STRIVE to enjoy the little things
MESSAGE FROM THE SUPERVISOR

Fall is approaching and the Department of Parks and Recreation has many new and exciting programs for you and your family to enjoy. For the adults, lightly relax with Glow in the Dark Yoga, get artsy with Coffee and Canvas or stay fit with Total Body. For the kids, enjoy Waddlers and Toddlers, Baby Ballers or Rock City Bach to Rock. We are also excited for our annual Family Halloween Party, which brings thousands each year.

This season is also a great time to enjoy the Fall foliage in our Greece Parks. Over 300 acres of fields, trails and more await you. For guided tours of our trails and more, check out the Traveling Our Trails program, run by wonderful volunteers.

Whatever you choose to do this season, we hope to see you soon!

Supervisor
Bill Reilich

Michelle Marini, Deputy Supervisor

Greece Town Board Members
Michael Barry, Jr. 1st Ward Councilman
William Murphy, 2nd Ward Councilman
Joshua Jensen, 3rd Ward Councilman
Diana Christodaro, 4th Ward Councilwoman
Greece Department of Parks & Recreation
3 Vince Tofany Blvd, Greece, N.Y., 14612
Phone: (585) 723-2425
Web: www.greeceny.gov
E-mail: greeceparksandrec@greeceny.gov

Hours of Operation—Effective September 3
Monday-Thursday: 8:00 a.m.-8:00 p.m.
Friday: 8:00 a.m.-5:00 p.m.
Saturday: 8:00 a.m.-1:00 p.m.
Sunday: CLOSED

Register for Programs/Book Facilities
Visit our location or register online:
www.greeceny.gov/departments/parksandrecreation
and click ‘Online Activity Registrations’

Stay Connected!
Follow us on Facebook, Instagram and Twitter for updates and notifications about Greece Parks and Recreation. Share your pictures, check in and show your Greece pride by using #greeceparksrec.

Quick Reference Icons:
Look for these throughout this guide

- Pre-registration required in order to participate
- A new program or event for this session
It’s Easy to Join

1.) Visit our friendly team at 3 Vince Tofany Boulevard in Greece

2.) Bring proper photo identification that shows proof of residency (driver’s license, mail, etc.)

3.) We will sign you up, take your picture and your key tag will be printed on site. Key tags need to be renewed annually.

Membership Fees

Greece Residents Annual Membership: FREE
Non-Residents Annual Fee:
Single Non-Resident 60 & Under: $50
Single Non-Resident 61 & Older: $35
Family of Two Adults with at Least One Child: $145
One Time Non-Resident Visit:
$5 per person, per visit

Class Credit Information

Some classes and programs require credits that can be purchased at the front desk. Our fitness classes are drop-ins and can be joined at any time with no previous experience necessary.

For any questions regarding fitness classes or programs, see a knowledgeable recreation team member.

Class Credits for:
Greece Resident Members
16 Credits for $15
33 Credits for $30
50 Credits for $45

Non-Greece Resident Members
16 Credits for $20
33 Credits for $40
50 Credits for $60
FAMILY TANDEM BIKE NIGHT

Wednesday, September 4
6:00-7:30 p.m.

*Maximum Enrollment: 50
Participants will be allowed to use bikes in 15 minute increments

Look sweet upon our streets
on a bicycle built for two!

Our tandem bikes are
available for you to use for FREE!

Bikes available on a first come
first serve basis. Please meet at
Braddock Bay park located at
199 East Manitou Rd

Please note, bicyclists under the age
of 14 are required to wear certified
bicycle helmets. Children must be
accompanied by a parent/guardian.

The Season of Spice
Painting Class

Wednesdays
10:30 a.m. - 12:30 p.m.
Ages 50 +
Member Cost: $25 per class

Paint something for the seasons with assistance from Pinot's Palette. All supplies provided.

Examples of canvases you'll be making!

SEPTEMBER 11: "HELLO FALL"

OCTOBER 9: "GIVING THANKS"

NOVEMBER 13: "RUSTIC SNOWMAN"

DECEMBER 11: "TOOT SWEET WINTER"
PARTIES
for Adults

25

OKTOBERFEST PARTY
Supported by Peregrine Senior Living
Wednesday, September 25
10:30 a.m.-2:30 p.m.
Music by Joe Maloy & Ernie Capone
Tickets on Sale: July 22-September 18
Member Cost: $7.00

21

THANKSGIVING PARTY
Supported by Home Instead
Thursday, November 21
10:30 a.m.-2:30 p.m.
Music by Johnny Matt
Pre-lunch music by Standard Time
Tickets on Sale: October 21-November 14
Member Cost: $7.00

24

HALLOWEEN PARTY
Supported by Atria & GVPT
Thursday, October 24
10:30 a.m.-2:30 p.m.
Music by Coupe De’ Villes
Pre-lunch music by Fred DiCesare
Tickets on Sale: September 23-October 17
Member Cost: $7.00

20

CHRISTMAS PARTY
Supported by GVPT
Friday, December 20
10:30 a.m.-2:30 p.m.
Music by Joe Miltisch
Pre-lunch music by Gary Murphree
Tickets on Sale: October 21-December 13
Member Cost: $7.00
COFFEE & CANVAS

Saturday, September 14
9:00 a.m. - 12:00 p.m.
Open to Ages 21 & Up
Member Cost: $25
*Register by 9/9

Sip on some Java while you create your own canvas with assistance from Vino & Vernici. All supplies provided.

Jump & Jam II

THURSDAY, OCTOBER 3
6:00-7:30 P.M.
MEMBER COST: $2 PER CHILD
*PURCHASE TICKETS STARTING 8/12

- DJ
- DANCING
- SPORTS BOUNCE INFLATABLE
- MONSTER OBSTACLE COURSE
- SPEED CAGE
- CRAFT

Family Event!
FAMILY HALLOWEEN PARTY

You're in for a spooktastic time!

DATE:
Friday, October 25, 2019

TIME:
6:00-8:00 p.m.

LOCATION:
Greece Community Center
3 Vince Tofany Blvd. Greece, NY 14612

COME DRESSED IN COSTUME!

