A MESSAGE FROM THE SUPERVISOR

It is always important to keep your family, along with yourself, happy and healthy on a daily basis. Our team in the Department of Parks and Recreation ensures you can be successful by offering facilities, programs and events to improve your quality of life.

Our Community Center and parks are gearing up for winter. In this edition of the Strive, you will see many holiday happenings to keep you merry and bright. Our annual Tree Lighting and Family Christmas Party will be Thursday, December 5th. In addition, check out Christmas Candlelight Yoga, Santa is Coming to Town and Christmas Under the Stars at Braddock Bay Park.

Past the holiday season, we have fitness classes, wellness workshops, and cooking classes to keep you active.

Don’t forget to join us for the 5th season of our Community Ice Rink. We were fortunate to accept a donation of ice skates from NHL star and Greece native Brian Gionta in 2017. Those skates, along with a warming hut will be available free to residents this winter. We hope you will join us and give skating a try. My team and I thank you for your support of our programs, parks and events in Greece.

Stay Warm,

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
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

Activity Pricing

Member:
For anyone who is a Greece resident and/or member of the Community Center. For non-residents who have purchased a ‘Non-Resident’ membership to the Community Center.

Non-Resident:
For non-residents who do not belong to the Community Center.

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
TOWN OF GREECE

TREE LIGHTING & FAMILY CHRISTMAS PARTY

GREECE COMMUNITY CENTER
THURSDAY, DECEMBER 5
5:45-8:00 P.M.

5:45 P.M.
CHRISTMAS CAROLS

6:15 P.M.
OFFICIAL TREE LIGHTING
To be held at the Pavilion next to the Community Center

6:15-8:15 P.M.
FAMILY CHRISTMAS PARTY
Inside & Outside of Community Center

INSIDE & OUTSIDE
***DRESS WARM***
Visit with Santa, Holiday Performance, Treats, Crafts & More!
**COOKIE DECORATING W/ROYAL ICING FOR BEGINNERS**

Wednesday, December 11
6:00-9:00 p.m.
Ages 14 & Up
Member Cost: $35  Non-Resident: $40

Learn the basics of cookie decorating from a professional baker with royal icing.
No experience necessary.
Possible skills taught:
- Cookie baking basics (no baking in class)
- Royal icing basics
- Piping
- Flooding
- Wet on wet technique
- Marbling
Leave with some recipes and 6 cookies decorated by you!
Please Note: This program will take place at Lodge 1 located at 199 E. Manitou Rd.

**Santa is Coming to Town**

Saturday, December 14
10:00 a.m.-12:30 p.m.
Open to ALL Ages
Member Cost:
$2.00 per person

Enjoy a fun filled day at the Community Center with Santa!
Sing-a-long to holiday music with Fred Di Cesare, enjoy tasty treats and make a holiday craft.

**CHRISTMAS CANDLELIGHT YOGA**

TUESDAY, DECEMBER 17
7:00-7:50 P.M.
MEMBER COST: 1 CLASS CREDIT
OPEN TO AGES 17 & UP

**CHRISTMAS HAIRSTYLES**

Tuesday, December 17
6:00-7:30 p.m.
Open to Ages 14 & Under
Member Cost: $10.00
Non-Resident: $12.00

Looking for a fun and creative hairstyle for the holiday season?
Learn to style your hair into a cute Rudolph just in time for Christmas! This evening will also include time for a craft and jewelry making.
**STRIVE FOR TIES OPEN HOUSE**

**WEDNESDAY, DECEMBER 11**

6:00-7:30 P.M.

**LOCATION: GREECE COMMUNITY CENTER**

TIES and Parks and Recreation are teaming up!

Come learn about this valuable program, how you can serve and be served.

**Participants**

Children with special needs join activities at the Community Center where they can develop recreational interests, learn about their community, and have fun with peers.

**Peer volunteers**

Learn how to support participants according to their individual needs, gain more understanding of disabilities and diversity, and make a positive difference in a peer’s life.

Peer volunteers and participants needed to make this program succeed!

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**CHRISTMAS UNDER THE STARS**

**Monday, December 23**

6:00-8:00 p.m.

Open to All Ages

FREE

Come join us at Braddock Bay Park as we celebrate the magical season.

The evening will include:

- A visit with Rudolph
- Fire Pits and Smores
- Christmas Songs
- Designing Santa Cookie Plates

*Please Note: Santa will not be in attendance as he will be busy getting ready for the big day.*

Park Location: 199 E. Manitou Rd

Please RSVP by 12/16 by emailing: greeceparksandrec@greeceny.gov
Holiday Cooking with the Story Book Cook
OPEN TO AGES 4-8

Saturday, December 21
10:00-11:00 a.m.
“Christmas Goodies”
Member Cost: $10
Non-Resident: $12

Saturday, December 28
10:00-11:00 a.m.
“New Years Celebration”
Member Cost: $10
Non-Resident: $12

Saturday, January 4
10:00-11:00 a.m.
“Winter Warm Up”
Member Cost: $10
Non-Resident: $12

Saturday, January 11
10:00-11:00 a.m.
“Silly Snowman Fun”
Member Cost: $10
Non-Resident: $12

GIRL’S NIGHT OUT
Tuesday, January 21 • 5:30-7:30 P.M.
Open to Ages 4 & Up
Member Cost: $5.00
Non-Resident: $7.00
Calling all girls...we have a special night of pampering and relaxation planned for you!

