



*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.*

*1<sup>st</sup> Ward Councilman*

*Brett Granville*

*2<sup>nd</sup> Ward Councilman*

*Andrew Conlon*

*3<sup>rd</sup> Ward Councilman*

*Diana M. Christodaro*

*4<sup>th</sup> Ward  
Councilwoman*



## October 2015

### *Calendar and Events*

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

**Friday: 8:00am-5:00pm**

**Saturday: 8:00am-1:00pm**

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](http://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

# October Activity Cancellations

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>W</b>ant to stay informed on upcoming activities and events? Email us at <a href="mailto:greeceparksandrec@greeceny.gov">greeceparksandrec@greeceny.gov</a></p>			1	2 <b>Wheels in Motion</b> 1:00-1:50pm	3
5 <b>Walk Fit</b> 6:00-6:50pm	6 <b>Bridge</b> 12:30-4:00pm	7	8	9 <b>Core Fitness</b> 8:15-8:45am <b>Strength &amp; Conditioning</b> 9:00-9:50am <b>Wheels in Motion</b> 10:00-10:50am <b>Open Line Dance</b> 11:00am-12:00pm <b>Kids Create Club</b> 11:00am-1:00pm	10
12 <b>Low Impact</b> 9:00-9:50am <b>Table Tennis</b> 10:00am-12:30pm <b>Duplicate Bridge</b> 12:30-4:00pm <b>Gentle Stretch &amp; Strength</b> 1:00-1:50pm	13	14	15	16	17
19	20	21	22	23 <b>Mahjongg Lessons</b> 11:30am-12:45pm <b>Mahjongg</b> 1:00-4:00pm	24
26	27	28 <b>Art Club</b> 1:00-3:00pm  <b>Euchre</b> 1:00-4:00pm	29 <b>Euchre AM</b> 9:00-11:30am <b>Open Mats</b> 9:00-10:00am <b>Bingo AM</b> 9:45-11:30am <b>Bingo PM</b> 12:30-2:2:30pm <b>Penny Poker</b> 12:30-3:30pm <b>Bridge</b> 12:30-4:00pm <b>Euchre PM</b> 1:00-4:00pm	30 <b>All CSC Programs Cancelled</b>	31 <b>Euchre</b> 9:00am-12:00pm

# Monday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-10:00am

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

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# Tuesday

Walking Track Open 8:00am – 7:50pm

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

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<b>Walk Fit</b> <b>1 Credit</b>	9:00-9:50am Gym
<b>Tai Chi &amp; QiGong</b> <b>1 Credit</b>	9:00-9:50am MPR B
<b>Euchre</b>	9:00-11:30am ACT B
<b>Open Sewing</b> <b>Dates: 10/6 &amp; 10/20</b>	9:30am-2:30pm ACT C
<b>Strength &amp; Conditioning</b> <b>1 Credit</b>	10:00-10:50am Gym
<b>“Kids Create” Craft Club Ages 2-6</b>	11:00am-1:00pm Art Room
<b>Line Dance Instruction</b> <b>Starts: 10/6</b> <b>1 Credit</b>	11:00am-12:00pm Gym
<b>Scrabble</b>	10:00am-12:00pm ACT D
<b>Contract Rummy</b> <b>Dates: 10/13 &amp; 10/27</b>	10:00am-12:00pm ACT C
<b>Toddler Time</b> <b>2 and Under</b>	10:00-10:30am Gym 10:30-11:00am Craft Room
<b>Play &amp; Create Ages 2-6</b>	10:30-11:00am Gym 11:00-11:30am Craft Room
<b>Senior Movie: “Selma”</b> <b>Date: 10/6</b>	12:30-2:30pm MPR B & C
<b>Advanced Pickleball</b> <b>Self-Rated</b>	12:30-3:00pm Gym
<b>Bridge</b>	12:30-4:00pm MPR B <b>No Program 10/6</b>
<b>Open Gym Ages 10-13</b>	3:30-5:30pm Gym
<b>Zumba Age 8 &amp; Older</b> <b>1 Credit</b>	6:00-6:50pm Gym
<b>Abs Plus</b> <b>1 Credit</b>	7:00-7:50pm MPR B & C
<b>Sports Variations for Ages 7-13</b> <b>Starts: 10/6</b>	7:00-7:50pm Gym

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# Wednesday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

