



Supervisor Reilich welcomes you to the...

Community & Senior Center

Creating Community Through People, Parks and
Programs

**Bill Reilich,
Supervisor**

Greece Town Board

Michael Barry, Jr.

1st Ward Councilman

Brett Granville

2nd Ward Councilman

Andrew Conlon

3rd Ward Councilman

Diana M. Christodaro

*4th Ward
Councilwoman*



November 2015

Calendar and Events

Monday-Thursday: 8:00am-8:00pm

Friday: 8:00am-5:00pm

Saturday: 8:00am-1:00pm

Closed: November 11th, 26th, 27th, and 28th

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance, on the grounds of race, color, sex, religion, national origin, disability, or marital status.

3 Vince Tofany Blvd. Greece, NY 14612

(585) 723-2425

www.greeceny.gov

Did You Know?

As a resident of Greece, you get a FREE Membership?

As a valued member of the Community & Senior Center, you will be able to take advantage of fitness classes, special events, various activities and quality facilities offered year-round.

We have programs for all ages and abilities that will increase your quality of life through activity, socialization and fun.

Fees

Greece Residents: Free

Non-Residents: \$50 per year

Town of Greece residents, through Town taxes, make a significant financial contribution to the operation of Town services. Non-resident fees are charged to apportion an equalizing fee to non-resident participants so that they can contribute to the overall financing of Town services on an equitable basis with Town residents.

Activities offered by the Town of Greece Community & Senior Center

are funded by: The Town of Greece, NYS Office for Children and Family Services, NYS Office for the Aging, Monroe County Department of Human and Health Services, Rochester-Monroe County

Youth Bureau, Monroe County Office for the Aging.



It's Easy to Join!

- Simply visit our friendly team at 3 Vince Tofany Boulevard in Greece.
- Bring proper photo identification which shows proof of residency (driver's license, etc).
- We will sign you up, take your picture and your I.D. card will be printed on site.

Finally, start taking advantage of all the great things we have to offer such as:

Indoor Walking Track
Fitness Classes
Cards (Bridge, Euchre and more)
Lounge
Youth and Family Programs

*Some classes require a fee. Class credits can be purchased on site.

CSC Member Passes

Resident Member Pass

- \$15.00 = 16 credits
- \$30.00 = 33 credits
- \$45.00 = 50 credits

Non-Resident Member Pass

- \$20.00 = 16 credits
- \$40.00 = 33 credits
- \$60.00 = 50 credits

November Activity Cancellations

Mon	Tue	Wed	Thu	Fri	Sat
2 Bingo AM 9:45-11:30am Bingo PM 12:30-2:30pm	3 Bridge 12:30-4:00pm	4	5	6	7
9	10 Bridge 12:30-4:00pm	11 CSC CLOSED ALL PROGRAMS CANCELLED	12	13	14
16	17	18	19 Euchre AM 9:00-11:30am Open Mats 9:00-10:00am Bingo AM 9:45-11:30am Wheels in Motion 10:00-10:50am Kids Create Craft Club 11:00am-1:00pm Fun w/Fitness 11:00am-2:00pm Bingo PM 12:30-2:30pm Beginner/Intermediate Pickleball 12:30-3:00pm Penny Poker 12:30-3:30pm Bridge 12:30-4:00pm Euchre PM 1:00-4:00pm	20	21
23	24	25 Community Pickleball 5:30-7:45pm Total Body Circuit 6:00-6:50pm Munchkin Mats 7:00-7:45pm CSC CLOSING @ 5PM	26 CSC CLOSED ALL PROGRAMS CANCELLED	27 CSC CLOSED ALL PROGRAMS CANCELLED	28 CSC CLOSED ALL PROGRAMS CANCELLED
30					

Monday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-10:00am

Core Fitness 1 Credit	8:15-8:45am Gym
Low Impact Aerobics 1 Credit	9:00-9:50am Gym
Quilting & Crafting	9:00am-12:00pm ACT D
Eldersource Caseworker Health, Social & Financial Assistance	9:30-12:30pm
Bingo	9:45-11:30am & 12:30-2:30pm ACT C No Program 11/2
Veteran's Seminar Date: 11/2	10:00-11:30am MPR B & C
Table Tennis	10:00am-1:00pm Gym
Open Play Ages 2-6	10:30am-12:30pm Gym
"Kids Create" Craft Club Ages 2-6	11:00am-1:00pm Art Room
Penny Poker	12:30-3:30pm ACT D
Duplicate Bridge	12:30-4:00pm MPR B & C
Euchre	1:00-4:00pm ACT B
Gentle Stretch & Strength 1 Credit	1:00-1:50pm Gym
Wheels in Motion Ages 2-6	1:30-2:30pm Gym
Open Gym Ages 14-17	3:00-5:00pm Gym
Learn to Play Pickleball	5:30-7:45pm Gym
Adult Volleyball	5:30-7:45pm Gym
Walk Fit 1 Credit	6:00-6:50pm MPR A & B
Munchkin Mats Ages 1-3	6:15-7:15pm MPR C