 Hearts Painting Nails
 Hearts Hair Styling
 Hearts Makeup
 Hearts Craft

ADVANCED REGISTRATION REQUIRED.

Superhero's Jump & Jam
WEDNESDAY, JANUARY 15
6:00-7:30 P.M.
TICKET COST: $2 PER CHILD

● DJ
● DANCING
● FROZEN BOUNCE HOUSE
● VOLCANO SLIDE
● CANNONBALL BLASTER
● SUPER HERO CRAFTS

Come dressed in your favorite superhero costume!
Bridge Party
MONDAY, DECEMBER 9
11:30 A.M. - 4:00 P.M.
MEMBER COST: $6.00
NON-RESIDENT: $9.00
Registration Info:
-Open to Adults 21 & Older
-Register by Monday, December 2
-Pre-party lessons available from 11:30-12:00
-Register online or in person

Prizes – Food – Refreshments

Euchre Party
FRIDAY, JANUARY 31
11:30 A.M. - 4:00 P.M.
MEMBER COST: $5.00
NON-RESIDENT: $8.00
Registration Info:
-Open to Adults 21 & Older
-Register by Friday, January 24
-Register online or in person
-Please arrive on time. Your spot will be filled if you have not arrived by 11:45 a.m.

Prizes – Food – Refreshments

DADDY DAUGHTER DANCE
WEDNESDAY, FEBRUARY 12
6:00-7:30 P.M.
TICKET COST: $2.00 PER PERSON

MOMMY & ME DANCE
WEDNESDAY, MARCH 25
6:00-7:30 P.M.
TICKETS COST: $2.00 PER PERSON
PARTIES for Adults

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

14
VALENTINE’S DAY PARTY
Supported by Atria
Friday, February 14
10:30 a.m.-2:30 p.m.
Music by Moondance
Pre-lunch music by Fred Di Cesare
Tickets on Sale: December 10-February 7
Member Cost: $7.00

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

17
ST. PATRICK’S DAY PARTY
Supported by Elderwood
Tuesday, March 17
10:30 a.m.-2:30 p.m.
Music by Special Blend
Performance by Drumcliffe Irish Arts
Tickets on Sale: December 17-March 10
Member Cost: $7.00

DOORS OPEN AT 10:15 A.M. FOR PARTIES
CARDIO FUSION

SATURDAYS: 8:00-8:50 A.M. (December 7-January 11)
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.

EUCHRE

SATURDAYS: 8:00-11:30 A.M. (December 7-January 11)
AGES 18 & UP

COMMUNITY TABLE TENNIS

SATURDAYS: 9:00-11:30 A.M. (December 7-January 11)
AGES 18 & UP

Take part in this competitive game between 2 or 4 players. Open to all levels of play. All equipment is provided.

OPEN PLAY

SATURDAYS: 9:00-11:30 A.M. (December 7-January 11)
AGES 2-6

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

WINTER CRAFT

SATURDAYS: 9:00 A.M.-12:30 P.M.
(December 7-January 11)
AGES 2 & UP

Make a simple winter craft project each week. All supplies provided.

COMMUNITY PICKLEBALL

SATURDAYS: 11:45 A.M.-12:45 p.m.(December 7-February 22)
AGES 18 & UP

POLAR EXPRESS ETIQUETTE

SATURDAY, DECEMBER 7
10:00 A.M.-12:30 P.M.
AGES 4-10
MEMBER COST: $10.00  NON-RESIDENT: $15.00

An express etiquette class covering mealtime manners, Christmas napkin folding and more! No ho-humming, just jingle belling fun! Participants will watch the Polar Express while enjoying holiday cookies and hot chocolate. Games and prizes included!

Participants are encouraged to come dressed up in holiday apparel.

SNAPOLOLOGY: SUPERHEROES

SATURDAY, DECEMBER 7 & JANUARY 11
11:30 A.M.-12:30 P.M.
AGES 5-14
MEMBER COST: $10.00 PER SESSION
NON-RESIDENT: $15.00 PER SESSION

To the Bat Cave, Snapology fans! Design your own superheroes using LEGO bricks. Create your own comic-strips and fantasy world of superheroes. All supplies provided. Please Note: Participants will not be allowed to take materials home.

SNAPOLOLOGY: AMUSEMENT PARK

SATURDAY, DECEMBER 21 & JANUARY 4
11:30 A.M.-12:30 P.M.
AGES 7-14
MEMBER COST: $10.00 PER SESSION
NON-RESIDENT: $15.00 PER SESSION

Design your own amusement park in this super fun program! Learn how to use LEGO bricks and other building materials to make roller coasters and other awesome rides. All supplies provided. Please Note: Participants will not be allowed to take materials home.
PROGRESSIVE EARLY LEARNING
SATURDAY, DECEMBER 21-JANUARY 4
10:00-11:00 A.M.
AGES 15 MONTHS OLD TO 8 YEARS
MEMBER COST: $10.00 PER DATE
NON-RESIDENT: $12.00 PER DATE

December 21: STEAM Powered Play
This class provides a fun, meaningful and relevant learning experience for young children. We provide materials and activities that lay the foundation for *S.T.E.A.M. learning.