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<b>Core Fitness</b> <b>1 Credit</b>	8:15-8:45am Gym
<b>Flex &amp; Stretch Yoga</b> <b>1 Credit</b>	9:00-9:50am Gym
<b>Project Linus</b> <b>Date: 10/7</b>	9:00am-12:00pm ACT D
<b>CSC PE Ages 7-12</b> <b>1 Credit</b>	10:00-11:00 Gym
<b>Open Line Dancing</b>	11:00am-12:00pm
<b>“Kids Create” Craft Club Ages 2-6</b>	11:00am-1:00pm Art Room
<b>Table Tennis</b>	12:00-3:00pm Gym
<b>Health Seminar “Balance”</b> <b>Date: 10/28</b>	12:00-1:00pm MPR C
<b>Open Play Ages 2-6</b>	12:30-1:30pm Gym
<b>Gentle Stretch &amp; Strength</b> <b>1 Credit</b>	1:00-1:50pm MPR B & C
<b>Art Club</b>	1:00-3:00pm ACT C <b>No Program 10/28</b>
<b>Euchre</b>	1:00-4:00pm ACT B <b>No Program 10/28</b>
<b>Open Gym Ages 14-17</b>	3:00-5:00pm Gym
<b>Community Pickleball</b>	5:30-7:45pm Gym
<b>Total Body Circuit</b> <b>1 Credit</b>	6:00-6:50pm MPR B & C
<b>Alzheimer’s Support Group</b> <b>Date: 10/21</b>	6:30-7:30pm ACT D
<b>Munchkin Mats Ages 1-3</b>	7:00-7:45pm MPR B & C

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# Thursday

Walking Track Open 8:00am – 7:50pm

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

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<b>Zumba Gold</b> <b>1 Credit</b>	9:00-9:50am Gym
<b>Euchre AM</b>	9:00-11:30am ACT B <b>No Program 10/29</b>
<b>Open Mats for Under 2</b>	9:00-10:00am MPR C <b>No Program 10/29</b>
<b>Bingo AM</b>	9:45-11:30am ACT C <b>No Program 10/29</b>
<b>Wheels in Motion Ages 2-6</b>	10:00-10:50am Gym
<b>“Kids Create” Craft Club Ages 2-6</b>	11:00am-1:00pm Art Room
<b>Fun with Fitness Ages 2-6</b> <b>1 Credit</b>	11:00am-12:00pm Gym
<b>Bingo PM</b>	12:30-2:30pm ACT C <b>No Program 10/29</b>
<b>Beginner/Intermediate Pickleball</b> <b>Self-Rated</b>	12:30-3:00pm Gym
<b>Penny Poker</b>	12:30-3:30pm ACT D <b>No Program 10/29</b>
<b>Bridge</b>	12:30-4:00pm MPR B <b>No Program 10/29</b>
<b>Euchre PM</b>	1:00-4:00pm ACT B <b>No Program 10/29</b>
<b>Open Gym Ages 10-13</b>	3:30-5:30pm Gym
<b>Table Tennis</b>	3:30-7:30pm Gym
<b>Cardio Interval</b> <b>1 Credit</b>	6:00-6:50pm Gym

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# Friday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

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<b>Core Fitness</b> 1 Credit	8:15-8:45am Gym <b>No Program 10/9 &amp; 10/30</b>
<b>Strength &amp; Conditioning</b> 1 Credit	9:00-9:50am Gym <b>No Program 10/9 &amp; 10/30</b>
<b>Euchre AM</b>	9:00-11:30am ACT B <b>No Program 10/30</b>
<b>Pinochle</b>	9:00-11:30am ACT D <b>No Program 10/30</b>
<b>Wheels in Motion Ages 2-6</b>	10:00-10:50am Gym <b>No Program 10/9 &amp; 10/30</b>
<b>Adult Halloween Party</b> Date: 10/30	10:45am-2:30pm MPR AB&C
<b>Open Line Dance</b>	11:00am-12:00pm Gym <b>No Program 10/9 &amp; 10/30</b>
<b>“Kids Create” Craft Club Ages 2-6</b>	11:00am-1:00pm Art Room <b>No Program 10/9 &amp; 10/30</b>
<b>Mahjongg Lessons</b> Starts 10/16	11:30am-12:45pm MPR B <b>No Program 10/23 &amp; 10/30</b>
<b>Bridge Skills</b>	11:30am-2:30pm ACT D <b>No Program 10/30</b>
<b>Table Tennis</b>	11:30am-2:30pm Gym <b>No Program 10/30</b>
<b>Songsters</b>	12:30-2:00pm ACT C <b>No Program 10/30</b>
<b>Senior Movie: “The Judge”</b> Date: 10/23	12:30-3:00 MPR B & C
<b>Wheels in Motion Ages 2-6</b>	1:00-1:50pm Gym <b>No Program 10/2 &amp; 10/30</b>
<b>Gentle Stretch &amp; Strength</b> 1 Credit	1:00-1:50pm MPR C <b>No Program 10/30</b>
<b>Mahjongg</b>	1:00-4:00pm MPR B *Moved to ACT B 10/2* <b>No Program 10/23 &amp; 10/30</b>
<b>Euchre PM</b>	1:00-4:00pm MPR A <b>No Program 10/30</b>
<b>Family Shoot Around</b>	2:30-4:30pm Gym <b>No Program 10/30</b>
<b>Family Halloween Party</b> Date: 10/30	6:00-8:00pm

