo (Room 211) 1-2:30 \$ Beaded Jewelry Making (Senior Lounge)	23 9:30-10:30 \$ Fitness & Strength (Room 214) 10-12 \$ Line Dancing (Room 118) 11-12 \$ SAIL Exercise w/Lifespan-Room210 3:15-4 May Calendar Review (Room 118)	24 9-11 55+ Corn Hole (gym) 9:15-10 Monroe County Breakfast Program (Senior Lounge) 11-1:30 \$ Mystery Lunch Trip 1-2 Wellness Wednesday w/ Mike Dix- MVPT Therapist (Room 211) 6-7:30 \$ Beaded Jewelry Making (Senior Lounge)	25 9:30-10:30 \$ Fitness & Strength (Room 214) *NO STRETCH & STRENGTHEN* 11-12 \$ SAIL Exercise w/Lifespan-Room210- LAST CLASS *NO CAFÉ TODAY* *NO BINGO TODAY* 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 Have a Ball (Room 214) 2:30-4 Dominoes (Senior Lounge)	26 8:30-3:00 \$ Trip to Del Lago (meet in senior lounge by 8:45am) 9:30-10:30 \$ Chair Yoga Stretch (Room 213) <i>*No Meet and Greet Today*</i> ART SHOW IN ROOM 118! (THROUGH SUNDAY)
29 10:30-11:30 Musical Moments Sing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2 \$ She Sings Concert w/Ice Cream Sundaes (Room 118)	30 9-4 Rochester Regional Mammogram Bus- Sign-up with Jenn Kelley if you'd like a time slot. (in our parking lot) 9:30-10:30 \$ Fitness & Strength (Room 214) *No Line Dancing Today* 12:30-2 Tuesday Treasures- PLEASE NO CLOTHES (Senior Lounge)	May 1 *No Breakfast Today* 11:30-1 \$ Cinco de Mayo Party and Lunch (Room 118) 1-2 Wellness Wednesday Alzheimer's Association (Room 118)	May 2 *No CAFÉ TODAY* *There WILL be BINGO, but no transportation offered.	Upcoming Casino Trip to Seneca Niagara (Monday, July 1) \$35 per person Receive \$25 back in Free Play and a \$ 5 Food Voucher

April Programs & Events

April Highlights...

TRIVIA & PIZZA: April 3, 10, & 17 from 3:45-5pm, in Room 118

Sign-up to play on a team and work together to answer trivia questions. Pizza begins right at 3:45 and we begin trivia at 4:00pm. Candy prizes awarded to winning teams.

SENIOR JAM SESSION: Friday, April 5 from 11-12 in the Senior Lounge

Bring your instrument of choice (or simply come to enjoy the music) to the Senior Lounge!

SENIOR EXTRAVAGANZA (TALENT SHOW): Friday, April 12 from 1-2:30 in Room 118

Come watch as some of your fellow senior friends perform their hearts out! We have everything from Tap Dancing, to Singing, to Poetry Reading! Sign-up at the front desk if you'd like to be in the audience

EMT PRESENTATION W/CHS STAFF, DEB CURRAN: Tuesday, April 16, 1-2, Room 211

Join Deb Curran as she discusses important health-related techniques for survival!

PHOTO INTERPRETATION & ICE CREAM FLOATS (April 22 1-2 in Room 211)

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

MYSTERY LUNCH TRIP (Wednesday, April 24 from 11-1pm)

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.

DEL LAGO CASINO DAY TRIP: Friday, April 26, 8:30-3pm

We will leave the Senior Center at 8:30 sharp and return around 3pm. There are no free play offers with this trip. The cost (\$8 per person) is for your round-trip transportation. You are on your own for gambling and food! Space is limited and sign-up does not begin until April 1st!

SHE SINGS CONCERT W/ ICE CREAM SUNDAES: Monday, April 29 from 1-2pm in Room 118

The cost is \$3 per person for both the concert and sundaes (packaged deal-you must register at the front desk to attend-no walk ins please). *She Sings* has played her many times and is a crowd favorite!

ROCHESTER REGIONAL MAMMOGRAM BUS (Tuesday, April 30 from 9am-4pm)

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 to see Jenn Kelley if you would like an appointment.

Due to scheduling conflicts, there is no longer a dinner associated with this event.

Upcoming in May...

- **Cinco de Mayo Party and Lunch: Wednesday, May 1 from 11:30-1.** Music by Marianna Gonzalez. Menu includes: hard shell taco, chicken and cheese enchilada, rice and beans and dessert. **No sign-ups or cancellations after April 29.** The cost is \$10 resident/ \$12 non-resident. You must sign-up and pay to attend the ENTIRE event (you may not just come for music).
- **Music & Merriment at Gates Chili Middle School Cafeteria: Wednesday, May 8 at 4pm.** Tickets are free (2 per senior) and available at the front desk beginning April 15 (no online sign-up). Event includes music from student bands and a pasta dinner. Transportation is on your own for the event.
- **Mother's Day Tea Party: Friday, May 10 from 11:30-1.** Pianist and Vocalist, Steve Cortese will perform for us. Menu includes: Variety of Tea, Cranberry Scones, Ham & Cheese Slider, Quiche Slice, Cookie & Fruit Cheesecake cup for dessert. The cost is \$8 per mom/grandma/aunt and space is limited so sign-up today. **No sign-ups or cancellations after May 6.**

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.