*(S)cience, (T)echnology, (E)ngineering, (A)rts, (M)ath

December 28: Sensory and Science
This sensory and science class will thrill your young children. They get to explore a variety of materials with their senses. They will explore slimy things, ooey gooey things, wet and dry things, rough and smooth things and more!

January 4: Loose Parts Play
Loose parts play can make the imagination soar! Your youngsters will use their creativity, critical thinking and problem solving skills to discover the open ended nature of loose parts play.

Please Note: Participants have the option to sign up for one class or all three.

INKY EXPLORATION
SATURDAY, JANUARY 11
11:30 A.M.-12:45 P.M.
FAMILY EVENT, AGES 6 & UP
MEMBER COST: $10.00 NON RESIDENT: $12.00

This class is designed for a beginner/intermediate look into India inks and ballpoint pen art. Participants will combine loose layers of colorful India ink with more detailed ballpoint pen drawings. Ink will be applied via a dropper onto wet paper to establish a vibrant background/basic shapes for an image that is drawn over it. All supplies provided.

ZUMBA
SATURDAYS: 8:00-8:50 A.M. (January 18-February 22)
AGES 18 & UP
MEMBER: 1 CREDIT

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

FLOOR HOCKEY
SESSION I: SATURDAY, JANUARY 18-FEBRUARY 22
9:15-10:15 A.M.
AGES 6-11
MEMBER COST: $20.00 NON-RESIDENT: $25.00

SESSION II: SATURDAY, JANUARY 18-FEBRUARY 22
10:30-11:30 A.M.
AGES 6-11
MEMBER COST: $20.00 NON-RESIDENT: $25.00

A five week instructional program covering the basics of floor hockey. All supplies provided.

OPEN MAHJONGG
SATURDAYS: 9:00 A.M.-12:30 P.M. (February 1-22)

Please Note: Lessons will not be provided.

STUFFED ANIMAL WORKSHOP
SATURDAY, FEBRUARY 1
10:00-11:15 A.M.
AGES 5-12
MAXIMUM REGISTRATION: 20
MEMBER COST: $18.00 NON-RESIDENT: $23.00

Will it be an early spring? Create your own stuffed groundhog for Groundhog’s Day and find out!
YOUTH ACTIVITIES

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.

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.

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.

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

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.
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: 2:45-4:30 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.

CSC/PE

WEDNESDAYS, DECEMBER 4-FEBRUARY 26
10:00-10:50 A.M.
AGES 7-14
MEMBER COST: $10.00  NON-RESIDENT: $20.00

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.

ALPHABET LETTER CRAFTS & A CUP OF SOUP

THURSDAYS, JANUARY 2-MARCH 26
10:50 A.M.- 12:00 P.M.
AGES 4-6
MEMBER COST: $10.00  NON-RESIDENT: $15.00

Kids will learn the alphabet in a creative way each week by designing a craft for each letter, singing songs, and listening to a story. Please Note: A cup of soup will be provided each week for children.
ROCHESTER FENCING CLUB DEMO
MONDAY, DECEMBER 23
10:00-11:00 A.M.
AGES 8-12
MEMBER COST: $8.00  NON-RESIDENT: $10.00
This class will be a demonstration of fencing, footwork, basic offensive and defensive moves. Participants will be provided with plastic chest plates, plastic foils and masks.

HOLIDAY ORNAMENTS PAINTING
MONDAY, DECEMBER 23
10:00-11:00 A.M.
AGES 5 & UP
MEMBER COST: $5.00  NON-RESIDENT: $10.00
Paint your favorite holiday ornament while enjoying hot cocoa! All supplies provided.

FIELD TRIP: HORSEBACK RIDING
MONDAY, DECEMBER 23
DEPART AT: 11:30 A.M.  RETURN AT: 3:30 P.M.
AGES 7-15
MEMBER COST: $28.00  Please Note: This program requires a waiver form to be filled out.
Participants will have the opportunity to take a tour of A Horse's Friend stables and ride. No experience necessary.

OPEN PLAY
MONDAY, DECEMBER 23
11:30 A.M.-1:00 P.M.
FRIDAY, DECEMBER 27
12:30-2:30 P.M.
MONDAY, DECEMBER 30
9:00 A.M.-12:00 P.M.
AGES 5 & UNDER

OPEN GYM
MONDAY, DECEMBER 23
11:30 A.M.-1:00 P.M.
THURSDAY, DECEMBER 26
12:00-3:00 P.M.
AGES 13-18
TUESDAY, DECEMBER 31
11:30 A.M.-1:30 P.M.
FRIDAY, JANUARY 3
9:00 A.M.-12:00 P.M.
AGES 6-12
GAGA BALL
TUESDAY, DECEMBER 24
9:00-11:00 A.M.
TUESDAY, DECEMBER 31
11:30 A.M.-1:30 P.M.
AGES 7-12

CRAFTS
TUESDAY, DECEMBER 24
9:00 A.M.-1:00 P.M.
MONDAY, DECEMBER 30
9:00-11:00 A.M.
OPEN TO ALL AGES
Make your own holiday themed craft! All supplies provided.