COST:
Children 2 and under are FREE
Purchase your tickets starting Tuesday, September 3
$2 per person up until Friday, October 18
$5 per person starting October 19 and at the door

THIS EVENT IS FOR GREECE RESIDENTS ONLY
Mommy's Day Out

Saturday, October 12
9 a.m. - 12 p.m.
Open to Ages 21 & Up
Member Cost: $25
*Register by 10/8

Relax and enjoy creating your own unique set of Halloween wine glasses with assistance from Vino & Vernici. All supplies provided.

Glowga

Glow in the Dark Yoga

Tuesday, October 29
7:00-7:50 p.m.
Open to Ages 14 & Up
Member Cost: $2
*Register by 10/25

Join us for a night of yoga, music and creative expression that will make your body & soul glow. Arrive early for glow in the dark body paint, glow sticks and other props to make the night light up.
SCARY HAIRDO'S & MORE

Wednesday, October 30
6:00-7:30 p.m.
Open to Girls 14 & Under
Member Cost: $10 per child
*Register by 10/23
Minimum Enrollment: 12

Looking for scary hair to show off at school on Halloween? Learn to style your hair into a creepy, crawly spider!
This evening will also include:

• Nail painting
• Face painting
• Making earrings
• Making a craft

All supplies provided. Light refreshments will be served.

5 STAR HOLIDAY COOKIES

Baking Program

FRIDAYS

NOVEMBER 1-DECEMBER 13
9:00-11:00 A.M.
AGES 50 +
MEMBER COST: $20.00

NOVEMBER 1: PEANUT BUTTER CUP COOKIES

NOVEMBER 8: CHOCOLATE MINT CANDIES COOKIES

NOVEMBER 15: CRANBERRY PISTACHIO BISCOTTI

NOVEMBER 22: GINGERBREAD PEOPLE FROM JELL-O

DECEMBER 6: SNOWBALL CHRISTMAS COOKIES

DECEMBER 13: CHRISTMAS SUGAR COOKIES
OPEN PLAY

MONDAYS: 10:30 A.M.-12:30 P.M.
WEDNESDAYS: 11:00-11:50 A.M.
AGES 2-6

A gym filled with play equipment; a wonderful opportunity to let your toddler run and interact with other children.

KIDDIE CLUB CRAFT

MONDAY-FRIDAY
11:00 A.M.-1:00 P.M.
AGES 2 & UP

This program is designed for your child to use their imagination and create a simple craft project in a fun environment. All supplies provided.

WHEELS IN MOTION

MONDAYS: 1:30-2:30 P.M.
THURSDAYS: 10:00-10:50 A.M.
FRIDAYS: 10:00-10:50 A.M.
AGES 2-6

This program is designed for children to come together and enjoy riding various big wheels, tricycles and cozy coupes in a safe and fun environment.

OPEN MATS

TUESDAYS: 10:00 A.M.-12:00 P.M.
THURSDAYS: 9:00-11:00 A.M.
6 & UNDER

Bring your little ones to run, roll and play on our mats, but don’t forget to head to the craft room for “Kiddie Club Craft” to make the daily craft.

MUNCHKIN MATS

MONDAYS: 6:15-7:15 P.M.
WEDNESDAYS: 7:00-7:45 P.M.
AGES 1-3

Let your little munchkin get rid of all that energy before bedtime as they run and play on mats.
**FAMILY SHOOT AROUND**

TUESDAYS: 7:00-7:50 P.M.
FRIDAYS: 2:30-4:30 P.M.
ALL AGES

Family-Must attend with a parent/guardian

The CSC will be offering an open gym shoot for families. **No pick-up games allowed.** All youth participating must have parent/guardian supervision at all times.

**FAMILY CRAFT N’ CREATIONS**

SATURDAY, October 19-November 23
11:00 a.m.-12:00 P.M.
OPEN TO AGES 3 & UP
**MEMBER COST: $15.00**

- Week 1: Squishy Decorating
- Week 2: Bead Art-Fuse Bead Art Making
- Week 3: Sand Paper Art *Must bring your own t-shirt!
- Week 4: Slime Making
- Week 5: Jewelry Making (Bracelets/Necklaces)
- Week 6: Rock Painting

Please Note: Parents must stay to help their child during program.

**TINY TYKE SOCCER**

SATURDAYS: SEPTEMBER 7-28
9:00-9:45 A.M.
AGES 2-4
**MEMBER COST: $25.00**

This four-week exploratory program will introduce children to the game of soccer.
*Please dress appropriately for outdoor play.

**BABY BALLERS**

SATURDAYS, OCTOBER 19-NOVEMBER 9
9:15-10:00 A.M.
AGES 3-4
**MEMBER COST: $20.00**

This developmentally appropriate introductory basketball program prepares youth and their parents for organized basketball. Mini hoops will be used during program.

Please Note: Parents/Guardians must be present and ready to participate for program.

**WADDLERS & TODDLERS**

SATURDAYS, SEPTEMBER 7-NOVEMBER 23
10:15-11:15 A.M.
AGES 18 MONTHS-2

This is a drop-in program for families with young children to take part in. Parents will have the opportunity to interact with their children through play. Each week we will provide play equipment that families can use.

**BACH TO ROCK**

SESSION I: TUESDAY, OCTOBER 8
SESSION II: TUESDAY, NOVEMBER 12
10:30-11:15 A.M.
AGES 1-5
**MEMBER COST: $15.00 PER SESSION**

Minimum Enrollment: 4
Maximum Enrollment: 25

A high energy, stimulating music and movement class for toddlers/preschoolers and their parent(s). Each class contains a variety of music and movement based activities with age appropriate themes and musical selections. Children will be exposed to live instruments and musically inspired story time.

Please Note: This program is a “demo” and both sessions are exactly the same. Participants are not obligated to attend both sessions, but are more than welcome to do so. Parents/guardians are required to stay and participate. All supplies provided.
**YOUTH ACTIVITIES**

**T-SHIRT CO. FOR KIDS (2 SESSIONS)**
THURSDAY, SEPTEMBER 19 & 26
10:50 A.M.-12:00 P.M.
AGES 4-6
MEMBER COST: $3.00

Kids will design and create their own works of art on a t-shirt using puzzle pieces, paint and sharpie pens.