Tuesday

Walking Track Open 8:00am – 7:50pm

Music 9:00am-12:00pm & 6:00-7:00pm

Walk Fit 1 Credit	9:00-9:50am Gym
Tai Chi & QiGong 1 Credit	9:00-9:50am MPR B
Euchre	9:00-11:30am ACT B
Open Sewing Dates: 11/3 & 11/17	9:30am-2:30pm ACT C
Strength & Conditioning 1 Credit	10:00-10:50am Gym
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room
Line Dance Instruction 1 Credit	11:00am-12:00pm Gym
Scrabble	10:00am-12:00pm ACT D
Open Line Dance	11:00am-12:00pm Gym
Contract Rummy Dates: 11/10 & 11/24	10:00am-12:00pm ACT C
Toddler Time 2 and Under	10:00-10:30am Gym 10:30-11:00am Craft Room
Play & Create Ages 2-6	10:30-11:00am Gym 11:00-11:30am Craft Room
Senior Movie: “St. Vincent” Date: 11/10	12:30-2:30pm MPR B & C
Advanced Pickleball Self-Rated *1 Court for Beginner/Intermediate Play*	12:30-3:00pm Gym
Bridge	12:30-4:00pm MPR B No Program 11/3 & 11/10
Open Gym Ages 10-13	3:30-5:30pm Gym
Zumba Age 8 & Older 1 Credit	6:00-6:50pm Gym
Abs Plus 1 Credit	7:00-7:50pm MPR B & C
Sports Variations for Ages 7-13	7:00-7:50pm Gym

Wednesday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

Core Fitness 1 Credit	8:15-8:45am Gym No Program 11/11
Flex & Stretch Yoga 1 Credit	9:00-9:50am Gym No Program 11/11
Project Linus Date: 11/4	9:00am-12:00pm ACT D
CSC PE Ages 7-12 1 Credit	10:00-11:00 Gym No Program 11/11
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room No Program 11/11
Open Line Dancing	11:00am-12:00pm
Table Tennis	12:00-3:00pm Gym No Program 11/11
Health Seminar: “Back Pain/Disc Problems/Arthritis” Date: 11/18	12:00-1:00pm MPR C
Open Play Ages 2-6	12:30-1:30pm Gym No Program 11/11
Gentle Stretch & Strength 1 Credit	1:00-1:50pm MPR B & C No Program 11/11
Art Club	1:00-3:00pm ACT C No Program 11/11
Euchre	1:00-4:00pm ACT B No Program 11/11
Open Gym Ages 14-17	3:00-5:00pm Gym No Program 11/11
Community Pickleball	5:30-7:45pm Gym No Program 11/11 & 11/25
Total Body Circuit 1 Credit	6:00-6:50pm MPR B & C No Program 11/11 & 11/25
Alzheimer’s Support Group Date: 11/18	6:30-7:30pm ACT D
Munchkin Mats Ages 1-3	7:00-7:45pm MPR B & C No Program 11/11 & 11/25

Thursday

Walking Track Open 8:00am – 7:50pm

Music 8:00am-10:00pm & 6:00-7:00pm

Zumba Gold 1 Credit	9:00-9:50am Gym No Program 11/26
Euchre AM	9:00-11:30am ACT B No Program 11/19 & 11/26
Open Mats for Under 2	9:00-10:00am MPR C No Program 11/19 & 11/26
Bingo AM	9:45-11:30am ACT C No Program 11/19 & 11/26
Wheels in Motion Ages 2-6	10:00-10:50am Gym No Program 11/19 & 11/26
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room No Program 11/19 & 11/26
Fun with Fitness Ages 2-6 1 Credit	11:00am-12:00pm Gym No Program 11/19 & 11/26
Bingo PM	12:30-2:30pm ACT C No Program 11/19 & 11/26
Beginner/Intermediate Pickleball Self-Rate *1 Court for Advanced Play*	12:30-3:00pm Gym No Program 11/19 & 11/26
Penny Poker	12:30-3:30pm ACT D No Program 11/19 & 11/26
Bridge	12:30-4:00pm MPR B No Program 11/19 & 11/26
Euchre PM	1:00-4:00pm ACT B No Program 11/19 & 11/26
Open Gym Ages 10-13	3:30-5:30pm Gym No Program 11/26
Table Tennis	3:30-7:30pm Gym No Program 11/26
Cardio Interval 1 Credit	6:00-6:50pm Gym No Program 11/26