MOVIE: “THE LION KING”
TUESDAY, DECEMBER 24
10:00 A.M.-12:00 P.M.
OPEN TO ALL AGES
Rated PG. 2019 Version.

FAMILY FLOOR HOCKEY
TUESDAY, DECEMBER 24
11:15 A.M.-1:30 P.M.

SANTA HAT CUPCAKES
SESSION I:
THURSDAY, DECEMBER 26
9:00-11:00 A.M.
AGES 5-11
MEMBER COST: $3.00

SESSION II:
THURSDAY, DECEMBER 26
1:30-3:30 P.M.
AGES 5-11
MEMBER COST: $3.00
Enjoy making Santa hat cupcakes for the holiday! All supplies provided.

FAMILY SHOOT AROUND
THURSDAY, DECEMBER 26
9:00 A.M.-12:00 P.M.
OPEN TO ALL AGES

OPEN MATS
FRIDAY, DECEMBER 27
9:00 A.M.-12:00 P.M.
AGES 6 & UNDER

SPLATTERS “PAINT MY TILE”
FRIDAY, DECEMBER 27
10:00-11:30 A.M.
AGES 5 & UP
MEMBER COST: $10.00 NON-RESIDENT: $12.00
Splatter’s Pottery will be coming in and guiding children in painting a tile that can act as a trivet. Be creative and paint away! All kids will be able to take home their masterpiece after one week.
LASER TAG
FRIDAY, DECEMBER 27
10:00 A.M.-12:00 P.M.
AGES 7 & UP
MEMBER COST: $6.00
Maximum of 45 Participants

Participants will play on a rotation basis.

COMMUNITY VOLLEYBALL
MONDAY, DECEMBER 30
9:00 A.M.-1:00 P.M.
OPEN TO ALL AGES

PAINTBALL
MONDAY, DECEMBER 30
BUS DEPARTS: 9:15 A.M.  BUS RETURNS: 1:00 P.M.
AGES 10 & UP
MEMBER COST: $38.00
Please Note: This program requires an online waiver form to be completed. Limited to 13 Participants.

Participants will be transported from the Community Center to NVP Sports Park and back.

MOBILE GAMING TRUCK
MONDAY, DECEMBER 30
5:30-7:30 P.M.
AGES 6 & UP
MEMBER COST: $5.00 *Limited Space*

A fun filed night of mobile gaming, table tennis, gaga ball and more!
Please Note: Each person will be limited to 45 minutes in the mobile gaming truck to allow everyone to have equal play time.

MAGIC SHOW W/ MAGICIAN CHRIS WILKINSON
TUESDAY, DECEMBER 31
10:00-11:00 A.M.
OPEN TO ALL AGES

WHIMSICAL HAT & GLOVE DECORATING
TUESDAY, DECEMBER 31
12:00-1:30 P.M.
AGES 6 & UP
MEMBER COST: $3.00

Bring in your own pair of gloves and hats and decorate them with fun embellishments for the season.
Please Note: Participants must bring their own gloves, hats and/or head warmers. Decorative materials will be provided.

CANDY BAR BINGO
TUESDAY, DECEMBER 31
10:00 A.M.-12:00 P.M.
OPEN TO ALL AGES

COOKIE PAINTING
THURSDAY, JANUARY 2
10:00-11:00 A.M.
AGES 5 & UP
MEMBER COST: $10.00

A guided free cookie painting (two sugar cookies provided). Hot cocoa will also be served. All supplies provided.

FRIENDLY REMINDERS:
All School’s Out Activities require parent/guardian supervision for children ages 72 & under.
*Except for Field Trips. These activities will be supervised by staff.
Regular scheduled programs will be canceled or changed during School’s Out Activities. Please be sure to check out our ‘Monthly Activity Cancellations’ sheet at the Community Center.
FIELD TRIP TO FOODLINK

FRIDAY, JANUARY 3
BUS DEPARTS: 8:30 A.M.  BUS RETURNS: 12:30 P.M.
AGES 8 & UP
MAXIMUM REGISTRATION: 13
MEMBER COST: $1.00

Please Note: This program requires a waiver form to be filled out.

Participants will have the opportunity to “give back” to the community by volunteering at Foodlink. Pizza and refreshments will be served back at the Community Center from 12:30-1:00 p.m.

MR. LOOPS DANCE PARTY

FRIDAY, JANUARY 3
10:00-11:30 A.M.
AGES 6 & UNDER

Celebrate the holidays with fun music and games!

KEY CHAIN CREATIONS FROM THE HEART

SESSION I:
FRIDAY, JANUARY 3
10:30 A.M.-12:00 P.M.
AGES 6 & UP
MEMBER COST: $2.00

SESSION II:
FRIDAY, JANUARY 3
11:00 A.M.-12:30 P.M.
AGES 6 & UP
MEMBER COST: $2.00

Limited Space.

Create your own key chain from the heart for the holidays! All supplies provided.
SCHOOL’S OUT

RED HOT ROBOTS
TUESDAY, FEBRUARY 18-FRIDAY, FEBRUARY 21
9:00 A.M.-12:00 P.M.
AGES 7-12
MEMBER COST: $125.00

Join Mad Science and our Radical Robots for a scientific journey through circuitry and sensors. Explore several different types of robots, from robots that follow lines and sounds to robotic arms like the ones you see in the big factories on TV (well, smaller than that, but you get the picture). You will even play tag with robots that you control! Complete the camp by building your own robot to take home!