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# Saturday

Walking Track Open 8:00am – 12:50pm

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<b>Zumba</b> <b>1 Credit</b>	8:00-8:50am Gym
<b>Euchre</b> <b>Starts 10/24</b>	9:00am-12:00pm ACT B
<b>Lounge</b> <b>Starts 10/24</b>	9:00am-12:00pm Lounge Room
<b>“Kids Create” Craft Club Ages 2-6</b> <b>Starts 10/24</b>	9:00am-12:00pm Art Room
<b>Cartoon Corner</b> <b>Starts 10/24</b>	9:15-10:15am MPR C & B
<b>First Touch Soccer</b> <b>9/12 – 10/17</b>	9:15-10:15am Outside/Gym Weather Permitting
<b>Triple Threat Basketball</b> <b>10/24-12/19</b>	9:15-10:15am Gym
<b>Tiny Tyke Soccer</b> <b>9/12-10/3</b>	10:30-11:15am Outside/Gym Weather Permitting
<b>Run &amp; Gun Basketball</b> <b>10/24-12/19</b>	10:30-11:30am Gym
<b>Community Pickleball</b> <b>Starts 10/24</b>	11:45am-12:45pm Gym

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# New at the CSC— On Saturdays!



## Saturday Drop-In Programs

Starting October 24-December 19!

### “Kids Create” Craft Club

9:00am-12:00pm

### Lounge

9:00am-12:00pm

Come in and enjoy a cup of coffee, pick up a new book, or simply sit back and relax in our lounge with friends