Friday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

Core Fitness 1 Credit	8:15-8:45am Gym No Program 11/27
Strength & Conditioning 1 Credit	9:00-9:50am Gym No Program 11/27
Euchre AM	9:00-11:30am ACT B No Program 11/27
Pinochle	9:00-11:30am ACT D No Program 11/27
Wheels in Motion Ages 2-6	10:00-10:50am Gym No Program 11/27
Open Line Dance	11:00am-12:00pm Gym No Program 11/27
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room No Program 11/27
Mahjongg Lessons	11:30am-12:45pm MPR B No Program 11/27
Bridge Skills	11:30am-2:30pm ACT D No Program 11/27
Table Tennis	11:30am-2:30pm Gym No Program 11/27
Songsters	12:30-2:00pm ACT C No Program 11/27
Wheels in Motion Ages 2-6	1:00-1:50pm Gym No Program 11/27
Gentle Stretch & Strength 1 Credit	1:00-1:50pm MPR C No Program 11/27
Mahjongg	1:00-4:00pm MPR B No Program 11/27
Euchre PM	1:00-4:00pm MPR A No Program 11/27
Family Shoot Around	2:30-4:30pm Gym No Program 11/27
Family Movie & Craft Night Date: 11/20	6:00-8:00pm MPR A,B & C

Saturday

Walking Track Open 8:00am – 12:50pm

Zumba 1 Credit	8:00-8:50am Gym Ends 10/31
Total Body Fitness 1 Credit Starts 11/7	8:00-8:50am Gym No Program 11/28
Euchre	9:00am-12:00pm ACT B No Program 11/28
Lounge	9:00am-12:00pm Lounge Room No Program 11/28
“Kids Create” Craft Club Ages 2-6	9:00am-12:00pm Art Room No Program 11/28
Cartoon Corner	9:15-10:15am MPR C & B No Program 11/28
Triple Threat Basketball 10/24-12/19	9:15-10:15am Gym No Program 11/28
Run & Gun Basketball 10/24-12/19	10:30-11:30am Gym No Program 11/28
Community Pickleball	11:45am-12:45pm Gym No Program 11/28

New!

Saturday Fitness Programs

Starting November 7-January 23



Total Body Fitness

This is a class that will utilize weights, bands, weight bars and floor mats. This class will help to increase strength, endurance, balance and flexibility through a multitude of strength orientated and high rep workouts. We will also focus on the entire core for an overall workout.

This class is 1 credit on your membership pass

Dates: 11/7/15-1/23/16

Greece on the Go

Keeping You Moving in Greece and Beyond

Grocery & Shopping Trips

Friday, November 6: Greece Walmart

9:30-11:30am

Medical Motors Transportation

Friday, November 13: Aldi's

9:30-11:30am

Medical Motors Transportation

Friday, November 20: The Christmas Tree Store

9:30-11:30am

Medical Motors Transportation

Monday, November 23: Wegmans-Pittsford Location

9:30-11:30am

Medical Motors Transportation

For Trips noted "MEDICAL MOTORS TRANSPORTATION"

Through the Greece Senior Center, for Greece seniors, Medical Motors offers monthly trips to area grocery stores.

Transportation is free and ***requires a minimum of 3 riders.***

You may sign up at the front desk ahead of time or attend the day of.

Senior Lunch Trips

Friday, November 6: Donuts Delite

9:30-10:45am

\$2.00 to ride bus

Friday, November 13: La Tea Da

11:00am-2:00pm

\$2.00 to ride bus

LUNCH TRIPS

- Lunch trips require a minimum of 7 riders with a maximum of 14.
- Cost of lunch is not included.
- Register ahead at the front desk.

Please Note:
**All trips depart and return from the
Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612**