SEPTEMBER 19: Puzzle Pieces T-shirts
SEPTEMBER 26: Sharpie Pen Tie Dye T-shirts

Please Note: Participants must bring their own t-shirt for each date.

**SLIME POTION NO. 9 FOR KIDS**
THURSDAYS, OCTOBER 3-NOVEMBER 14 (NO PROGRAM 10/24)
10:50 A.M.-12:00 P.M.
AGES 4-6
MEMBER COST: $13.00

Make your own unique slime every week! You’ll experience bright, sparkly colors and creative textures! Participants will have the opportunity to practice following instructions, measuring ingredients and how to identify each one. All supplies will be provided.

OCTOBER 3: Cinnamon Scented Fall Slime
OCTOBER 10: Rainbow Explosion Slime
OCTOBER 17: Hulk Slime
OCTOBER 31: Edible Starburst Slime
NOVEMBER 7: Gingerbread Slime
NOVEMBER 14: Snowflake Slime

**KIDS PAINTING PROGRAM**
WEDNESDAYS, OCTOBER 2, 9, 16 & 23
6:00-7:30 P.M.
AGES 5-17
MEMBER COST: $15.00

Come in and enjoy painting on a 12 x 12 canvas with assistance from Pinot’s Palette. You will be able to develop your artistic skills while creating your own work of art.

DATES:
OCTOBER 2: “Boo Buddies”
OCTOBER 9: “Twinkle, Twinkle”
OCTOBER 16: “Little Hootie Pie”
OCTOBER 23: “Winter Penguin”

**TRIPLE THREAT BASKETBALL**
SATURDAYS

SESSION I:
SEPTEMBER 7-OCTOBER 12
10:15-11:15 A.M.
AGES 5-8
MEMBER COST: $30.00 PER SESSION

An introductory basketball program for youth ages 5-8 that emphasizes the fundamentals of basketball, sportsmanship and age appropriate skill development.

**CSC/PE**
WEDNESDAYS, SEPTEMBER 4-NOVEMBER 20
10:00-10:50 A.M.
AGES 7-14
MEMBER COST: $10.00

The CSC/PE class will utilize sports and leisure activities to promote a healthy lifestyle and understanding of health and wellness with an emphasis on small and large group games.
THE LAND OF MAKE BELIEVE

PERFORMANCE I:
WEDNESDAYS, 6:00-7:30 P.M.
SEPTEMBER 4-OCTOBER 9
AGES 7-13
*REGISTER BY 9/4

PERFORMANCE II:
WEDNESDAYS, 6:00-7:30 P.M.
OCTOBER 16-NOVEMBER 20
AGES 7-13
*REGISTER BY 10/16

MEMBER COST: $6.00 PER PERFORMANCE

This program combines creative drama and the use of the imagination to provide children with a safe space to develop confidence, creativity and have fun. Participants will have the chance to act out a different original play every session. This is a great program to learn what it’s like to be in a play.

Please Note:
Proficient reading skills required for program.

OPEN GYM BASKETBALL

MONDAYS AGES 8 & UNDER: 3:00-5:00 P.M.
TUESDAYS AGES 9-12: 3:30-4:45 P.M.
THURSDAYS AGES 9-12: 3:30-5:30 P.M.

Shoot some hoops during our open gym time. Parent/Guardian supervision required at all times for youth ages 12 and under. Limited space. Must have a membership and be a Greece resident to participate. No pick-up games allowed. Please Note: Times may change during holiday breaks/recesses.

TEEN SHOOT AROUND

MONDAYS: 3:00-5:00 P.M.
WEDNESDAYS: 2:30-4:30 P.M.
AGES 13-17

Come shoot around after school. Limited space. Must have membership and be a Greece resident to participate. No pick-up games allowed. Please Note: Times may change during holiday breaks/recesses.

as far as your imagination will take you...
A Premier Entertainment Company

Adventures In Climbing, LLC
adventuresinclimbing.com 315-333-5003
FITNESS ACTIVITIES

CORE FITNESS
MONDAYS/FRIDAYS: 8:15-8:45 A.M.
AGES 18 & UP
MEMBER: 1 CREDIT
This class utilizes all core muscles while focusing on a particular muscle group. Each class helps increase strength, flexibility and overall balance. This class uses weights, weight bars, floor mats and balance discs to increase the class intensity.

LOW IMPACT AEROBICS
MONDAYS: 9:00-9:50 A.M.
AGES 18 & UP
MEMBER: 1 CREDIT
An energetic, effective low impact and varied intensity aerobics class that will help participants increase stamina, endurance, and keep your body moving and heart pumping.

CARDIO FUSION
TUESDAYS: 9:00-9:50 A.M.
THURSDAYS: 6:00-6:50 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT
A workout composed of various cardio exercises using weights. This program will incorporate muscle groups from both the upper and lower body to increase your stamina, endurance, flexibility and overall body strength.

TAI CHI & QIGONG
TUESDAYS: 9:00-9:50 A.M.
AGES 18 & UP
MEMBER: 1 CREDIT
This class includes standing exercises which add strength and stamina through gentle stretching and flowing movements following the traditional Chinese Yang-24 short form.

CLASS CREDITS

Greece Resident Members
16 Credits for $15
33 Credits for $30
50 Credits for $45

Non-Greece Resident Members
16 Credits for $20
33 Credits for $40
50 Credits for $60

PAGE 16       VISIT US AT WWW.GREECENY.GOV/DEPARTMENTS/PARKSANDRECREATION
GENTLE STRETCH & STRENGTH

MONDAYS: 1:00-1:50 P.M.
WEDNESDAYS: 1:00-1:50 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT

This class provides gentle exercises to help increase flexibility, range of motion and strength. The goal of this class is to reduce pain and stiffness, restore and maintain joint range of motion, increase muscle strength, and improve balance and coordination.

