

ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9-11 55+ YARD GAMES (GYM) 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11-1 (New!) Gin Rummy and/or Hearts Pickle ball (gym) 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+ Corn Hole Instruction & Play 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjonn 9:00-11 55+ Senior Volleyball (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-3 Bingo (Room 118)	9:00-11 55+ Beginner Pickle Ball (gym) 1-3 Canasta 1-4 Texas Hold 'Em 2-4 Puzzle Club 1:45-2:30 Power & Energy (Room 213) 2:45-5:45 55+ Table Tennis (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

2 Happy New Year!!! Chili Community Center is Closed Today	3 9-10 Walk and Chat (meet in Senior Lounge) 12:30-2 Learn to Play Golf (Card Game) w/ Jenn (Senior Lounge) 3-4 "How to Keep Your New Year's Resolution" TED Talk w/ Jenn (Room 211)	4 9-11 55+ Corn Hole Instruction & Play w/Jenn (gym) 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday w/Alzheimer's Association (Room 118)	5 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café: Chili & Corn Bread (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118)	6 11-12 Meet & Greet Friday w/ Monroe County Sheriff (Senior Lounge)
---	---	---	--	---

9 10-12 \$ BEGINNER BASKET WEAVING (SENIOR LOUNGE) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 3-4 Poetry Workshop (Senior Lounge)	10 9-10 Walk and Chat (meet in Senior Lounge) 10-12 \$ Line Dancing (Room 118) 1-2:30 Parkinson's Support Group (Room 212)	11 9-11 55+ Corn Hole Instruction & Play w/Jenn (gym) 10-12 \$ BEGINNER BASKET WEAVING (SENIOR LOUNGE) 1-2 Wellness Wednesday w/Jenn Scams Presentation (Room 118) 2:30-4 Learn to Play Golf (Card Game) w/ Jenn (Senior Lounge)	12 10-11 Stretch & Strength (Room 118) 11-2 VA Outreach Table (Lobby) 11-12 ART WITH LINDA- (SENIOR LOUNGE) 11:30-12:30 Connection Café: Chicken Parm. (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118)	13 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 10-12 \$ BEGINNER BASKET WEAVING (SENIOR LOUNGE) 10-2 \$ TRIP TO THE SHOPS ON WESTRIDGE & LUNCH AT BTB WOOD FIRED PIZZA 12-2 \$ FABRIC CRAFTS W/TAMARA- EYEGLASS CASE (SPARK LAB)
---	---	---	---	---

16 12- 1 \$ Vinyasa Flow Yoga (Room 213) MARTIN LUTHER KING JR. DAY SENIOR CENTER IS CLOSED	17 9-10 Walk and Chat (meet in Senior Lounge) 10-12 \$ Line Dancing (Room 118) 1-2 Positivity Matters (Room 213) 3-4:30 Tech Tuesday w/Daniel Jones: What is Facebook? (Room 211)	18 9-11 55+ Corn Hole Instruction & Play w/Jenn (gym) 11:30-12:30 \$ Plant-Based Cooking with Barb (Room 118) 1-2 Wellness Wednesday w/Cornell Cooperative- (Room 118) 3-4 Jeopardy! (Room 118)	19 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café: TODAY IS A MIX & MINGLE LUNCH: Pork Loin (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118)	20 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet & Greet Friday w/ Chili Fire Department (Senior Lounge)
--	--	--	--	--



ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00-11 55+ YARD GAMES (GYM) 10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11-1 (New!) Gin Rummy and/or Hearts 1-3 Dominoes	9:00-11 55+ Basketball 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+ Corn Hole Instruction & Play (gym) 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjongg 9:00-11 55+ Senior Volleyball (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-3 Bingo (Room 118)	9:00-11 55+ Beginner Pickle Ball (gym) 1-3 Canasta 1-4 Texas Hold 'Em 2-4 Puzzle Club 1:45-2:30 Power & Energy (Room 213) 2:45-5:45 55+ Table Tennis (Gym)

Monday	Tuesday	Wednesday	Thursday	Friday
23 10-12 Eldersource (changed to 4th Monday because of MLK Day) (Senior Lounge) PLEASE SEE JENN KELLEY FOR AN INDIVIDUAL APPT. 10:30-11:30 "Musical Moments" Singing Practice 10:30-12 \$ Genuine Stone Bracelet- (Senior Lounge) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 2-3 \$ PRIZE BINGO (ROOM 118)	24 9-10 Walk and Chat (meet in Senior Lounge) 10-12 \$ Line Dancing (Room 118) 11-12 \$ "Let it Snow" Craft w/ Phyllis (senior lounge) 12:30-2 Learn to Play Golf (Card Game) w/ Jenn (Senior Lounge)	25 9-11 55+ Corn Hole Instruction & Play w/ Jenn (gym) 1-2 Wellness Wednesday w/ GV Physical Therapy (Room 118) 2-3 February Calendar Review (Senior Lounge)	26 10-11 Stretch & Strength (Room 118) 10:30-11:30 Intergenerational Program: Snow Dough—(Room 122) 11:30-12:30 Connection Café: Sausage & Pepper Pasta (Room 118) 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-3 Bingo (Room 118)	27 9:30-10:30 \$ Chair Yoga Stretch (Room 213) 11-12 Meet & Greet Friday w/ CHS Deb Curran (Senior Lounge) 12-2 \$ FABRIC CRAFTS W/TAMARA— QUILT CLASS (1 OF 3) (SPARK LAB)
30 10:30-11:30 "Musical Moments" Singing Practice 12- 1 \$ Vinyasa Flow Yoga (Room 213) 1-2 "She Sings" Musical Performance (Room 118)	31 9-10 Walk and Chat (meet in Senior Lounge) 10-12 \$ Line Dancing (Room 118) 12:30-2 Tuesday Treasures (Senior Lounge) 6-7:30 \$ Genuine Stone Bracelet- (Senior Lounge)			