Reserve a spot at the front desk or by calling 723-2425



November Lunch Club 60 Menu

Serving Time: 11:30 am
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mild Chili Tossed Lettuce Salad w/ French Dressing Wax Beans Oyster Crackers Pineapple	3 Vegetable Lasagna Tossed Lettuce Salad w/ Ranch Dressing Italian Blend Vegetables Italian Bread Fresh Orange	4 Chicken ala King over Warm Biscuit Minestrone Peas Petite Banana	5 Rosemary Pork Loin Warm Applesauce Mashed Potatoes Gravy Brussels Sprouts Rye Bread Chocolate Pudding	6 Individual Meat Loaf w/ Veggie Gravy Au gratin Potatoes California Blend Vegetables 12 Grain Bread Fruit Cocktail
9 Broccoli Cheese Quiche Apple Juice Heart Healthy Pasta Vegetable Soup Carrots Wheat Bread Pears	10 BBQ Pulled Pork on Bun Coleslaw w/Pineapple Corn Applesauce	11 CSC Closed	12 Roasted Chicken Breast Mashed Potatoes w/ Gravy Dressing Cranberry Sauce Peas w/ Onions Dinner Roll w/ Butter Sweet Potato Pie	13 CSC Breakfast Today Salisbury Steak w/ Mushroom Sauce Mashed Winter Squash Broccoli Rye Bread Peaches
16 Breaded Haddock w/ Tartar Sauce Coleslaw w/ out Pineapple Peas Wheat Bread Apricots	17 <u>Nutrition Ed. w/ Cindy</u> <u>"Sensible Proportion Sizes"</u> Hot Roast Beef Sandwich w/ Gravy Turkey Vegetable Soup Brussels Sprouts Italian Bread Petite Banana	18 Sweet & Sour Pork Brown Rice Spinach Oriental Blend Vegetables 12 Grain Bread Clementine	19 No Lunch Thanksgiving Party	20 Half Cornish Hen Mashed Potatoes w/ Gravy Dressing Cranberry Sauce Green Beans Dinner Roll w/ Butter Pumpkin Pie
23 Sloppy Joes on Bun Mixed Vegetables Cauliflower Fruit Cocktail	24 Rosemary Oven Browned Chicken ¼ Navy Bean Soup Coleslaw w/Pineapple Wheat Bread Fresh Apple	25 Macaroni & Cheese Stewed Tomatoes Broccoli 12 Grain Bread Pears	26 CSC Closed	27 CSC Closed
30 BBQ Pork Riblet on Bun Chicken Vegetable Soup Brussels Sprouts Peaches *Cupcakes*		All meals served with milk, bread and margarine. Soup served with crackers.	Funding This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.	

Lunch Reservation Procedure

(Please call 723-2425)

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- The latest a meal can be made is 10:00am the day before the meal is served
- All meal cancellations must be made by 10:00am the day before the meal is served

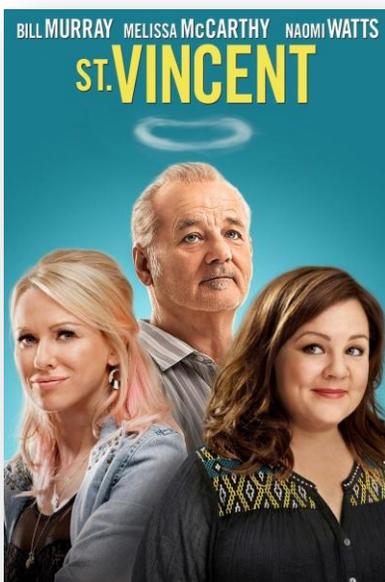
Medical Motors Transportation

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
 - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.



Senior Movie

12:30-2:30pm

Tuesday, November 10th

Maggie (Melissa McCarthy), a struggling single woman, moves to Brooklyn with her 12-year old son, Oliver. Having to work very long hours, she has no choice but to leave Oliver in the care of Vincent (Bill Murray), a bawdy misanthrope next door. Vincent takes Oliver along on his trips to the race track, strip club and dive bar, and an unlikely friendship is born. The man is a mentor to the boy in his hedonistic way, and Oliver sees the good in Vincent that no one else can.

RATED PG-13

Get your day started right with our **CSC Breakfast**

Only \$3.00

Suggested Contribution

**Friday
November 13th**

9:30-10:30am

Must pre-register by
October 30th

Menu

- Scrambled Egg
- White Patty w/
Cheese
- Sausage Patty
- English Muffin
- Potato Patty
- Apple Juice

**Tuesday
December 15th**

9:30-10:30am

Must pre-register by
December 1st

Menu

- Sausage Patty
w/ cheese
- Biscuit
- Potato Patty
- Peaches
- Orange Juice



*Each breakfast will be served with
milk and coffee*
Our regular lunch program will also
take place at 11:30am



October 19th-January 1st

**Make a
Difference in
our
Community!**

**Donate New &
Gently Used
Adult Sized
Coats**



DIETITIAN'S DESK NEWSLETTER



NOVEMBER 2015 EDITION

Medications



For many people, taking daily medications is a normal part of life. It's important to note, then, that many medications come with specific instructions. These might be mundane, like taking the pill on an empty stomach. They might also be more complex, like avoiding certain foods, or having to stand for 30 minutes after taking the medicine. If you aren't sure about a particular medication, always ask your doctor or pharmacist first.

Quick Tips:

•Be organized: Try your best to know what medicines you are taking, as well as why. If it helps, keep a list up to date in a notebook or on your computer. This can be especially helpful if you are taking multiple medications per day. Some people find pill box organizers are also useful to plan out the week. Also make sure your doctor always has the most up to date list at each visit so they can check for interactions.



•Stay Informed: Always review new medications thoroughly with your doctor or pharmacist. Make sure to go over dosage, timing, side-effects, interactions, and any special instructions.