HATHA YOGA

TUESDAYS: 7:00-7:50 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT

This class incorporates a full body workout that includes a warm-up, a total body stretch, yoga postures, and a cool-down. The focus of this class will be on core strength and stability.

TOTAL BODY

TUESDAYS (September 10-October 29)
5:10-6:00 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT

Get a total body workout with exercise elements from Zumba, circuit training, and strength training. Floor exercises will also be included.

ZUMBA

TUESDAYS: 6:00-6:50 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT

An aerobic fitness class featuring movements inspired by various styles of Latin American dance music.

PI/YO

WEDNESDAYS (September 4-November 27)
8:30-9:40 A.M.
AGES 18 & UP
MEMBER: 1 CREDIT

Pi/Yo is a full-body workout that helps build strength, endurance, and flexibility through a blend of yoga and pilates. You will burn calories, tone muscles and work on balance while getting a great stretch. The first half of class will consist of 30 minutes of pilates with the second half of class consisting of 40 minutes of Yoga.

3 IN 1 FITNESS

WEDNESDAYS: 6:00-6:50 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT

This class focuses on three aspects of fitness: aerobic with cardio work, aerobic with weight work, and flexibility and breathing. This class also includes techniques from Yoga and stretching.

ZUMBA GOLD

THURSDAYS: 9:00-9:50 A.M.
AGES 18 & UP
MEMBER: 1 CREDIT

This class takes the Zumba workout and makes it accessible for seniors, beginners or others needing modifications in their exercise routine.

STRENGTH & CONDITIONING

FRIDAYS: 9:00-9:50 A.M.
AGES 18 & UP
MEMBER: 1 CREDIT

This class includes a warm-up, stretching and various styles of weight training. Training types to include: low weight, high reps for stamina and high weight, low reps for strength, along with resistance training.

GENTLE YOGA

FRIDAYS: 1:00-1:50 P.M.
AGES 18 & UP
MEMBER: 1 CREDIT

This class is a combination of both standing and seated yoga poses. Gentle Yoga will increase flexibility, balance and range of motion with or without chair support. Relaxation and restorative breathing exercises will reduce daily life stressors.

SATURDAY MORNING FITNESS CIRCUIT W/GINNY

SATURDAYS: 8:00-8:50 A.M. (September 7-November 23)
AGES 18 & UP
MEMBER: 1 CREDIT

This class offers a great high intensity workout using different stations. During this class, stations may include those for strength, balance, coordination, flexibility, and endurance to give you that total body workout in a short period of time.
ADAPTIVE REC

FRIENDS AND FUN BOWLING

TUESDAYS
3:30-4:45 P.M.
SESSION I: 9/3-10/22
SESSION II: 10/29-12/17
SESSION III: 1/7-3/3
BANQUET: 3/10
Ages 8 & Up
Member Cost: $40.00 per person

The Friends and Fun Bowling Program is available to Center members with special needs. Several sections of bowling are held throughout the year with a banquet held annually in March. Participants may register for ANY or ALL sections at any point during the bowling season. Bowling is held at Dewey Gardens Lanes located on 4470 Dewey Avenue.

FRIENDS AND FUN SOCIAL

THURSDAYS, SEPTEMBER 19-NOVEMBER 21
6:00-7:30 P.M.
Ages 14 & Up
Member Cost: $45.00 per person

The Friends and Fun Program is for youth and adults with special needs, 14 years of age and older. This program is designed to provide participants with an opportunity to be independent, experience recreational and cultural activities while increasing social skills, building self-esteem and becoming more independent through the use of fun group activities.

PAGE 18       VISIT US AT WWW.GREECENY.GOV/DEPARTMENTS/PARKSANDRECREATION
DON'T DELAY, RENEW TODAY!

MOST MEMBERSHIPS EXPIRED MARCH 31, 2019. MEMBERSHIPS ARE REQUIRED TO PARTICIPATE IN COMMUNITY CENTER PROGRAMS AND USE OF THE WOW ZONE

RENEW TODAY!

- Bring your photo id (drivers license, etc) and current key tag to the Community Center, which verifies your current address.
- Memberships are required to participate in Community Center Programs or use the Wild Over Water Zone splash pad.

Questions can be directed to: greeceparksandrec@greeceny.gov or (585) 723-2425

SEE THE FRONT DESK TO RENEW
TABLE TENNIS
MONDAYS: 10:00 A.M.-1:00 P.M.
WEDNESDAYS: 12:00-2:45 P.M.
THURSDAYS: 3:30-7:30 P.M.
FRIDAYS: 11:30 A.M.-2:30 P.M.

Take part in this competitive game between 2 or 4 players. All equipment is provided.

COMMUNITY VOLLEYBALL
MONDAYS: 5:30-7:45 P.M.
AGES 12 & UP

Enjoy this traditional game of volleyball with our open volleyball game play. All equipment provided.

COMMUNITY PICKLEBALL
TUESDAYS: 12:30-3:00 P.M.
WEDNESDAYS: 5:30-7:45 P.M.
THURSDAYS: 12:30-3:00 P.M.
SATURDAYS: 11:45 A.M.-12:45 P.M.

All skill levels are invited to play the game of pickleball on our 3 indoor courts. No instruction is given during this time.

SENIOR SHOOT AROUND
WEDNESDAYS: 2:30-4:30 P.M.
AGES 55 & UP

This program was designed specifically for a senior population looking to get back on the court. Bring a friend or come alone.

OPEN LINE DANCING
WEDNESDAYS/FRIDAYS: 11:00 A.M.-12:00 P.M.
AGES 18 & UP

Listen to your favorite tunes and dance amongst friends.
OPEN SQUARE DANCING

THURSDAYS, 6:00-7:30 P.M.
OPEN TO AGES 21 & OLDER
MEMBER COST: $5 PER PERSON, PER CLASS

DATES:
• SEPTEMBER 26
• OCTOBER 24
• NOVEMBER 14

Open to ALL levels of square dancers—even first timers. Instruction provided for new dancers.
Caller: Jim Gotta

“PREHAB” EXERCISES

Are you considering a hip, knee or shoulder replacement?

