



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*



December 2015

Calendar and Events

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

Friday: 8:00am-5:00pm

Saturday: 8:00am-1:00pm

*Closed: December 24, 25, 26, close at 5pm on

December 31*

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

December Activity Cancellations

Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Open Play 12:30-1:30pm Art Club 1:00-3:00pm	3 Bridge 12:30-4:00pm Beg/Intermediate Pickleball 12:30-3:00pm Table Tennis 3:30-7:30pm Open Gym 3:30-5:30pm Cardio Interval 6:00-6:50pm	4 Open Line Dance 11:00am-12:00pm Kids Create Club 11:00am-1:00pm Table Tennis 11:30am-2:30pm Wheels in Motion PM 1:00-1:50pm	5
7	8	9	10	11 Mahjongg Lessons 11:30am-12:45pm Wheels in Motion PM 1:00-1:50pm Mahjongg 1:00-4:00pm	12
14	15	16 Core Fitness 8:15-8:45am Flex & Stretch Yoga 9:00-9:50am CSC PE 10:00-11:00am Kids Create 11:00am-1pm Open Line Dancing 11:00am-12:00pm Table Tennis 12:00-3:00pm Open Play 12:30-1:30pm Gentle Stretch & Strength 1:00-1:50pm	17	18	19
21	22	23 Open Play 12:30-1:30pm	24 CSC Closed All Programs Cancelled	25 CSC Closed All Programs Cancelled	26 CSC Closed All Programs Cancelled
28 Duplicate Bridge 12:30-4:00pm Walk Fit 6:00-6:50pm	29 Strength & Conditioning 10:00-10:50am Line Dance Instruction 11:00am-12:00pm Toddler Time 10:00-11:00am Adv. Pickleball 12:30-3:00pm Bridge 12:30-4:00pm Abs Plus 7:00-7:50pm Sports Variations 7:00-7:50pm	30 CSC PE 10:00-11:00am Open Line Dancing 11:00am-12:00pm Gentle Stretch 1:00-1:50 Total Body Circuit 6:00-6:50pm Munchkin Mats 7:00-7:45pm	31 Zumba Gold 9:00-9:50am Wheels in Motion AM 10:00-10:50am Fun w/ Fitness 11:00am-12:00pm Kids Club 11:00am-12:00pm Beg/Intermediate Pickleball 12:30-3:00pm Open Gym 3:30-5:30pm Table Tennis 3:30-7:30pm Cardio Interval 6:00-6:50pm	<p>Want to stay informed on upcoming activities and events? Email us at grecceparksandrec@greeceny.gov</p>	

Monday

Walking Track Open 8:00am – 7:50pm

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
Table Tennis Open Play Ages 2-6	10:00am-1:00pm Gym 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 Euchre	12:30-4:00pm MPR B & C No Program 12/28 1:00-4:00pm ACT B
Gentle Stretch & Strength 1 Credit Wheels in Motion Ages 2-6	1:00-1:50pm Gym 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 Munchkin Mats Ages 1-3	6:00-6:50pm MPR A & B No Program 12/28 6:15-7:15pm MPR C No Program 12/28

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: 12/1 & 12/15	9:30am-2:30pm ACT C
Strength & Conditioning 1 Credit	10:00-10:50am Gym No Program 12/29
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room
Line Dance Instruction 1 Credit	11:00am-12:00pm Gym No Program 12/29
Scrabble	10:00am-12:00pm ACT D
Contract Rummy Dates: 12/8 & 12/22	10:00am-12:00pm ACT C
Toddler Time 2 and Under	10:00-10:30am Gym 10:30-11:00am Craft Room No Program 12/29
Play & Create Ages 2-6	10:30-11:00am Gym 11:00-11:30am Craft Room
Advanced Pickleball Self-Rated	12:30-3:00pm Gym No Program 12/29
1 Court for Beginner/Intermediate Play	
Bridge	12:30-4:00pm MPR C No Program 12/29
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 No Program 12/29
Sports Variations for Ages 7-13 1 Credit	7:00-7:50pm Gym No Program 12/29