•Follow the instructions: It is important that you don't bend the rules with your medicines. Most medicines are designed to be taken on a consistent basis, at a regular dosage. Skipping doses on a medication to control blood pressure, for example, might result in a dangerous spike of blood pressure. Stopping an antibiotic too soon, even though you feel better, may allow an infection to return worse than it was before.

•Generic vs. Name Brand: In almost all cases, generics will be an acceptable substitute to name brand. Talk to your pharmacist to make sure. In some cases, a name brand will be your only choice.



Food & Drug Interactions:

Many medications will have an impact on your nutrition. Likewise, many foods may impact your medications. Looking at all of the possibilities wouldn't be easy, but below are some of the most common culprits for causing interactions. Make sure to check with your doctor or pharmacist about your specific situation.

•Foods: Garlic, ginger, fish, grapefruit juice, alcohol.

•Drugs: Anti-coagulants (ie Coumadin), Blood pressure medications, Anti-depressants, Anti-psychotics, Anti-seizure, Narcotics (for pain), Heartburn (GERD) medications, MAO Inhibitors.

•Herbs and supplements: Coenzyme Q10, Echinacea, Fish oil, Garlic Supplements, Ginger supplements, Ginko Biloba, Ginseng, Glucosamine, Kava, Licorice, Melatonin, Saw Palmetto, St. John's Wort, Vitamin E Supplements.

•Specific nutrients in the diet to watch: Vitamin K with blood thinners, Sodium with medication for blood pressure, Vitamin B12 with certain diabetes medications, Coenzyme Q10 with statins (cholesterol medication), Tyramine with MAO Inhibitors.

•Others: Thyroid medication should be taken away from food (30-60 minutes); Bisphosphonates require you to take with water and stand or sit upright for 30-60 minutes after taking.

Questions:



What else affects how medicines work? Age, weight, sex, & medical conditions.

Do I take my medicine with or without food? Each medicine is different, so read the label carefully. Check with your pharmacist if you aren't sure.

Can I take my medicine with alcohol? This may change the way the medicine works, and may affect your medical condition. Check with your doctor first.



CSC Seminars

Veterans Seminar

**Monday, November 2nd
10:00-11:30am**

Join us in this seminar to learn about the benefits veterans and their families have earned as well as services offered through the VA and community.

Free



Health Seminar: “Back Pain/Disc Problems/Arthritis”

DATE: Wednesday, November 18, 2015

TIME: 12:00-1:00pm

LOCATION: Multipurpose Room C

COST: **Free**

- Learn about treatments that are available and pain management.
- Q&A Period

Register at the front desk or by calling 723-2425

Adult Day Trips



Wednesday, November 4

The Rundel Library

Enjoy a tour of the original Rochester Public Library, along with the Bausch and Lomb Library Building directly across the street. If you love Rochester history, books, and experiencing the old with the new, then this is the tour for you.

Please Note: A lot of walking will be required. Please wear comfortable shoes.

9:30am-12:30pm

\$2.00 per person

All trips depart and return from the
Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612

Wednesday, December 9

The George Eastman House

Take a tour of the Historic George Eastman House while enjoying the museums holiday feature exhibit of more than 65 creative confections made by local amateur and professional bakers.

Please Note: Admission includes self-guided access of the museum. Walking and standing will be required. Please wear comfortable shoes. Benches are available to sit on during the tour.

9:30am-12:30pm

\$14.00 per person

Wednesday, November 18

The Walden Galleria Mall in Buffalo

With over 250 stores on two levels, you will find an impressive selection of retail stores throughout to make your shopping experience a truly exceptional one.

Please Note: A lot of walking will be required.

Please wear comfortable shoes.

Lunch will be at your own expense at a restaurant of your choice at the mall.

8:30am-4:30pm

\$4.00 per person

Thursday, December 10th

Holiday Laser Show

Enjoy a 1-hour holiday laser light show of flashing colors of light to your favorite holiday music.

11:30am-2:00pm

\$8.00 per person

OUR TRIPS ARE POPULAR!

With a limited number of seats on the bus and the popularity of our trips, they fill up fast!

SIGN UP TODAY!



Thanksgiving Party

Thursday, November 19th

Tickets on Sale until Thursday, November 12th

**\$7.00
PER
PERSON**

10:45am-2:30pm

Menu

- Turkey
- Mashed Potatoes
- Gravy
- Cranberry Sauce
- Stuffing
- Veggies
- Rolls & Butter
- Apple Dessert
- Milk