Examples of what your robot could look like!

RAINBOW MILK TOAST EXPERIMENT
TUESDAY, FEBRUARY 18
9:30-10:30 A.M.
AGES 3-6
MEMBER COST: $3.00

Enjoy a bright and colorful activity with your kids! Test your creativity on a slice of bread and enjoy your edible work!

COOKIE SONGWRITING
TUESDAY, FEBRUARY 18
10:00-11:00 A.M.
AGES 5-12
MEMBER COST: $5.00

Musician Geoff Clough will instruct children how to write a song using cookies in a colorful and creative way. Choose your own rhythm style (Hip Hop, Country, Rock, etc) and name your own unique piece!

Patriotic Tie Dye/Spray Paint
TUESDAY, FEBRUARY 18
10:00-1:00 P.M.
AGES 6 & UP
MEMBER COST: $3.00

Come in and create your patriotic design on a pair of leggings, t-shirt or sneakers.

Please Note: Participants are responsible for bringing in their own items to be spray painted. All items must be in white for painting.

OPEN MATS
TUESDAY, FEBRUARY 18
10:00 A.M.-2:00 P.M.
AGES 5 & UNDER

OPEN PLAY
TUESDAY, FEBRUARY 18
10:00 A.M.-2:00 P.M.
AGES 5 & UNDER

PLAYDOUGH EXPERIMENT
TUESDAY, FEBRUARY 18
11:00 A.M.-12:00 P.M.
AGES 3-6

Make your own playdough with your friends and family!
**FUN & GAMES IN THE GYM**

TUESDAY, FEBRUARY 18
1:15-2:15 P.M.
AGES 7-12

We're going to be playing some fun and unusual games!
Try out:
- Nose and Toe Tag
- Squat, Squat, Scat
- Cats in the Corner
- Garbage Ball
- Dodgeball

And much more!

**FAMILY SHOOT AROUND**

TUESDAY, FEBRUARY 18
2:30-4:45 P.M.

FRIDAY, FEBRUARY 21
2:00-4:30 P.M
OPEN TO ALL AGES

**FAMILY VOLLEYBALL**

TUESDAY, FEBRUARY 18
5:30-7:30 P.M.
OPEN TO ALL AGES

**ROLLER SKATING**

WEDNESDAY, FEBRUARY 19
10:00 A.M.-12:00 P.M.
AGES 4 & UP
MEMBER COST: $5.00

**WHEELS IN MOTION**

WEDNESDAY, FEBRUARY 19
12:30-2:30 P.M.

THURSDAY, FEBRUARY 20
10:00 A.M.-12:00 P.M.
AGES 2-6

**TEEN SHOOT AROUND**

WEDNESDAY, FEBRUARY 19
2:30-4:45 P.M.
AGES 13-17

**ABOMINABLE MOVIE, CRAFT & CUPCAKE**

WEDNESDAY, FEBRUARY 19
6:00-8:00 P.M.
AGES 6 & UP
MEMBER COST: $2.00

Watch “Abominable “ while making a craft and enjoying a cupcake, popcorn and beverage!

**ALPHABET LETTER CRAFTS & A CUP OF SOUP**

THURSDAY, FEBRUARY 20
10:50 A.M.-12:00 P.M.
AGES 4-6
MEMBER COST: $1.00

Kids will learn the alphabet in a creative way with a craft, song and story while enjoying a cup of soup.

**RED, WHITE & BLUE PRESIDENT’S DAY JUMBO CUPCAKES**

THURSDAY, FEBRUARY 20
1:30-3:30 P.M.
AGES 6 & UP
MEMBER COST: $3.00

**MAGIC & VARIETY SHOW W/JEFF PEDEN**

THURSDAY, FEBRUARY 20
6:00-7:00 P.M.
OPEN TO ALL AGES
Patriotic Bash

Friday, February 21
Ticket Cost: $3 per person

* Inflatable
  9:00-11:30 a.m.

* Patriotic Breakfast
  Served from 9:00-10:00 a.m.
  Enjoy bagels, mini muffins, juice and hot cocoa

* Patriotic Bingo
  10:00-11:15 a.m.
  Play bingo and win prizes!

* Happy Pirates Show
  11:30 a.m.-12:30 p.m.
  The Happy Pirates will be docking at the Community Center for a fun show of comedy and music!
Adaptive Rec

**FRIENDS AND FUN SOCIAL**

Thursdays, January 2-March 5
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.

**FRIENDS AND FUN BOWLING**

Tuesdays
3:30-4:45 p.m.
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.
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.
SATURDAYS: 8:00-8:50 A.M. (DECEMBER 7-JANUARY 11)
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

<table>
<thead>
<tr>
<th>Greece Resident Members</th>
<th>Non-Greece Resident Members</th>
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<tbody>
<tr>
<td>16 Credits for $15</td>
<td>16 Credits for $20</td>
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PAGE 24 VISIT US AT WWW.GREECENY.GOV/DEPARTMENTS/PARKSANDRECREATION
**GENTLE STRETCH & STRENGTH**

MONDAYS/WEDNESDAYS/FRIDAYS: 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.