Wednesday

Walking Track Open 8:00am – 7:50pm

Music 8:00am-12:00pm

Core Fitness 1 Credit	8:15-8:45am Gym No Program 12/16
Flex & Stretch Yoga 1 Credit	9:00-9:50am Gym No Program 12/16
Project Linus Date: 12/2	9:00am-12:00pm ACT D
CSC PE Ages 7-12 1 Credit	10:00-11:00 Gym No Program 12/16 & 12/30
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room No Program 12/16
Open Line Dancing	11:00am-12:00pm Gym No Program 12/16 & 12/30
Table Tennis	12:00-3:00pm Gym No Program 12/16 *Starts at 12:45 12/30*
Open Play Ages 2-6	12:30-1:30pm Gym No Program 12/2 , 12/16 & 12/23 *Starts at 12:45 12/30*
Senior Movie: “Surviving Christmas” Date: 12/23	12:30-2:30pm
Gentle Stretch & Strength 1 Credit	1:00-1:50pm MPR B & C No Program 12/16 & 12/30
Art Club	1:00-3:00pm ACT C No Program 12/2
Euchre	1:00-4:00pm ACT B
Open Gym Ages 14-17	3:00-5:00pm Gym
Community Pickleball	5:30-7:45pm Gym
Total Body Circuit 1 Credit	6:00-6:50pm MPR B & C No Program 12/30
Alzheimer’s Support Group Date: 12/16	6:30-7:30pm ACT D
Munchkin Mats Ages 1-3	7:00-7:45pm MPR B & C No Program 12/30

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 12/31
Euchre AM	9:00-11:30am ACT B
Open Mats for Under 2	9:00-10:00am MPR C
Bingo AM	9:45-11:30am ACT C Moved to MPR A 12/3
Wheels in Motion Ages 2-6	10:00-10:50am Gym No Program 12/31
“Kids Create” Craft Club Ages 2-6	11:00am-1:00pm Art Room
Fun with Fitness Ages 2-6 1 Credit	11:00am-12:00pm Gym No Program 12/31
Kids Club 1 Credit	11:00am-12:00pm MPR B & C No Program 12/31
Bingo PM	12:30-2:30pm ACT C Moved to MPR A 12/3
Beginner/Intermediate Pickleball Self-Rate *1 Court for Advanced Play*	12:30-3:00pm Gym No Program 12/3 & 12/31
Penny Poker	12:30-3:30pm ACT D
Bridge	12:30-4:00pm MPR B No Program 12/3
Euchre PM	1:00-4:00pm ACT B
Open Gym Ages 10-13	3:30-5:30pm Gym No Program 12/3 & 12/31
Table Tennis	3:30-7:30pm Gym No Program 12/3 & 12/31
Cardio Interval 1 Credit	6:00-6:50pm Gym No Program 12/3 & 12/31

CSC Closed December 24th & Closed at 5pm December 31st

Friday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

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

CSC Closed December 25th

Saturday

Walking Track Open 8:00am – 12:50pm

Total Body Fitness

8:00-8:50am Gym

1 Credit

Euchre

9:00am-12:00pm ACT B

Lounge

9:00am-12:00pm Lounge Room

**“Kids Create” Craft Club Ages
2-6**

9:00am-12:00pm Art Room

Cartoon Corner

9:15-10:15am MPR C & B

**Triple Threat Basketball
Ends 12/19**

9:15-10:15am Gym

**Triple Threat Basketball
Ends 12/19**

10:30-11:30am Gym

Community Pickleball

11:45am-12:45pm Gym

CSC Closed December 26th

New!

Saturday Fitness Programs



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, December 4: Wegmans-Mt. Read Blvd Location

9:30-11:30am

Medical Motors Transportation

Friday, December 11: Herrema's in Stutson Plaza

9:30-11:30am

Medical Motors Transportation

Friday, December 18: Price Rite

9:30-11:30am

Medical Motors Transportation

Monday, December 28: Trader Joes

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, December 4: Cracker Barrel