GVPT’s Prehab Program begins with a Physical Therapy Evaluation to identify your specific limitations.

An individualized exercise program will be established to execute within our clinic, pool, in your home and/or gym setting. The GVPT therapist will re-evaluate your routine in order to modify/progress your program, and answer any questions you may have.

Research shows the more physically fit you are going into surgery, the better your post-op outcomes are!

DIRECT ACCESS = No Prescription Needed! Call to Schedule: 355-4310 www.GVPT.me
BRIDGE
TUESDAYS/THURSDAYS: 12:30-3:45 P.M.

BRIDGE SKILLS
FRIDAYS: 11:30 A.M.-2:30 P.M.

DUPLICATE BRIDGE
MONDAYS: 12:15-3:45 P.M.

SCRABBLE
TUESDAYS: 10:00 A.M.-12:00 P.M.

CONTRACT RUMMY
TUESDAYS: 12:00-2:30 P.M.
WEDNESDAYS: 5:00-7:00 P.M.

PINOCHLE
MONDAYS: 8:30-11:30 A.M.

MAHJONNGG
WEDNESDAYS/FRIDAYS: 12:00-4:00 P.M.

PENNY POKER
MONDAYS/THURSDAYS: 12:30-3:30 P.M.

BINGO
MONDAYS: 9:45-11:00 A.M.
THURSDAYS: 9:45-11:00 A.M. & 12:30-2:30 P.M.
MEMBER: $.25 PER BOARD

EUCHRE
MONDAYS/ WEDNESDAYS: 1:00-4:00 P.M.
TUESDAYS: 8:30-11:00 A.M.
THURSDAYS: 8:30-11:00 A.M. & 1:00-4:00 P.M.
FRIDAYS: 8:30-11:00 A.M. & 1:00-4:00 P.M.

TEXAS HOLD ’EM POKER
TUESDAYS: 9:00-11:30 A.M.

Please Note: This group will not be a dealers choice style of poker but strictly Texas Hold ‘Em
NEEDLEWORK GROUP

Mondays: 9:00 A.M.-12:00 P.M.

Join us for a fun morning of knitting, crocheting, quilting, cross stitch, etc. And of course, good conversation. Bring along a project you are working on or start something new!

OPEN WOOD CARVING

Mondays: 9:00-11:00 A.M.

Experienced carvers and curious beginners are all welcome to drop in and get carving. Please provide your own tools. If you do not own any but are curious how to start, we encourage you to visit. The group meets every week. This is a free activity.

OPEN SEWING

Tuesdays: 9:30 A.M.-2:30 P.M.
Dates: September 3 & 17, October 1 & 15, November 5 & 19

If you enjoy the craft of knitting and sewing, then this group is for you. Bring your own supplies and create something new amongst friends.

PROJECT LINUS

Wednesdays: 9:00-11:30 A.M.
Dates: September 4, October 2, November 6

Combine your sewing skills with your desire to help others by helping make lap quilts and afghans that are donated to:
- Children's Hospitals
- Dialysis Units
- Cancer Units
- Veterans Facilities

For more information, please stop at the front desk or call 723-2425.

ART CLUB

Wednesdays: 1:00-3:00 P.M.

Bring your own supplies and art work and create amongst friends! All materials must be brought in by the participants.
ACTIVE ADULTS

HEALTH & WELLNESS SEMINARS

WOMEN'S SELF DEFENSE COURSE
MONDAY, SEPTEMBER 9 & MONDAY, SEPTEMBER 16
6:30-7:30 P.M.
OPEN TO AGES 16 & UP
MEMBER COST: $20.00
*Minimum Enrollment: 6
*Maximum Enrollment: 20

“How Not to be a Victim”
This course will give you the tools to help remain calm and focused in unsafe situations. Topics will include:
• Understanding Awareness
• Discuss the Truth About the Effectiveness of Common Chemical Sprays Advertised for Self Defense
• Tap Into and Hone in On Survival Skills
• Practice De-Escalation Strategies
• Learn Tactical Hands-on Self Defense Techniques

LIVING HEALTHY WITH DIABETES
MONDAYS, SEPTEMBER 9-OCTOBER 14
12:00-2:30 P.M.
MEMBER COST: $20.00 *REGISTER BY 9/2
*Minimum Enrollment: 6

This six week program will offer information on:
• Diet
• Nutrition
• Exercise
• Additional information on diabetes
Please Note: This program is also open to caregivers and pre-diabetic individuals. This program is limited to the first 15 participants. Please plan on attending weekly.

PREPARING FOR COLLEGE
TUESDAY, SEPTEMBER 10
6:00-7:30 P.M.
*REGISTER BY 9/6
*Minimum Enrollment: 6

Hosted by Ken Marienau, Financial Advisor
This information session will discuss the many aspects of college costs. Topics will include:
• Student Loans
• Income Limitations
• The Application Process
• Scholarships, Grants, Student Loans
• Subsidized/Unsubsidized Loans
• ROTC Benefits
And much more. Q & A period to follow.

BRAIN WORK(SHOP) I:
FOUNDATIONS & VISION
TUESDAYS, SEPTEMBER 10, 17 & 24
1:30-2:30 P.M.
MEMBER COST: $30.00 *REGISTER BY 9/3
*Minimum Enrollment: 8

This class provides lessons on:
• How the brain processes visual information
• Explores the research
• Teaches behaviors and exercises for healthy vision and memory
The facilitator, France McCloskey, has an MA in Adult Learning, a BA in Cognitive Science/Psychology, and is a certified Brain Injury Specialist Trainer.
MINI PT SCREENINGS

DATES:
MONDAY, OCTOBER 7, 10:00-11:00 A.M.
TUESDAY, NOVEMBER 12, 10:00-11:00 A.M.
WEDNESDAY, NOVEMBER 20, 9:00-11:00 A.M.

Genesee Valley Physical Therapy will be at the Community Center to provide FREE screenings and answer questions.