**ZUMBA**

TUESDAYS: 6:00-6:50 P.M.
SATURDAYS: 8:00-8:50 A.M. (January 18-February 22)
AGES 18 & UP
MEMBER: 1 CREDIT

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

**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.

**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.

**TOTAL CORE AND MORE**

WEDNESDAYS: 8:15-8:45 A.M.
(DECEMBER 4-FEBRUARY 26)
AGES 18 & UP
MEMBER: 1 CREDIT

This class will focus on the core muscles: abs, back obliques as well as provide weight training for different body parts for a total body workout. This class will increase strength, range of motion flexibility and balance. Please Note: This program will require participants to get on the floor.
**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.

**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.

**TABLE TENNIS**

MONDAYS: 10:00 A.M.-1:00 P.M.  
WEDNESDAYS: 12:00-2:30 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.

**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 GOLF**

TUESDAYS: 12:00-3:00 P.M. (STARTS 1/7)  
FRIDAYS: 8:30-11:00 A.M. (STARTS 1/3)  
AGES 18 & UP

All are welcome to attend this drop in program. Nets, golf balls and tee’s provided. Please bring your own clubs.

**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.
COMMUNITY ICE RINK

HOURS & INFORMATION

Monday-Friday: 3 PM-9 PM  
SATURDAY & SUNDAY: 10 AM-9 PM  
RESIDENTS FREE WITH I.D.  
NON-RESIDENTS: $1 TO SKATE  
$1.00 TO RENT SKATES

The ice rink is a natural rink, needing consistent freezing temperatures to allow for skating safely. Status updates can be found on www.greeceny.gov

RINK LOCATED ON NORTH SIDE OF COMMUNITY CENTER, 3 VINCE TOFANY BLVD.
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.

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

MAHJONGG
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: DECEMBER 3 & 17, JANUARY 7 & 21, FEBRUARY 4

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: DECEMBER 4 & FEBRUARY 5

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

STRENGTH TRAINING
FOR OLDER ADULTS
FRIDAY, DECEMBER 13
12:00-1:00 P.M.
*Minimum Enrollment: 6

Join physical therapists from Agape Physical Therapy as they discuss:
• The importance of strength conditioning for older adults
• How to build functional reserve
• Signs of frailty
• How to get up and down

And much more!

MINI PT SCREENINGS
DATES:
TUESDAY, JANUARY 7, 8:45-10:00 A.M.
THURSDAY, JANUARY 9, 8:45-10:00 A.M.
TUESDAY, JANUARY 21, 12:30-2:00 P.M.
MONDAY, FEBRUARY 10, 9:00-10:30 A.M.
SATURDAY, FEBRUARY 29, 8:30-9:30 A.M.

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

OSTEOPOROSIS
WEDNESDAY, JANUARY 8
12:00-1:00 P.M.
*REGISTER BY 1/2
*Minimum Enrollment: 6

Join physical therapists from Genesee Valley Physical Therapy as they discuss osteoporosis and how you can protect your bones. You will also have the opportunity to participate in a short exercise routine.

BLOOD PRESSURE SCREENINGS
DATES:
FRIDAY, JANUARY 10: 10:00-11:30 A.M.
THURSDAY, FEBRUARY 13: 10:30 A.M.-12:00 P.M.

Greece Volunteer Ambulance will be at the Community Center to provide FREE blood pressure screenings. Drop-Ins welcome.
REHAB AFTER AN ORTHOPEDIC SURGERY

WEDNESDAY, JANUARY 15
12:00-1:00 P.M.  
*REGISTER BY 1/8  *Minimum Enrollment: 6

Physical Therapists from Agape Physical Therapy will discuss strategies for proper rehab with individuals who have had a surgery on a joint (i.e. wrist, ankle, hip, shoulder, etc.). They will also discuss:
• Limitations
• Soreness
• Range of motion

And any questions you may have.

UNDERSTANDING ALZHEIMER’S & DEMENTIA

FRIDAY, FEBRUARY 7
12:00-1:00 P.M.  
*REGISTER BY 1/28  *Minimum Enrollment: 6

Alzheimer’s disease is not a normal part of aging. If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

HOW TO MANAGE CHRONIC BACK PAIN

WEDNESDAY, FEBRUARY 12
12:00-1:00 P.M.  
REGISTER BY 2/5  *Minimum Enrollment: 6

Join physical therapists from Genesee Valley Physical Therapy as they discuss how to manage back pain. Topics will include:
• Learning about the spine
• The importance of posture
• Proper biomechanics to protect, improve and manage the pain

ESSENTIALS OF OILS

WEDNESDAY, FEBRUARY 19
12:00-1:00 P.M.  
*REGISTER BY 2/12  *Minimum Enrollment: 8

Join Carol Nier, Certified Holistic Health & Nutrition Coach as she discusses:
• What essential oils actually are
• How to use essential oils safely
• Demonstrate how to and where to apply essential oils
• Discuss how essential oils can support you emotionally, physically and spiritually
• Explain how to integrate them into your current lifestyle

IMPORTANCE OF BREAST CANCER SCREENING

MONDAY, FEBRUARY 24
12:00-1:00 P.M.  
*REGISTER BY 2/10

A genetic counselor will be leading a discussion on breast health, genetic counseling programs, eligibility criteria and the impact testing has on the way people are screened for cancer.