11:00am-1:30pm

\$2.00 to ride bus

Wednesday, December 23: Giuseppe's

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



December Lunch Club 60 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals served with milk, bread and margarine.</p> <p>Soup served with crackers.</p>	<p>1</p> <p>Mild Chili Tossed Lettuce Salad w/ Ranch Dressing Wax Beans Oyster Crackers Pineapple</p>	<p>2</p> <p>Potato Crusted Tilapia w/ Tartar Sauce Coleslaw w/ out Pineapple Beets Wheat Bread Fruited Gelatin w/ Topping</p>	<p>3</p> <p>Flameburger w/ Condiments & Chopped Onion Split Pea Soup Red Jacketed Potatoes Petite Banana</p>	<p>4</p> <p>Braised Pork Chop w/ Gravy Warm Applesauce Scalloped Potatoes Broccoli Rye Bread Oatmeal Raisin Cookie</p>
<p>7</p> <p>Stuffed Pepper w/ Sauce Minestrone Mashed Winter Squash 12 Grain Bread Pears</p>	<p>8</p> <p>Sweet & Sour Pork Loin over Brown Rice Oriental Blend Vegetables Spinach Wheat Bread</p>	<p>9</p> <p>Meat Lasagna Green Beans Cauliflower Italian Bread Fresh Apple</p>	<p>10</p> <p>Breaded Haddock w/ Tartar Sauce Coleslaw without Pineapple Mixed Vegetables Rye Bread Fruit Cocktail</p>	<p>11</p> <p>Steak Diane w/ Mushroom Sauce Tossed Lettuce Salad w/ French Dressing Scalloped Potatoes Dinner Roll Holiday Dessert</p>
<p>14</p> <p>Vegetable Lasagna Apple Juice Wax Beans Spinach Italian Bread Apricots</p>	<p>15</p> <p><u>CSC Breakfast Today</u></p> <p>Chicken ala King over Warm Biscuit Brussels Sprouts Mashed Winter Squash Petite Banana</p>	<p>16</p> <p>No Lunch</p> <p>Christmas Party</p>	<p>17</p> <p>Roast Chicken Dressing/Gravy Cranberry Sauce Mashed Potatoes Green Beans Almandine Holiday Dessert</p>	<p>18</p> <p>Goulash w/ Ground Beef Cauliflower Beets Rye Bread Peaches</p>
<p>21</p> <p>Stuffed Cabbage w/ Sauce Carrots Corn 12 Grain Bread Chocolate Pudding</p>	<p>22</p> <p>Broccoli Cheese Quiche Tossed Lettuce Salad w/ Italian Dressing Italian Blend Vegetables Wheat Bread Fresh Kiwi</p>	<p>23</p> <p>Individual Meat Loaf w/ Vegetable Gravy Mashed Potatoes Broccoli Wheat Bread Gingerbread Cupcake w/ Whipped Topping</p>	<p>24</p> <p>CSC Closed</p> 	<p>25</p> <p>CSC Closed</p> 
<p>28</p> <p>Macaroni & Cheese Broccoli Stewed Tomatoes 12 Grain Bread Peaches</p>	<p>29</p> <p>Pulled Pork Tacos Shredded Cheese Coleslaw w/out Pineapple Carrots Applesauce</p>	<p>30</p> <p>Rosemary Oven Browned Chicken ¼ Navy Bean Soup Club Spinach Wheat Bread Mandarin Oranges</p>	<p>31</p> <p>Baked Ham Slice w/ Raisin Sauce Scalloped Potatoes Brussels Sprouts Dinner Roll Sherbet</p>	<p>Funding</p> <p>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.</p>

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.



***Make a
Difference in
our
Community!***

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

Now-January 1st

Get your day started right with our

CSC Breakfast

Breakfast Services Offered
from 9:30-10:00am

Only \$3.00

Suggested Contribution

**Thursday
January 21st**

Must pre-register by
January 7th

Menu

- Waffles w/ Syrup
- Ham
- Orange Juice
- Applesauce

**Tuesday
February 23rd**

Must pre-register by
February 9th

Menu

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

**Thursday
March 24th**

Must pre-register by
March 10th

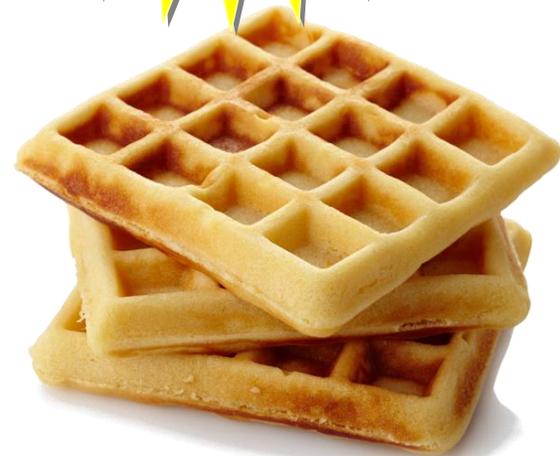
Menu

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

NEW!

Enjoy your breakfast
with music by
Standard Time Band!
Thursday, Jan 21

Breakfast and Bingo!
Tuesday, Feb 23



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



DIETITIAN'S DESK NEWSLETTER



DECEMBER 2015 EDITION

Food Safety

As temperatures outside get colder and colder, it is important to remind ourselves to observe effective food safety practices. These start with shopping for your food, and continue all the way through keeping leftovers after eating! Let's start with shopping:

Shopping:



1. Look at expiration dates: Most food products will have a "sell-by" or "use-by" date printed on them. Pay careful attention to these to make sure your product is safe to eat, and will last through the time you intend to use it.
2. Pay attention to packaging: Dented cans, torn or leaking packages, and broken seals are some to keep an eye out for.
3. Start with non-perishables: Shop for cold or frozen items after your non-perishables. This will minimize time food spends outside the refrigerator or freezer.



Storage:

1. Temperature control: Be sure to get foods home and into the refrigerator or freezer as soon as possible. Ensure that the fridge is 40°F or below, while the freezer is 0°F or below.
2. Move to the freezer: Meats in your fridge that are not eaten should eventually move to the freezer. Within 2 days for ground meat, fish, or poultry and within 3-5 days for beef, veal, lamb, or pork.
3. Packaging: Perishable foods such as meat should be wrapped well to ensure juices do not leak out and onto other foods. Putting these foods on a lower shelf is also good idea.
4. Watch your cans: Generally, cans can last very long if they aren't exposed to freezing or very hot temperatures. However, acidic canned foods (like tomatoes) may lose quality within 12-18

months. Other foods may lose quality over several years. Never use dented, rusted, or swollen cans.