### Euchre

9:00am-12:00pm



### Cartoon Corner

9:15-10:15am

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

### Indoor Pickleball

11:30am-12:45pm

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*

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## Grocery Shopping Trips

**Thursday, October 1: Herrema's Food Market/Stutson Plaza**

9:00-11:30am

Medical Motors Transportation

**Tuesday, October 6: Wal-Mart in Brockport**

9:00-11:30am

Medical Motors Transportation

**Monday, October 19: Price Rite-Henrietta Location**

9:00-11:30am

Medical Motors Transportation

**Tuesday, October 27: Wegmans-Ridgemont Location**

9:00-11:30am

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

**Wednesday, October 28:**

**Zarpentine Farms/Mayer's Winery & Restaurant**

9:45am-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*



# October Lunch Club 60 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All meals served with milk, bread and margarine.</b></p> <p><b>Soup served with crackers.</b></p>	<p><b>Funding</b></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>		<p>BBQ Chicken ¼ Heart Healthy Pasta Vegetable Soup Coleslaw w/Pineapple 12 Grain Bread Gingerbread Cupcake w/Topping</p>	<p>Stuffed Cabbage w/ Sauce Mashed Potatoes Scandinavian Blend Vegetables Rye Bread Butterscotch Pudding</p>
<p>Chicken Burrito Rice Bowl w/ Lettuce, Tomato, Salsa &amp; Sour Cream Mexican Bean Soup Tortilla Mandarin Oranges</p>	<p>Eggplant Roll Up w/Sauce Romaine Spinach Salad w/ Italian Dressing Italian Blend Vegetables Italian Bread Fruit Cocktail</p>	<p>Hot Roast Beef Sandwich on Wheat Bread w/ Gravy Tomato Florentine Soup Mixed Vegetables Petite Banana</p>	<p><b>CSC Breakfast Today</b> Individual Ham Loaf w/ Sauce Mashed Sweet Potatoes Cauliflower 12 Grain Bread Pears</p>	<p>Flameburger w/ Lettuce, Tomato &amp; Onion on Bun Chicken Vegetable Soup Brussels Sprouts Fresh Apple</p>
<p>Meat Lasagna Broccoli Wax Beans Italian Bread Peaches</p>	<p>Salisbury Steak w/Mushroom Sauce Scalloped Potatoes Mashed Winter Squash Rye Bread Pineapple</p>	<p>Chicken ala King over Warm Biscuit Carrots Brussels Sprouts Mixed Fruited Gelatin w/ Whipped Topping</p>	<p>Sloppy Joes on Bun Turkey Vegetable Soup California Blend Vegetables Petite Banana</p>	<p>Breaded Haddock Tossed Lettuce Salad w/ Italian Dressing Red Jacketed Potatoes Wheat Bread Mandarin Oranges</p>
<p>Chicken Cordon Bleu Minestrone California Blend Vegetables 12 Grain Bread Lemon Pudding</p>	<p>Mild Chili Tossed Lettuce Salad w/ Ranch Dressing Wax Beans Oyster Crackers Pears</p>	<p>Stuffed Pepper w/ Sauce Potato Leek Soup Italian Blend Vegetables Wheat Bread Fresh Orange</p>	<p>Beef Stew over Biscuit Orange Juice Tossed Lettuce Salad w/French Dressing Spinach Fruit Cocktail</p>	<p>BBQ Chicken ¼ Coleslaw w/Pineapple Baked Beans Corn Muffin Applesauce</p>
<p>Potato Crusted Tilapia Grape Juice Beef Vegetable Soup Peas Wheat Bread Apricots</p>	<p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans 12 Grain Bread Mandarin Oranges</p>	<p>Braised Pork Chop w/ Gravy Mashed Potatoes Brussels Sprouts Rye Bread Fresh Apple</p> <p>*Cupcakes*</p>	<p>Rosemary Oven Browned Chicken ¼ Au Gratin Potatoes Broccoli Wheat Bread Oatmeal Raisin Cookie</p>	<p><b>No Lunch</b></p> <p><b>Adult Halloween Party</b></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.**

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## *Health Seminar: "Balance"*

**DATE:** Wednesday, October 28, 2015

**TIME:** 12:00-1:00pm

**LOCATION:** Multipurpose Room C

**COST:** Free

- Find out simple things you can do to improve balance including tests and exercises

**\*Register at the front desk or by calling 723-2425\***

# Get your day started right with our

# CSC Breakfast

## Only \$3.00

Suggested Contribution

**Thursday**  
**October 8<sup>th</sup>**  
9:30-10:30am

Must pre-register by  
September 24<sup>th</sup>

### Menu

- Omelet w/cheese
- Apple Sauce
- Orange Juice
- Wheat Bread

**Friday**  
**November 13<sup>th</sup>**  
9:30-10:30am

Must pre-register by  
October 30<sup>th</sup>

### Menu

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

**Tuesday**  
**December 15<sup>th</sup>**  
9:30-10:30am

Must pre-register by  
December 1<sup>st</sup>

### 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



# DIETITIAN'S DESK NEWSLETTER



OCTOBER 2015 EDITION

## Oral Health



Maintaining good oral health means taking care of your mouth, teeth, and gums. You'll find some information and tips in this article to help get you on the right track to better oral health. If you have questions or need help, contact a professional such as a dentist or your physician to make an appropriate referral.

### Common Dental Problems:

- **Cavities:** A breakdown of the tooth structure: occurs when bacteria in your mouth produce acid, which then erodes the tooth over time.
- **Erosion:** Similar to cavities, but occur without the presence of bacteria. Can happen from acidic foods or medical conditions associated with frequent vomiting.
- **Gingivitis:** Swollen, inflamed gums. 
- **Periodontitis:** A progression of gingivitis that affects tissues connecting the gums and the teeth.
- **Xerostomia:** Dry mouth. Can be caused by medications, certain medical conditions, or as part of the normal aging process. Less saliva makes you more prone to other dental problems like cavities.