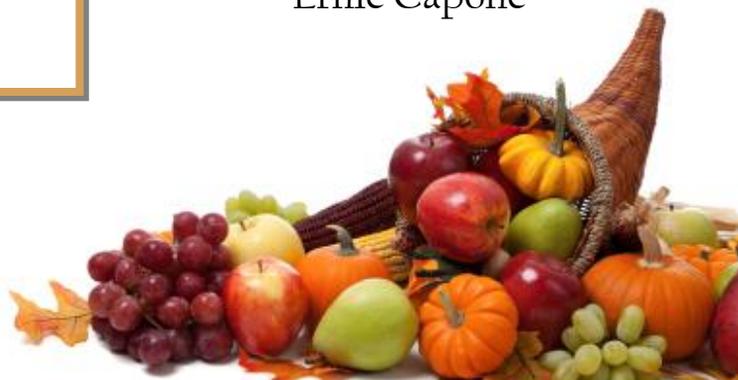
Schedule of Activities

10:45am
Doors Open

11:30am-12:00pm
Meal Served

12:30-2:30pm
Music & Dancing with
Ernie Capone

Party takes place at:
Greece Community Center
3 Vince Tofany Blvd
Greece, NY 14612



Christmas at the CSC

Traveling Cabaret Christmas Show

Wednesday, December 2nd
12:30-1:30pm

Join us in an afternoon of song, dance,
and comedy to welcome the holiday.

Ticket Price: \$3 per person



Events take Place at:
Greece Community Center
3 Vince Tofany Blvd.
Greece, NY 14612



Christmas Party Wednesday, December 16th 10:45am-2:30pm

Schedule of Activities

Ticket Price:
**\$7.00 per
person**

*Off Sale: Monday,
December 7th

10:45am
Doors Open

11:30am-12pm
Meal Served

12:30-2:30pm
Music & Dancing with
the *Johnny Matt Band*

Menu

- Ham
- Baked Potato
- Tossed Salad
- Veggies
- Rolls & Butter
- Milk
- Hot Applesauce
- Cherry Dessert

Entertainment Sponsored By:



Fitness Classes



CORE FITNESS

Mon/Wed/Fri

This class utilizes all core muscles while focusing on a particular group each class to help increase strength, flexibility and overall balance. This class uses weights, weight bars, floor mats and balance discs to increase the class intensity.

8:15-8:45am

1 Credit

All fitness classes are drop-in. No preregistration is required to attend

LOW IMPACT AEROBICS

Mondays

An energetic, effective low impact and varied intensity aerobic class that will help participants increase stamina, endurance, keep your body moving and your heart pumping.

9:00-9:50am

1 Credit

GENTLE STRETCH & STRENGTH

Mon/Wed/Fri

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 or maintain joint range of motion, increase muscle strength, and improve balance and coordination

1:00-1:50pm

1 Credit

TAI CHI & QIGONG

Tuesdays

This class includes standing exercises which add strength and stamina through gentle stretching and flowing movements following the traditional Chinese Yang-24 short form.

9:00-9:50am

1 Credit

WALK FIT

Mondays & Tuesdays

Walk Fit is a cardio class that uses walking motion along with weights. This program will incorporate muscle groups from both the upper and lower body to help increase your stamina, endurance, flexibility and overall body strength.

Mondays 6:00-6:50pm

Tuesdays 9:00-9:50am

1 Credit

ZUMBA

Tuesdays & Saturdays

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

Tuesdays 6:00-6:50pm

Saturdays 8:00-8:50am *Ends 10/31*

1 Credit

STRENGTH & CONDITIONING

Tuesdays & Fridays

This class includes 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 offering some resistance training.

Tuesdays 10:00-10:50am

Fridays 9:00-9:50am

1 Credit

ABS PLUS

Tuesdays

This class focuses on Abs, Obliques, Intercostal, and Back muscles to strengthen the core followed by a ½ hour of yoga postures

7:00-7:50pm

1 Credit

TOTAL BODY CIRCUIT

Wednesdays

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.

6:00-6:50pm

1 Credit

* Each class requires a credit on your Member Pass and can be purchased at the front desk.

FLEX & STRETCH YOGA

Wednesdays

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 to work on core strength and stability.

9:00-9:50am

1 Credit

CARDIO INTERVAL

Thursdays

This class alternates intervals of cardio and body sculpting routines, and concludes with abdominal work for a complete total body workout.

6:00-6:50pm

1 Credit

ZUMBA GOLD

Thursdays

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

9:00-9:50am

1 Credit

TOTAL BODY FITNESS

Saturdays, Starting November 7th

This is a class that will utilize weights, bands, weight bars and floor mats. This class will help to increase strength, endurance, balance and flexibility through a multitude of strength orientated and high rep workouts. We will also focus on the entire core for an overall workout.

8:00-8:50am

1 Credit

Kids/Youth Activities

OPEN PLAY FOR AGES 2-6

Mondays & Wednesdays

A gym filled with toys, mats, tunnels, blocks and other play equipment; a wonderful opportunity to let your toddler run loose and interact with other children their age.

Mondays 10:30am-12:30pm

Wednesdays 12:30-1:30pm

Ages 2-6

Free for CSC Members

WHEELS IN MOTION

Mon/Thur/Fri

Grab your helmet and take a spin on our big wheels in the gym.