Preparation:



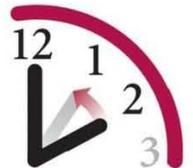
1. Wash hands: For at least 20 seconds with soap and water before and after handling food.
2. Watch cross contamination: This means keeping meats, fish, poultry, and produce separate during food prep. Use different cutting boards for different foods as well. Utensils and cutting boards can be washed with soap and water, and sanitized with a mixture of 1 tbsp of bleach combined with 1 gal of water.

Cook & Serve:

1. Heat it up: Beef, pork, lamb, and veal should be cooked to at least 145°F. This should be measured with a thermometer in the thickest part of the food item. Ground meats must be further cooked to 160°F, while poultry should be cooked to 165°F.



2. Keep it hot (or cold!): Hot foods should be kept and served at 140°F or higher. Cold foods should be kept and served at 40°F or less.
3. Time limits: Perishable foods should not be left out more than 2 hours at room temperature (but only 1 hour if it is above 90°F outside).



Leftovers:

1. Cool again: Place foods in shallow containers and immediately move to the refrigerator or freezer to help speed the cooling process.
2. Use again: Leftovers should be prepared and consumed within four days.
3. More heat: When preparing leftovers, they must be heated to 165. This is stricter than when first cooking, where it depended on the type of food. Reheating food is more risky so requires the maximum temperatures!

Senior Trips to Geva Theatre



\$32
PER
PERSON

Tickets on Sale Dec 3-Jan 20

Limited to 20 participants

MIRACLE
ON
SOUTH DIVISION STREET

Wednesday, February 3rd
2:00PM Show Time

SENIOR MOVIES



Friday, December 11th
12:30-2:30pm

When his wife dies in a car crash, Elliot Anderson (Kevin Costner) fields another blow: the realization that he must raise his biracial granddaughter, Eloise (Jillian Estell), alone. However, the child's paternal grandmother, Rowena (Octavia Spencer) feels that she is better equipped to take care of the child, and sues for custody. With Eloise caught in the middle, both Elliott and Rowena are forced to confront their true feelings about race, forgiveness and understanding.

Rated PG-13

Wednesday, December 23rd
12:30-2:30pm

A wealthy executive, Drew Latham (Ben Affleck) has no close relationships and becomes nostalgic for his childhood home as Christmas approaches. When he visits the house and finds another family living there, he offers the residents, Tom Valco (James Gandolfini) and his wife, Christine (Catherine O'Hara), a large sum of money to pretend they are his parents. Soon Drew tests the couple's patience, and when their daughter, Alicia (Christina Applegate), arrives, things get increasingly tense.

Rated Pg-13



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

*Beginning January 2016
this class will be renamed
to "Cardio Fusion"

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

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

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.

7:00-7:50pm

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

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



Supervisor Reilich
and the Greece Town Board
invite you to
Celebrate the Season

**Thursday,
December 3rd**



Tree Lighting Ceremony

5:30pm

Enjoy Sounds of the Season

With Greece Arcadia Middle School Choir

6:00pm

Official Tree Lighting

Community Center Family

Christmas Party

6:00-8:00pm

- Activities
- Special Appearance by Santa
- Light Refreshments Provided



May your days
be merry and
bright.

www.greecenyny.gov



Events Located at Town Hall Campus



December 3rd - February 4th

KIDS CLUB

11am-12pm

This program is designed for children ages 2-6 to allow them to engage in a variety of fun activities that will provide learning in the areas of art, music, dance and other forms of social, recreation and educational activities.

Cost: 1 credit.

Weekly Themes:

December 3: Airplane Party

December 10: Popsicle Craft & Play

December 17: Frozen Party: Let It Go

No Program 12/24 & 12/31

January 7: Music Party

January 14: Goo, Slime, Sand & Dough Days

January 21: Water & Ice Play

For more Information call 723-2425 or visit us at www.greeceny.gov

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

TRIPLE *THREAT* BASKETBALL

Who:

Youth ages 5-8

When:

Session I: Jan 9-Mar 5, 9:15-10:15am

Session II: Jan 9-Mar 5, 10:30-11:30am

No Program 2/6

Where:

Greece Community Center

3 Vince Tofany Blvd

Greece, NY 14612

How:

Register online at grecenyc.ny.gov or
in person

Fee:

\$35.00 per child

*An introductory basketball
program that emphasizes the
fundamentals of sportsmanship
and age appropriate skill
development*

Minimum of 10 participants per session
Maximum of 20 participants per session