Please call Jenn Kelley, Senior Programmer, at 585-889-6185 if you have questions about any Senior Programs! Additional details about programs & events can also be found online at www.townofchili.org.

January Programs & Events

"How to Keep your New Year's Resolution"

Join Jenn Kelley on Tuesday, January 3 (3-4 in Room 211) for an awesome TED Talk! We will watch a short video and then discuss New Year's Resolutions and how to be successful in keeping them! The activity is free, but registration is required. Sign-up today!

Jeopardy!

Test your trivia skills and come play Jeopardy with us on Wednesday, January 18 (3-4), in room 118! If you would like to be a contestant (we need three), please let Jenn Kelley know. Otherwise, you are welcome to participate as an audience member! This activity is free, but registration is required!

Walk and Chat Club

Let's get healthy in the New Year! We are starting a Walk & Chat Club in January! This club will meet every Tuesday morning at 9am (in the senior lounge). We will then walk the track together and participate in some friendly conversation! Wear your sneakers and bring a water bottle!

February Calendar Review

Join Jenn Kelley, as she highlights some of February's Activities, on January 25 (2-3).

Corn Hole Instruction & Play

Meet Jenn in the gym at 9am every Wednesday to learn & play Corn Hole! The logic of the game is similar to horseshoes and tons of fun!

Craft Programs in the Senior Lounge (Please register-\$ due to instructor)

January 9, 11, & 13-Beginner Basket Weaving- \$5 due to Instructor

January 12 (11-12)- Art w/ Linda- FREE

January 13 (12-2)- Eyeglass Case w/Tamara- \$5 due to instructor

January 23 (10:30) & January 31 (6pm)- Genuine stone Bracelets- \$10 due to instructor

January 24 (11-12)- Let it Snow Craft w/ Phyllis- \$3

Poetry Workshop

If you love write & read poetry, join Cindy in the Senior Lounge on Jan. 9 from 3-4. Free; no registration

Learn to Play Golf

During the winter months, come learn how to play a different kind of golf (card game) in the senior lounge! Jenn will provide instruction on: Jan. 3 (12:30-2), Jan. 11 (2:30-4), and Jan. 24 (12:30-2). Space is limited so make sure to register today!

Mix and Mingle Lunch

The January 19th Connection Café will be a Mix & Mingle Lunch! If you sign-up for this lunch (pork loin w/sauerkraut), you will be seated randomly at tables in order to meet new people! Ice breaker questions will be provided! Start off the New Year by making new friends!

Scams Presentation

Jenn Kelley will discuss the current SCAMS that are targeting seniors, on January 11, 1-2 in Room 118). Register!

Tech Tuesday with Daniel Jones

On Tuesday, January 17 (3-4:30 in Room 211), Daniel Jones will be here to present on "What is Facebook"? Come learn everything about the social media giant! Registration is required for this free presentation. Space is limited, so make sure to sign-up today!

"She Sings" FREE Concert

The folk band "She Sings," will provide our seniors with a free concert on Monday, January 30 from 1-2 in Room 118. Refreshments will be served. Please register!

Positivity Matters

Brian is back with his awesome class; promoting positive thinking & health on January 17 from 1-2 in room 213.

Plant-Based Cooking

Learn how to eat Healthy in the New Year! January 4 & 18 (11:30-12:30) all in Room 118. \$3; registration required.

Seneca Niagara Casino Trip

Join us for a day trip to the Seneca Niagara Casino in Niagara Falls, NY on February 15. We will be taking a charter bus for this trip. The cost is \$35 per person (\$40 for non-residents). No refunds after February 1st-PLEASE NOTE THAT THERE ARE **NO EXCEPTIONS** TO THIS)-pay online or at the Rec. Center (you will receive \$25 in free play on your Player's Card) If you do not have a Player's Card, you can get one there for free. **We will depart the Chili Community Center at 8:30 am and return around 5:00 pm. Please see online catalog for more details.**

Eldersource Appointments

Eldersource is here to answer your questions on Jan. 23 from 10-12 in the senior care room. Call Jenn Kelley to make an appointment: 889-6185

Trip to The Shops on West Ridge & Lunch at BTB Wood Fired Bar & Grill

On Friday, January 13, join us as we explore the over 200 Shops on West Ridge! We will depart the Senior Center at 10 am. You will have time to browse the shops and then at 12:15pm, you will board the bus to go to lunch at BTB Wood Fired Bar & Grill, in Greece. The cost is \$5 (residents only) plus the cost of your own lunch. You must ride with us for this trip. Space is limited so register today!