BLOOD PRESSURE SCREENINGS

DATES:
WEDNESDAY, SEPTEMBER 11, 9:00-10:30 A.M.
FRIDAY, OCTOBER 18, 10:00-11:30 A.M.
MONDAY, NOVEMBER 18, 11:00 A.M.-12:30 P.M.
THURSDAY, DECEMBER 12, 10:00-11:30 A.M.

Greece Volunteer Ambulance will be at the Community Center to provide blood pressure screenings. Drop-Ins welcome.

BRAIN WORKSHOP II: FOUNDATIONS & HEARING

TUESDAYS, OCTOBER 1, 8 & 15
1:30-2:30 P.M.
MEMBER COST: $30.00 *REGISTER BY 9/30

This class provides lessons on:
• How the brain processes auditory information
• Explores the research
• Teaches behaviors and exercises for healthy hearing and memory

The facilitator, France McCloskey, has an MA in Adult Learning, a BA in Cognitive Science/Psychology, and is a certified Brain Injury Specialist Trainer.

HOME SAFETY

TUESDAY, OCTOBER 8
10:00-11:00 A.M.
*REGISTER BY 10/4

Join Sergeant Jared Rene from the Greece Police Department as he discusses:
• Home & General Safety
• Car Safety
• Concerns when out in the Community

CONSERVATIVE MANAGEMENT FOR ARTHRITIC SPINE & HERNIATED DISC

FRIDAY, OCTOBER 18
12:00-1:00 P.M.
*REGISTER BY 10/14

Genesee Valley Physical therapists will be at the Community Center to discuss:
• The role of intervertebral disc
• What goes wrong
• Principals to maintain a healthy spine
• Other treatments associated with back pain

MINI PT SCREENINGS

DATES:
MONDAY, OCTOBER 7, 10:00-11:00 A.M.
TUESDAY, NOVEMBER 12, 10:00-11:00 A.M.
WEDNESDAY, NOVEMBER 20, 9:00-11:00 A.M.

Genesee Valley Physical Therapy will be at the Community Center to provide FREE screenings and answer questions.

HOW TO BENEFIT FROM EXERCISE WHEN DEALING W/ PARKINSON’S

WEDNESDAY, SEPTEMBER 18
12:00-1:00 P.M.
*REGISTER BY 9/13

This seminar will include information for those diagnosed with Parkinson’s Disease and the opportunities available. Topics will include:
• How to improve balance
• How to reduce rigidity
• How to move more confidently and independently
This seminar will also provide time for questions and answers.

IMPORTANCE OF BREAST CANCER SCREENINGS

FRIDAY, SEPTEMBER 20
12:00-1:00 P.M.

Join representatives from Elizabeth Wende Breast Care as they host an outreach table to discuss the importance of breast cancer screenings.

HOW TO PREVENT SCAMS

THURSDAY, SEPTEMBER 26
12:00-1:00 P.M.
*REGISTER BY 9/23

Join Sergeant Jared Rene from the Greece Police Department as he discusses:
• Steps to spotting a scam
• What to do to prevent a scam from happening
• Steps to take if you’re confronted with a scam
MATTER OF BALANCE
MONDAYS, OCTOBER 21-DECEMBER 16
12:00-2:00 P.M.
MEMBER COST: $20.00 *REGISTER BY 10/14
*Minimum Enrollment: 6
This eight week program will provide information regarding overall balance. Instructors from Lifespan will cover topics such as:
- Nutrition
- Exercise
- How to fall and get up
- Increase your strength & prevent falls
This program is limited to the first 15 participants. Please plan on attending weekly.

BRAIN WORK(SHOP) III:
FOUNDATIONS, BALANCE & MOBILITY
TUESDAYS, OCTOBER 22, 29 & NOVEMBER 5
1:30-2:30 P.M.
MEMBER COST: $30.00 *REGISTER BY 10/14
*Minimum Enrollment: 8
This class provides lessons on how the brain processes space, balance and other information responsible for mobility.
The facilitator, France McCloskey, has an MA in Adult Learning, a BA in Cognitive Science/Psychology, and is a certified Brain Injury Specialist Trainer.

SELF DEFENSE FOR SENIORS
WEDNESDAY, OCTOBER 23
12:00-1:00 P.M.
MEMBER COST: $10.00 *REGISTER BY 10/18
*Minimum Enrollment: 6
Attend this informative seminar that will help build your confidence—especially when living alone. Brian Bateman from the Rochester Shaolin Training Center will provide scenarios and also discuss:
- Strength in numbers
- Items everyone has that can help in a negative situation
- How to take back control
And many more topic items that can assist you.

HOME FIRST AID (THINGS TO KNOW)
WEDNESDAY, NOVEMBER 6
11:00 A.M.-12:00 P.M.
*REGISTER BY 11/1
*Minimum Enrollment: 6
Greece Volunteer Ambulance will be discussing basic home safety tips and how to best deal with basic medical situations that may occur.
TIME OUT FOR WOMEN

Wednesdays, November 13-January 29
9:00-11:00 A.M.

MEMBER COST: $20 PER 8 WEEK SESSION

*Designed for women to spend time in a social setting and learn about many unique topics through informational programs.*

November 13: "Preparing Edible Pine Cones & Truffles"
Presented by: Liz Bauld, The Storybook Cook

November 20: "Alaska: The Gold Rush of 1898"
Presented by: Geoffrey Clough

***NO PROGRAM NOVEMBER 27***

December 4: "Preparing for the Holiday and Stress Free Meals"
Presented by: Carole Nier

December 11: "Barbershop Quartet: Chorus of the Genesee"
Presented by: Harmony House

***NO PROGRAM DECEMBER 18, DECEMBER 25 & JANUARY 1***

January 8: "You Should Write a Book & Why So Many People are Doing Just That"
Presented by: J.A. Goodman, Local Author

January 15: "The Lonely Child: The Journey of Search to find My Biological Family"
Presented by: Susan Moyer, Author & Adoptee Rights Supporter

January 22: "The Musical Dossenbachs in Turn of the Century Rochester"
Presented by: Lisa Kleman

January 29: "Healthy Relationships vs. Domestic Violence 101"
Presented by: Annie Lane
LUNCH’ N FRIENDS

Mondays-Fridays: 11:30 a.m.-12:00 p.m.