Note: A helmet is required at all times.

Mondays 1:30-2:30pm

Thursdays 10:00-10:50am

Fridays 10:00-10:50am & 1:00-1:50pm

Ages 2-6

Free for CSC Members

SPORTS VARIATIONS

Tuesdays, Starting October 6th

This program is designed for kids ages 7-13. We will play a different sport each week based on the number of participants and their interest.

6:00-6:50pm

Ages 7-13

1 Credit

“KIDS CREATE” CRAFT CLUB

Monday-Saturday

If your child enjoys hands-on activities and hanging their newest creation on the fridge, then come and enjoy weekly themed crafts with us!

Monday-Friday 11:00am-1:00pm

Saturdays 9:00am-12:00pm

Ages 2-6

Free for CSC Members

MUNCHKIN MATS

Mondays & Wednesdays

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

Please Note: Wednesdays Munchkin Mats will start 9/9

Mondays 6:15-7:15pm

Wednesdays 7:00-7:45pm

Ages 1-3

Free for CSC Members

Please Note:

All activities and programs require Parent/Guardian supervision



TODDLER TIME

Tuesdays

Let your toddler run and play on our mats and finish with a new craft to hang up at home. This program will start with a half hour of gym time and then moves to the art room for craft making.

10:30am-12:30pm

Ages 2 and Under

Free for CSC Members

CSC/ PE

Wednesdays

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.

10:00-11:00am

Ages 7-12

1 Credit

OPEN MATS FOR UNDER 2

Thursdays

Bring your little ones to run, roll and play on our mats while making new friends!

9:00-10:00am

Ages 2 and Under

Free for CSC Members

PLAY & CREATE

Tuesdays

Similar to Toddler Time, our Play & Create program offers our older toddlers the opportunity to run and play on mats and time to make a new piece of art. This program will start with a half hour of gym time and then move to the art room for craft making.

10:30am-11:30pm

Ages 2-6

Free for CSC Members

FUN WITH FITNESS

Thursdays

This program is designed for kids to participate in fun physical activities that promote the development of coordination, balance, as well as social skills. Each week children will have a themed activity that allows them to engage with play equipment, simple games, tumbling mats, and play shapes.

11:00am-12:00pm

Ages 2-6

1 Credit

CARTOON CORNER

Saturdays, Starting October 24th

Stop by with your little one and watch one of their favorite cartoons while making a craft of the featured cartoon.