CPR FOR SENIORS

THURSDAY, FEBRUARY 27
12:00-2:00 P.M.  
*REGISTER BY 2/20  *Minimum Enrollment: 4

This class is designed to participants the information and skills needed if a situation were to arise. Instruction provided by Greece Volunteer Ambulance

Please Note: This is not a certified program

COMMUNITY CPR

SATURDAY, FEBRUARY 29
9:00-11:00 A.M.  
*REGISTER BY 2/24

MEMBER COST: $10.00 PER PERSON  
NON-RESIDENT: $12.00 PER PERSON

This class is available to participants who are interested in learning the basics about adult, child and infant CPR. This class will be instructed by Greece Volunteer Ambulance.

Please Note: Participants will not receive certification for this class.
CHECK EM’ OUT BOOK CLUB  NEW

TUESDAYS: 10:00 A.M.-12:00 P.M.
DATES: DECEMBER 3, JANUARY 7, FEBRUARY 4
AGES 18 & UP

Calling all book lovers! Running out of good books to read? Need some new recommendations? Stop at the Community Center and share your latest great book and pick up a new book or idea. All participants should come each month with a new book to trade and be ready to laugh, converse and make new friends and talk about books! Coffee and light refreshments will be provided.

Please Note: The Community Center will not be providing any books, it is up to book club members to trade amongst the group.

CHRISTMAS COOKIE RECIPE EXCHANGE  NEW

TUESDAY, DECEMBER 17
10:00-11:30 A.M.
AGES 18 & UP

Join us at the Community Center for our first annual Christmas Cookie Recipe Exchange! Bring in your favorite and “famous” cookie recipe and we’ll make copies for you to share with everyone attending. Each participant will leave with a booklet of new recipes just in time for Christmas. Cookies and refreshments will be provided.

Please Note: Participants must bring in their recipe to the Community Center no later than Friday, December 13 for copies to be made.

SIMPLE CARD MAKING  NEW

TUESDAY, DECEMBER 10
10:30 A.M.-12:30 P.M.
AGES 18 & UP
MEMBER COST: $10.00 NON-RESIDENT: $12.00

Would you like to delight your friends and relatives with handmade holiday cards? Then this class is for you! Participants will make six different card designs using high quality card stock, stamped images and embellishments. This class is open to all skill levels. All materials provided.
Breakfast Club Cooking Program

FRIDAYS FEBRUARY 28-APRIL 3
9:00-11:00 A.M.
AGES 50+
MEMBER COST: $30
NON-RESIDENT: $35

Experience and taste new breakfast recipes that you can share with family and friends.

February 28: Yogurt Biscuits with Honey Butter
March 6: Granny’s Monkey Bread Recipe
March 13: Cinnamon Baked Doughnuts
March 20: Double Chocolate Pancakes with Salted Caramel Sauce
March 27: Amish Breakfast Casserole
April 3: Pepperoni and Sausage Deep-dish Pizza Quiche

CROCK IT LIKE ITS HOT

TUESDAYS • JANUARY 7-FEBRUARY 11
9:00-10:00 A.M.
AGES 18 & UP
MEMBER COST: $30.00
NON-RESIDENT: $35.00

Cooking like you’ve never seen before... Bring your crock-pot and we’ll bring the ingredients.

JANUARY 7
CROCK-POT CHICKEN & DUMPLINGS

JANUARY 14
SLOW-COOKER EGGPLANT PARMESAN

JANUARY 21
SLOW-COOKER BOURSIN SPINACH-ARTICHOKE DIP

JANUARY 28
SLOW-COOKER BUFFALO RANCH WINGS

FEBRUARY 4
CROCK-POT BREAKFAST CASSEROLE

FEBRUARY 11
SLOW-COOKER CHICKEN TORTILLA SOUP
TIME OUT FOR WOMEN

WEDNESDAYS, NOVEMBER 13-JANUARY 29
9:00-11:00 A.M.
AGES 18 & UP
MEMBER COST: $20.00

The Time Out for Women Program is one that is 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

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: The Chorus of the Genesee”
Presented by: Harmony House

***NO PROGRAM DECEMBER 18, 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

January 22: “The Musical Dossenbach’s in Turn of Century Rochester”
Presented by: Lisa Kleman

January 29: “Healthy Relationships vs. Domestic Violence 101”
Presented by: Annie Lane

TIME OUT FOR WOMEN

WEDNESDAYS, FEBRUARY 5-APRIL 1
9:00-11:00 A.M.
AGES 18 & UP
MEMBER COST: $20.00

The Time Out for Women Program is one that is designed for women to spend time in a social setting and learn about many unique topics through informational programs.