Meals are served Monday-Friday at the Community Center with your health and nutritional needs serving as top priority.

Lunch is a suggested contribution of $3.50 for any persons 60+ or the spouse of someone 60+. For anyone under the age of 60, the meal cost is $7.50 which will be collected at the front desk.

If you have not arrived by 11:45 a.m. for your lunch reservation, your meal may be given to any individual on our waiting list.

*For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made until the day of meal service.

MEAL TIME MUSIC

Join us for these special musical events offered for your listening enjoyment during our nutrition program.

11:30 A.M.-12:30 P.M.

Thursday, September 19: Fred DiCesare
Monday, October 28: Tom Dunn
Friday, November 22: Joe Miltsch

Did You Know?

We offer local lunch trips, tours, shopping trips and more. Call or visit for details.
Enhanced Assisted Living and Memory Care with a whole lotta heart.

In other words, The Village at Mill Landing has a whole bunch of heartfelt help and care. And, grammar aside, you’ll feel a whole lotta at home here, too.

But don’t take our word for it. Come see for yourself at a complimentary lunch and tour. Please call 585.720.3033 now to schedule.

And bring a friend. Or come meet a few new ones.
The Town of Greece parks system includes 45 miles of trails, over 500 acres of parkland, playgrounds, athletic fields, shelters and open space.

WELCOME TO GREECE PARKS!

The Town of Greece parks system includes 45 miles of trails, over 500 acres of parkland, playgrounds, athletic fields, shelters and open space.
WHAT YOU’LL FIND:

1. **BURGER PARK**
   **99 HOGAN POINT RD, HILTON**
   Part of the Braddock Bay Fish and Wildlife Management Area, Burger Park contains a series of trails and a fishing access point along Salmon Creek.

2. **BRADDOCK BAY PARK**
   **199 EAST MANITOU RD**
   This 375 acre town operated park is part of the 3000 acre Braddock Bay Fish and Wildlife Management Area owned by NY State.

   Braddock Bay Park is also renowned for being an excellent bird-watching location. Raptors and other birds congregate here when migrating north in the Spring.

   - Playground
   - 2 Lodges
   - Restrooms
   - Hiking Trails
   - Boardwalk to the bay
   - Open-air Shelters
   - Observation Platform
   - Handicapped-accessible canoe/kayak launch

3. **WESTPOINT MARINA**
   **105 EAST MANITOU RD**
   Overseen by the Town of Greece and operated by an outside agency, West Point Marina overlooks scenic Braddock Bay. The marina offers seasonal and transient slips for boats and jet skies. Slips include power and water hook up. Facilities include showers, restrooms, high speed Wi-Fi, free parking, boat launch, locked gates and security systems, and convenience store.

   For more information, visit www.westpointmarinabraddockbay.com

4. **FRISBEE HILL PARK**
   **141 FRISBEE HILL RD**
   Situated between North Greece and Flynn Rd, Frisbee Hill is abound with open space in a beautiful setting of over 90 acres of parkland. This park is great for both active and passive recreational activities.

   - Playground
   - Open Space
   - Sledding Hill

5. **GRANDVIEW PARK**
   **255 BEECHWOOD RD**
   This neighborhood park is 6.9 acres of open space, athletic fields and courts and a playground. Set in the neighborhood that is surrounded by Long Pond and Cranberry Pond, Grandview Park offers something for everyone.

   - Playground
   - Restrooms
   - Tennis Courts
   - Baseball Field
   - Soccer/Football Field
   - Basketball Court

6. **GOODWIN PARK**
   **15 LONG POND RD**
   This 2 acre park is set beautifully along the canal. Amidst the historic Grandview Beach neighborhood located along the ‘Old Trolley Route’ dating from 1891-1925.

   - Playground
   - Restrooms
   - Picnic Tables

7. **SLATER CREEK FISHING ACCESS**
   Located on Beach Ave, just west of Greenleaf Rd, this small park offers a great fishing spot along Slater Creek.

   This site is maintained in partnership with the NYS DEC.

   Picnic tables are also available.

8. **VETERANS MEMORIAL PARK**
   **4614 DEWEY AVE**
   Located in the northeast section of Greece, off of Dewey Avenue, Veteran’s Memorial Park is 33.2 acres of trails, open space and athletic fields.

   - Restrooms
   - Trails
   - Playground
   - Tennis Courts
   - Soccer/Football Field
   - Basketball Courts
   - Open-air Shelter

9. **BADGEROW PARK SOUTH**
   **1120 LATTAR RD**
   This 33.1 acre park, located off of Latta Rd has similar features to it’s sister-park, Veterans Parks. Athletic fields, playground, shelter and a trail connecting the two parks together.

   - Tennis Courts
   - Baseball Fields
   - Playground
   - Restrooms
   - Trails
   - Open-air Shelter
   - Soccer/Football Field
SAWYER PARK
732 Long Pond Rd
Tucked in amidst Long Pond Road, this gem of 16.7 acres will transform you to another world.
Playground • Open-air Shelter • Restrooms • Trails
Disc Golf Course

ADELINE PARK
124 Armstrong Rd
This park is a 6.5 acre neighborhood park located within a densely populated northeastern part of Greece
Restrooms • Playground • Picnic Areas
Enclosed Shelter • Soccer/Football Fields
Tennis Courts (lighted) • Basketball Courts (lighted)

BASIL MARELLA PARK
975 English Rd
The largest developed park in Greece, this 101.7 acre park can be accessed from English Rd or Fetzner Rd.
Trails, multi-use athletic fields and a disc golf course highlight this facility.
Tennis Courts • Disc Golf Course • Playground
Open-air Shelter • Skate Park • Trails
Soccer/Football Fields • Restrooms

BEVERLY PAPPAS PARK
67 Haviland Park
This neighborhood park is located on 5 acres of land.
This park includes a playground and many acres of open space for activity.
Playground • Open Space