### Dental Hygiene:



1. Brush your teeth twice per day for at least 2 minutes. Use a soft bristled brush, and replace every 2 - 4 months.
2. Floss once per day.
3. Choose toothpaste and floss with the American Dental Association (ADA) seal on them. 
4. Wait 30 minutes to brush after acidic meals, or else you can brush away your enamel. Enamel is the outer layer of your teeth.
5. Eat a balanced diet with limited in-between meal snacks. Focus more on less acidic and cariogenic foods.
6. Quit or cut back on smoking.
7. Visit your dentist regularly for cleanings/checkups.

## Food & Oral Health:

Diet has a big impact on your oral health. A balanced diet will ensure your body has the energy, vitamins, and minerals it needs to stay healthy and strong. But beyond the big picture, individual foods can also have impacts on oral health.

Cariogenic foods are those that promote tooth decay. They are generally sticky food or sugary beverages, and contain carbohydrates as a primary component. They often get stuck on or remain in between teeth after eating.

Acidic foods can cause erosion and wear teeth away over time. These are generally carbonated beverages, fruit juices, or wine. Your saliva acts to dilute the acid in your food or drink, and slows the erosion process. Therefore people with dry mouth are more affected by acidic food and drinks.

If a food item is more cariogenic or acidic, it doesn't mean that food is unhealthy. It simply means more care should be taken when eating these foods as part of your diet. See some examples below:

#### Cariogenic items:

- Sweetened Cereals
- Fruit Snacks
- French Fries
- Cookies
- Sticky Candies
- Cupcakes



#### Acidic items:

- Carbonated Colas
- Lemonade
- Orange/Apple Juice
- Sports Drinks
- Wine
- Beer



## Linked health conditions:

Several health-related conditions are related to oral health. These include heart disease, osteoporosis, diabetes, and bacterial infections. Diabetes, for example, makes you more prone to gum disease. On the other hand, people who already have gum disease have more inflammation, which in turn raises their risk for heart disease. See your physician to evaluate concerns specific to your situation.

# Adult Day Trips



## Friday, October 16

### The Holland Office Museum in Batavia

Welcome to the birthplace of Western, NY! From this building key decisions to the history of New York and the US were made. Your trip to the museum will include a 1-hour guided tour as well as a visit to Oliver's Candy Store.

Lunch will be at Alex's Place at your own expense.

9:00am-4:00pm

\$8.00 per person

## Wednesday, October 21

### Destiny USA Mall in Syracuse, NY

Shop til' you drop with more than 200 retailers to choose from at *Destiny USA*! Please Note: Requires a lot of walking, comfortable shoes are recommended

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

8:30am-4:30pm

\$4.00 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!**

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

## 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

## 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

# Song & Craft



## Songsters



Come join us! We are a senior choir that meets once a week to do what we love to do—sing! We have a director and piano accompanist who leads us on different styles of music and seasonal favorites that we sing for enjoyment and we also perform in the community. If you enjoy music this group is for you!

**Fridays, Sept 11- Dec 18, 2015**

*\*No Program 11/27\**

**12:30-2:00pm**

**\$30.00 per person**

# Adult Fall Craft

Welcome back the fall season by creating this festive wreath filled with hues of orange, yellow, red and cream.