February 5: “Surviving through the Flu Season”
Presented by: Nancy Iafrati

February 12: “Egg Shell Crafts”
Presented by: Diane Furman

***NO PROGRAM FEBRUARY 20***

February 26: “Mad Science Show”
Presented by: Manasi Parikh of Mad Science of Western, NY

March 4: “American Red Cross Citizen Preparedness”
Presented by: Briana Freeman & Meghan Crowley

March 11: “Hypnosis Applications”
Presented by: Rekha Shrivastava

March 18: “Book Talk Bonanza”
Presented by: Catherine Henderson, Librarian III of the Greece Public Library

March 25: “Gilda’s Club”
Presented by: Mary Cassleman-Collazo, Program Director

April 1: “Native American History in Upstate NY”
Presented by: Gary Newman

HAVE SOME FREE TIME?

Interested in volunteering? See page 41 in this guide for more information on volunteer opportunities.
Are You Optimizing Your Cognition?

Check Your Brain Health at GVPT
Early detection and proper cognitive health management are key to overall brain health and quality of life.
Cognivue® is a personalized, consistent and reliable way to receive an overall assessment of your cognitive health.

Call GVPT to schedule the 5-minute Cognivue test today!
(585) 355-4310

Now open for great (every) days.

Find days filled with options, care and friendship at Elderwood—the area’s newest senior living community. With a vibrant and safe living environment, the attention you deserve and the independence you need, every day can be a great day at Elderwood.

1404 Long Pond Road, Rochester, NY 14626 | Call us at 585-225-7210 or visit Elderwood.com to learn more.
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.

Monday, December 16: Roxanne Ziegler
Thursday, January 16: Tom Guigley
Monday, February 24: Gary Murphree

Did You Know?
We offer local lunch trips, tours, shopping trips and more. Call or visit for details.
Traveling Cabaret

"A HOLIDAY SONG, DANCE, AND COMEDY"

Wednesday, December 11
1:00 - 2:00 P.M.

Ticket cost: $3.00 per person

Move in before the dog days of winter.

Winter isn’t so tough to weather when you live at The Village at Mill Landing. In fact, it’s doggone nice. Move in and all your needs will be taken care of. Soon you’ll be having hot cocoa in front of a warm fire with some new friends. Add a holiday movie and some popcorn and you can say “Take that!” to Jack Frost and Old Man Winter.

Call 585.308.0255 to schedule your complimentary lunch and tour. And come see just how much fun winter can truly be.

The Village
At Mill Landing

45 Mill Road • Rochester
585.308.0255 • TheVillageAtMillLanding.com

A Leisure Care Assisted Living & Memory Care Community
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 Latta 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 Resident</th>
<th>Fee Non-Resident</th>
<th>Athletic Fields</th>
<th>Tennis</th>
<th>Other</th>
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</thead>
<tbody>
<tr>
<td>Badgerow South</td>
<td>35 x 35</td>
<td></td>
<td></td>
<td>$70</td>
<td>$105</td>
<td></td>
<td></td>
<td>Trails</td>
</tr>
<tr>
<td>Basil Marella</td>
<td>24 x 24</td>
<td></td>
<td></td>
<td>$50</td>
<td>$70</td>
<td></td>
<td></td>
<td>Disc Golf</td>
</tr>
<tr>
<td>Braddock Bay</td>
<td>20 x 28 (2)</td>
<td></td>
<td></td>
<td>$60</td>
<td>$90</td>
<td></td>
<td></td>
<td>Hawk Lookout</td>
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<tr>
<td>Carter</td>
<td>22 x 58</td>
<td></td>
<td></td>
<td>$60</td>
<td>$90</td>
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</tr>
<tr>
<td>Sawyer</td>
<td>30 x 50</td>
<td></td>
<td></td>
<td>$60</td>
<td>$90</td>
<td></td>
<td></td>
<td>Disc Golf</td>
</tr>
<tr>
<td>Veterans</td>
<td>35 x 25</td>
<td></td>
<td></td>
<td>$70</td>
<td>$105</td>
<td></td>
<td></td>
<td>Basketball/Trails</td>
</tr>
</tbody>
</table>
The World of Horses
Winter Horsemanship 6-Week Session

AGES 7 AND UP
$200 ENROLLMENT FEE
Saturdays 9AM-1PM

Our trained staff and volunteers at ‘A Horse’s Friend’ provide participants with valuable growth experiences in communication skills, self esteem and overcoming challenges, as they develop strong horsemanship skills and relationships with the program horses.

Youth will participate in:
* Safety & procedure discussions
* Introduction to the program horses
* Feeding and horse care
* Stall cleaning
* Proper grooming techniques
* Identifying tack parts and functions
* Tacking a horse
* Horse mounting
* Riding practice and horse communication
* Lunch time discussions (lunch is not provided)

128 North Wilmarth Road Pittsford NY
Founder/Executive Director Matt Doward (585) 749-9885
www.ahorsesfriend.org ahorsesfriend@yahoo.com

VOLUNTEER TODAY!

There are many opportunities for you to give back to your community.

* Volunteer in our kitchen helping to serve seniors lunch.
* Get outdoors and assist in beautifying Greece Parks.
* Be a volunteer driver.
* Complete your Eagle Scout project.
* Help set up for senior parties and special events at the Community Center.
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

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.greeceny.gov/departments/cscparks
MAY YOUR HOLIDAYS BE

Merry and Bright

-Greece Parks and Recreation

And we're thinking spring! Look for the spring edition of Strive in February 2020.