COLUMBUS PARK
461 Bonesteel Street
Primarily passive open space, this 9 acre park features a playground and sitting area.
Playground • Open Space

CARTER PARK
1281 Long Pond Rd
This park, in the midst of busy commerce, offers 12 acres of athletic fields, a playground and sport courts.
Playground • Tennis Courts • Baseball Fields
Basketball Courts • Restrooms • Open-air Shelter

HENPECK PARK
2901 Ridgeway Avenue
A 4-acre waterfront park located on the Erie Canal. Owned by the NYS Canal Corporation, this popular park is set along the popular Canalway Trail. Historical markers located along the trail describe Henpeck as the Port of South Greece, boasting a grocery store, post office, schoolhouse and more. A bustling stop along the Erie Canal, the Town of Greece chose to memorialize this historic port by transforming it into a park.
Connection to Canalway Trail • Fishing Access
Grills • Car top boat launch • Picnic Tables

OPEN SHELTER RESERVATIONS

<table>
<thead>
<tr>
<th>Open Shelter Location</th>
<th>Size (Feet)</th>
<th>Restrooms</th>
<th>Playground</th>
<th>Fee Residence</th>
<th>Fee Non-Resident</th>
<th>Athletic Fields</th>
<th>Tennis</th>
<th>Other</th>
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<tr>
<td>Badgerow South</td>
<td>35 x 35</td>
<td></td>
<td></td>
<td>$70</td>
<td>$105</td>
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<td>Trails</td>
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<td>Basil Marella</td>
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<td>$50</td>
<td>$70</td>
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<td>Disc Golf</td>
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<tr>
<td>Braddock Bay</td>
<td>20 x 28 (2)</td>
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<td>$60</td>
<td>$90</td>
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<td></td>
<td>$60</td>
<td>$90</td>
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<tr>
<td>Sawyer</td>
<td>30 x 50</td>
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<td>$60</td>
<td>$90</td>
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<td>Disc Golf</td>
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<tr>
<td>Veterans</td>
<td>35 x 25</td>
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<td></td>
<td>$70</td>
<td>$105</td>
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<td></td>
<td>Basketball/Trails</td>
</tr>
</tbody>
</table>
TRAVELING OUR TRAILS

THURSDAYS: 10:00 A.M.
AGES 18 & UP (no children please)

Formerly known as the Greece Hiking Club, this program has commonly been referred to as the ‘walking, talking, and gawking program’. While we traverse through the trails of Greece and beyond, we will take moments to stop and appreciate the nature around us with a little bit of history mixed in.

September Hikes
- September 5: Tinker Nature Park
- September 12: Spencerport Canal Path
- September 19: Genesee Valley Park
- September 26: Burger Park Nature Trail

October Hikes
- October 3: Island Cottage GLT
- October 10: Buttonwood Park
- October 17: Badgerow Park
- October 24: Mendon Ponds Park
- October 31: Helmer Nature Preserve

Please Note:
You must pre-register for this program. This program runs from May through October with a different hike each week.
ADELINE PARK
124 ARMSTRONG RD.

Affordable and updated in 2017, Adeline Park Lodge can accommodate up to 45 patrons. This facility includes: refrigerator, microwave, sink, restroom, and outdoor covering with picnic tables. The park includes a playground, open space, tennis and basketball courts.

Available: Sunday through Saturday, 9:30am-9:30pm
Capacity: 45
Residents: $85
Non-Residents: $125

BRADDOCK BAY PARK
199 E. MANITOU RD

This lodge features accommodations for 65 people and is great for small parties, business meetings, workshops and more. The rental of this lodge can also be combined with the Braddock Pavilion to host larger guests (extra fee assessed). This lodge includes: restrooms, and a kitchen with stove, refrigerator, microwave and plenty of counter space. The lodge is in close walking distance to a playground and trails.

Available: Sunday through Saturday, 10:00am-10:00pm
Capacity: 65
Residents: $200
Non-Residents: $300

*Schlieter Lodge and Braddock Pavilion are located in the same building and can be a combined rental. This would increase accommodations to 161 persons. Fees: Residents: $450  Non-Residents: $575.

RESERVATION

- Lodges are available year round
- Reservations can be made online, mail or in person at the Greece Community Center
- Cancellations made more than 30 days from date of event will receive refund less 50% of reservation fee. If cancellation is less than 30 days there are no refunds, no exceptions.
BRADDOCK BAY PARK
199 E. MANITOU RD

Built in 2016, this lodge features accommodations for 96 people. Located in picturesque Braddock Bay Park, Lodge 1 is great for weddings, graduation parties, business meetings and many functions. This lodge includes restrooms, and a kitchen with stove, refrigerator, microwave and plenty of counter space. In addition, outside seating is available. The lodge is in close walking distance to a playground and trails.

Available: Sunday through Saturday, 10:00am-10:00pm
Capacity: 96
Residents: $275
Non-Residents: $375

LODGE 1

BRADDOCK BAY PARK
199 E. MANITOU RD

This fully heated and covered pavilion features accommodations for up to 95 people. Windows on all sides of this facility allow beautiful views of the park and Braddock Bay. The rental of this lodge can also be combined with the Schlieter Lodge to host larger guests (extra fee assessed). This lodge includes restrooms, stove, refrigerator and a microwave. The lodge is in close walking distance to a playground and trails.

Available: Sunday through Saturday, 10:00am-10:00pm
Capacity: 95
Residents: $250
Non-Residents: $350

*Schlieter Lodge and Braddock Pavilion are located in the same building and can be a combined rental. This would increase accommodations to 161 persons. Fees: Residents: $450 Non-Residents: $575.

TIPS

- A refundable deposit of $100 is required for all lodge rentals and will be returned upon satisfactory condition of your rental
- To reserve facilities, visit our website at www.greenceny.gov/departments/cscparks
COMMUNITY CENTER OPEN HOUSE

TUESDAY, SEPTEMBER 24
10:00-11:30 A.M. & 6:00-7:30 P.M.

- Take a Tour
- Sign-up for a Membership
  (Free to Greece Residents!)
- Meet our Instructors
- Enter our Prize Drawing