**Wednesday, October 14<sup>th</sup>**

**10:00-11:00am**

**\$13.00 per person**

**Minimum of 10 participants**

**Maximum of 14 participants**

*Actual Wreath  
See display at front desk*



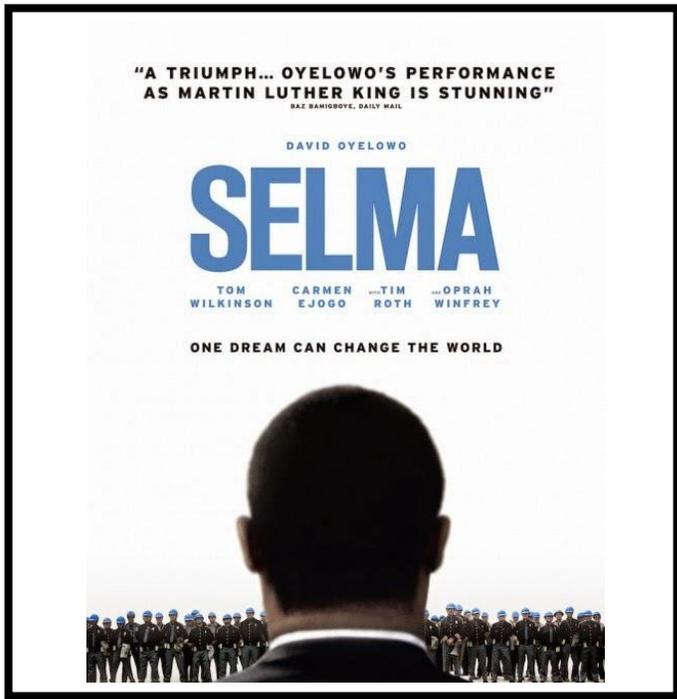


# Movies & Dance

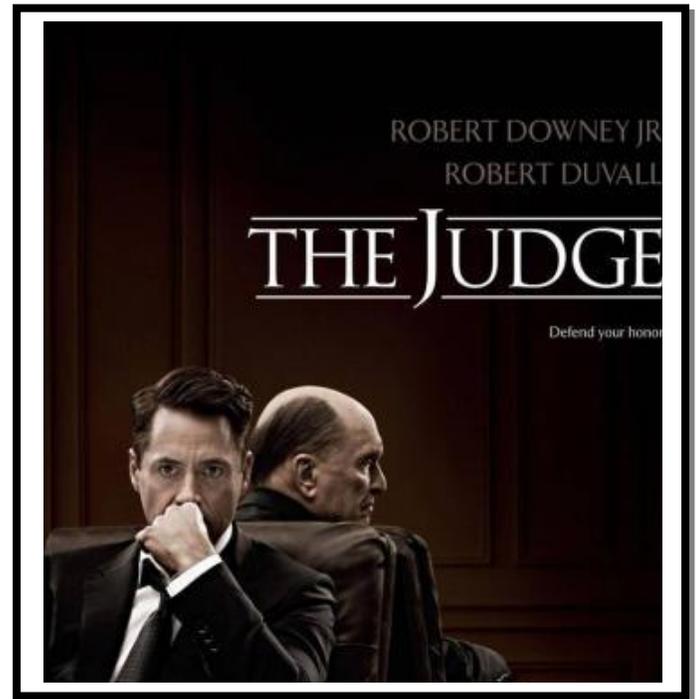
## Senior Movies

Tuesday, October 6<sup>th</sup>  
12:30-2:00pm

Friday, October 23<sup>rd</sup>  
12:30-3:00pm



A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.



Big-City lawyer Hank Palmer returns to his childhood home where his father, the town's Judge is suspected of murder, Hank sets out to discover the truth and along the way, reconnects with his estranged family.

## Line Dance Instruction

If you love dancing, music, and good times with friends then this instructional program is for you! With instructor Will Herzog, learn the steps and techniques for you to be the line dancer you've always wanted to be.

Tuesdays, Starting October 6-April 5, 2016  
11:00am-12:00pm  
1 Credit



# ADULT HALLOWEEN PARTY

Date:

Friday, October 30<sup>th</sup>

Time:

10:45am-2:30pm

Location:

Greece Community Center  
3 Vince Tofany Blvd

Cost:

\$7.00 per person-Tickets on  
Sale Tuesday, Sept 1<sup>st</sup> -  
Monday, Oct 19<sup>th</sup>

TICKETS ON SALE  
UNTIL MONDAY  
OCTOBER 19<sup>TH</sup>!



Entertainment Provided By:

*The Don Newcomb Band*

*\*Band will play from 12:30-2:30pm\**

## MENU

CHICKEN CORDON BLEU  
ROASTED POTATOES  
VEGETABLES  
ROLLS & BUTTER  
PUMPKIN PIE  
MILK

Entertainment Sponsored By:



Guests are encouraged to come dressed in costume

For more information call 723-2425 or visit us at [www.grreceny.gov/CSC](http://www.grreceny.gov/CSC)