9:15-10:15am

Ages 2-6

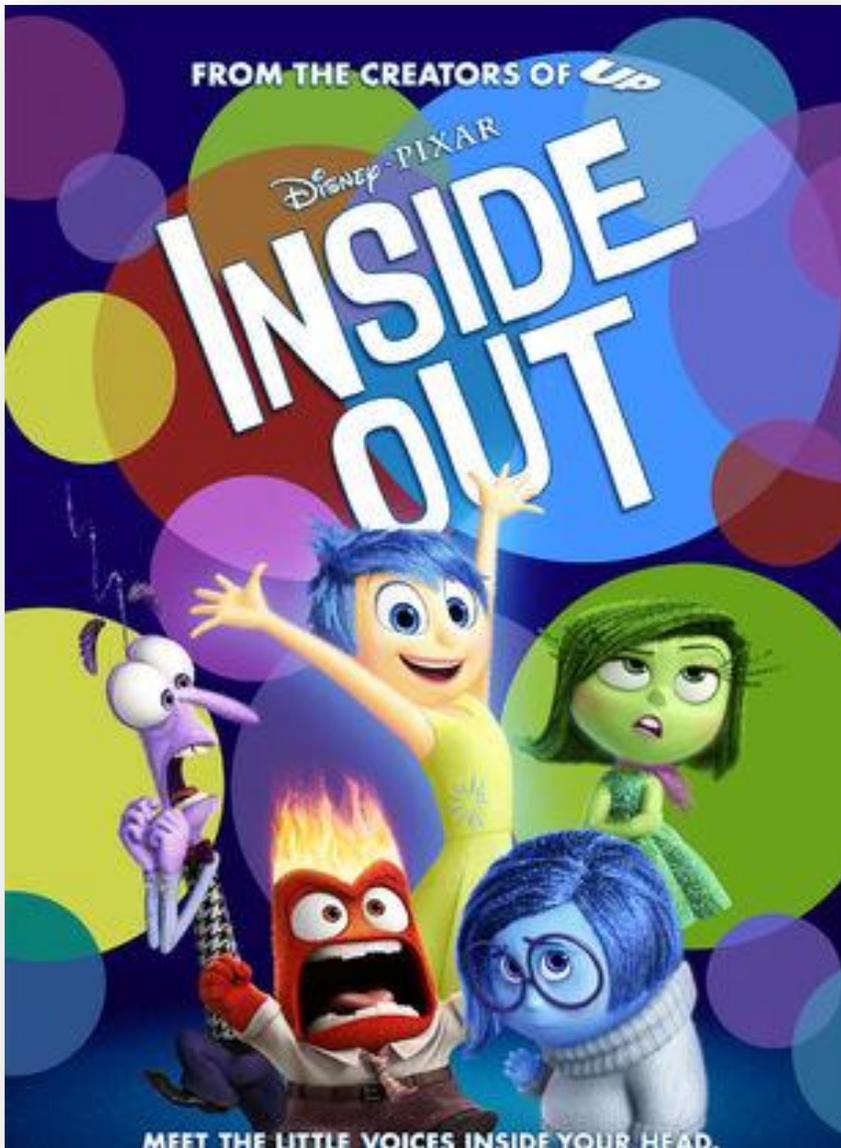
Free for CSC Members

Family Movie & Craft Night

FREE

For CSC Members

Featuring:



**FRIDAY,
NOVEMBER 20TH
6:00-8:00PM**

*Located at the Greece CSC
3 Vince Tofany Blvd
Greece, NY 14616*

*Join us for a movie,
craft and snacks!*





Celebrate the
Season with us.

**Thursday,
December 3rd**



Tree Lighting Ceremony

5:30pm

Enjoy Sounds of the Season

6:00pm

Official Tree Lighting

Community Center Family Christmas Party

6:00-8:00pm

- Activities
- Special Appearance by Santa and his Elf Friend
- Light Refreshments Provided



May your days
be merry and
bright.

www.greeceny.gov



Events Located at Town Hall Campus

School's Out Day

Friday, December 4th

ACTIVITIES

**JEWELRY MAKING FOR
ALL AGES**

11:00am-12:30pm

**ORGANIZED GAMES FOR
AGES 5-8**

12:00-1:00pm

**OPEN SHOOT AROUND
FOR AGES 5-7**

(West Gym)

11:00am-12:00pm

**OPEN CRAFT FOR ALL
AGES**

1:00-2:00pm

**OPEN SHOOT AROUND
FOR AGES 8-10**

(East Gym)

11:00am-12:00pm

**MIXED SPORTS FOR ALL
AGES**

1:30-2:30pm



FREE For CSC Members



Holiday Music Night

Tuesday, December 15th
6:00-7:00pm

Have fun and a
musical night
with your whole
family with
music teacher
Missy Reed!



- Learn new songs & dances
- Ages: Infant-8 years old
- **\$8.00 per family**



Christmas Break Activities

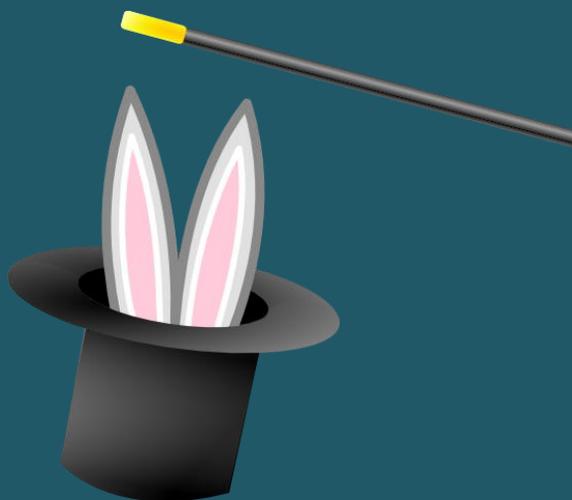


DECEMBER 28-31

Monday December 28th

**Family Movie w/
Popcorn:
12-2pm**

**Magic Show with
Magician Mark Butcher
6:30-7:15pm**



Tuesday December 29th

**Open Play
10:30am-12pm**

**Open Basketball
10:30am-12pm**

**Story Time
12:45-1pm**

 **Cookie Decorating & Crafts
1-2pm**

**Open Play
1:30-3pm**

**Family Movie w/ Popcorn
6-7:30pm**

Christmas Break Activities

DECEMBER 28-31

**Wednesday
December 30th**

**Wheels in Motion
10:30am-12:30pm**

**Family Bingo & Pizza*
12:30-2pm**

***\$1.00 per child/Adults Free**
Purchase your tickets now-
through Monday, Dec. 21st

**Family New Year's Eve
Dance & Pizza Party*
6-7:30pm**

***\$2.00 per child/Adults Free**
Purchase your tickets now-
through Monday, Dec. 21st
\$4.00 per child after Dec. 21st

**Thursday
December 31st**

**Zumba for all Ages
9-9:50am**

**Family Sports Variations
10am-12pm**

**Family Shoot Around
10am-12pm**

**Family Pickleball
12:30-3pm**



For more information call 723-2425 or visit us at www.greeceny.gov/CSC