# Thanksgiving Party

Thursday, November 19<sup>th</sup>

Tickets on Sale until Thursday, November 12<sup>th</sup>

**\$7.00  
PER  
PERSON**

10:45am-2:30pm

## Menu

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

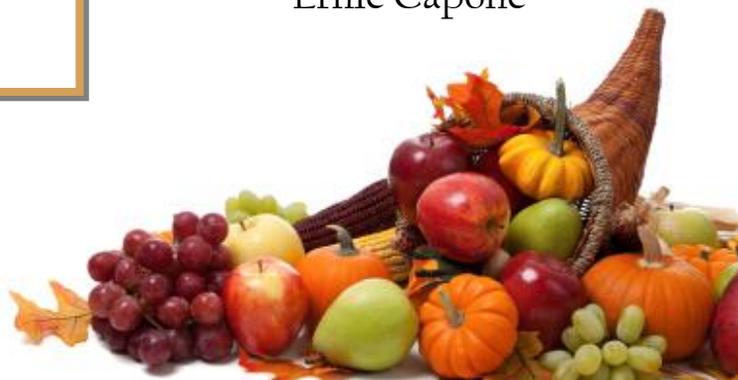
## Schedule of Activities

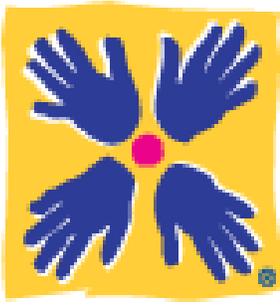
10:45am  
Doors Open

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





# MAKE A DIFFERENCE DAY

## NATIONAL DAY OF DOING GOOD

The Community & Senior Center will be collecting canned goods and non-perishable items for the Greece Ecumenical Food Shelf

**Monday, October 12-Friday, October 23.**

Do your part to “Make A Difference” by donating; in exchange for your generous donation, take a fitness class of your choice for free.

### ***Wish List—***

- Grocery Store Items:
  - Canned: fruit juice, fruit, meat
  - Large boxed mashed potatoes
  - Jelly, spaghetti sauce, pudding, Jell-O
  - Dish detergent, toilet paper
  - Personal care items

### ***Items Most in Need Of—***

- Macaroni and Cheese
- Hot or Cold Cereal
- Soups
- Toilet Paper
- Bars of Soap
- Dish Soap



“No act of kindness,  
no matter how small,  
is ever wasted”

-Aesop

# 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

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

### 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

# 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 6<sup>th</sup>

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 24<sup>th</sup>

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



# **Pancakes with Pooches**

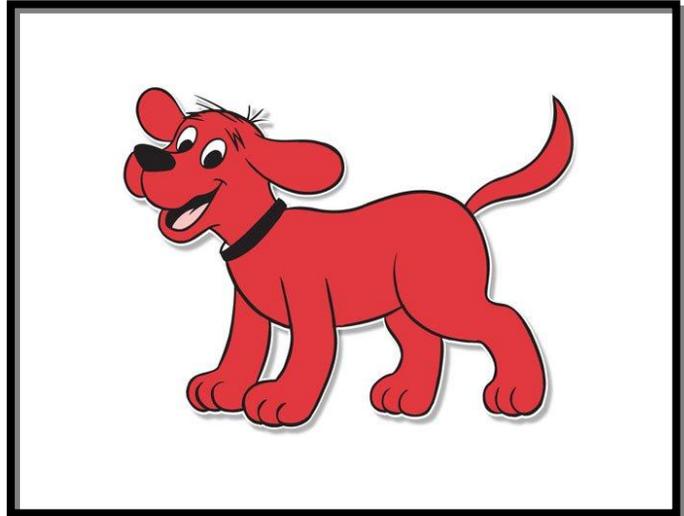


Friday, October 9<sup>th</sup>

10:00-11:30am

**\$2.00 per person**

- Bring your favorite stuffed pooch
- Enjoy a breakfast of pancakes with toppings
- Open Gym Activities
- Special guests *Clifford the Red Dog* and his Dalmatian friend!



# “KIDS DISCOVERY DAY”

*On Columbus Day*

**MONDAY,  
OCTOBER 12<sup>TH</sup>**



## SCHEDULE OF ACTIVITIES

*Open Mats & Open Play*

**9:30-10:45am Ages 2-6**

*Suminagashi Art*

An ancient Japanese technique for decorating paper with ink. Looks similar to marble painting

**11:00am-12:30pm All Ages**

*Talent Show*

Open Mic/Dance/Poetry Reading

**10:45-11:45am All Ages**

*Lunch Box Special*

Bring your own lunch bag/box and enjoy music and board games

**12:00-12:45pm All Ages**

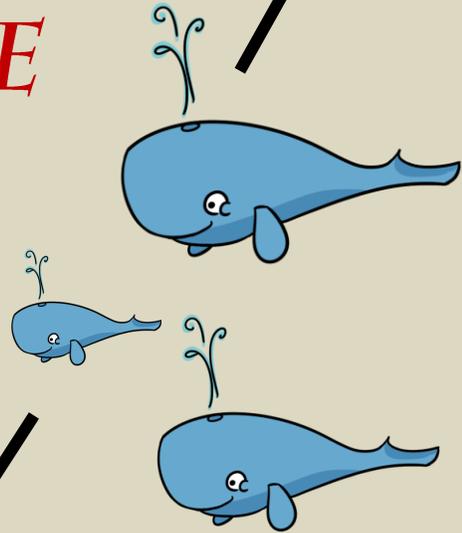
*Powder Puff / Peach Fuzz Sports  
& Games*

Games Include: Hockey, Soccer, Basketball Football, Volleyball, Tag Games and more!

**1:00-2:30pm Ages 8-13**



**FREE**



Pre-sign up is required for all talent participating in the talent show. Each talent will receive 5 minutes of performance time.

**Deadline:**

**Monday, October  
5<sup>th</sup>**





# Pearl Girls Program

*Positive Encouragement & Resourceful Learning*

## Discover

The Power Of

*Confidence • Character • Friendship*

The “Pearl Girls Program” is designed to help girls develop self-esteem, respect, responsibility as well as friendships while learning how to take care of **mind**, **body** and **spirit**. Each girl will work for 6 weeks with Professional Instructor, Mary Hutchins, to practice:

- Good Posture
- Walking
- Taking Care of nails, hair and skin
- Make-up Application
- Clothing Style & Techniques

Supplies will be provided to use in class for manicures, body and skin care.

## Program Information

**Mondays**

October 12-November 16, 2015

6:15-7:30pm

**\$48.00 per person**

*\*For Ages 11 to 16 years old\**

Registration Begins: Monday, August 10

Registration Ends: Monday, October 5

Minimum of 10 participants required

Maximum of 25 participants

# Family Movie & Craft Night

**FREE**

For CSC Members



Featuring:

DREAMWORKS  
**HOME**

**FRIDAY,  
OCTOBER 16TH  
6:00-8:00PM**

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

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



# Run & Gun Basketball



**Who:**

**Youth Ages 8-12**

**When:**

**Saturdays, October 24-**

**December 19, 2015**

**10:30-11:30am**

**Where:**

**Greece Community Center**

**3 Vince Tofany Blvd**

**How:**

**Register online at**

**[www.geecenyc.gov/lcsc](http://www.geecenyc.gov/lcsc) or in**

**person**

Minimum of 10 participants

Maximum of 20 participants

**Fee:**

**\$35.00 per child**

*Each child will receive a t-shirt for*

*program*

A basketball program that will combine fundamental instruction with live game play. The first half hour will be strictly teaching the basic fundamentals of the game and the second half hour will be 5 on 5 play.



# Family Halloween Party

**Date:**

Friday, October 30<sup>th</sup>

**Time:**

6:00-8:00pm

**Location:**

Greece Community Center  
3 Vince Tofany Blvd  
Greece, NY 14612

**Cost:**

\$2.00 Per Child Sept 1-Oct 23

\$4.00 Per Child at the Door

Pre-Registration is required for this event. **Register Now-Friday, October 23<sup>rd</sup>**

Greece CSC  
Members  
Only

## Activities

- Dance Party with DJ "Rockin Rick"
- Games
- Crafts
- Pizza
- Story Time
- Movie
- Haunted House

You're in for a  
spook-tastic time!



*Families are encouraged to come dressed in costume*  
For more information call 723-2425 or visit us at [greeceny.gov/CSC](http://greeceny.gov/CSC)

# CSC HIKING & EXPLORATION PROGRAM



**Thursdays  
Through October 29<sup>th</sup>  
10:00am-12:30pm**

Hiking starts promptly at designated site



## Hikes for October

- October 1: URMCC River Walk, Wilson Blvd, Rochester
- October 8: Durand-Eastman Park, Clubhouse lot. West Quadrant
- October 15: Tinker Farmstead Preserve, Henrietta
- Island Cottage to Lake Ave. Trail, Island Cottage Lot
- October 29: Canal Pond Park, Elmgrove Rd. Lot

***The program consists of 26 weekly hikes (weather permitting) over the park trail ways within the town of Greece, as well as visits to other county, city and/or town parks within Monroe County.***

***The average hike is 1 to 3 miles. Intensity of hikes is based upon distance and terrain, are low, moderate and high.***

***Participants should wear suitable clothing, footgear and headgear as well as bring your own water.***

\*Please call the CSC at 723-2425 by the Tuesday of each hike week to sign-up\*