

STRIVE



NOVEMBER 2020 ACTIVITIES

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Please Note:
The Center will be closed:
Wednesday, 11/11
Thursday, 11/26
Friday, 11/27

Per the Governor's Executive Order, if social distancing of 6-feet cannot be achieved, a face covering is required.

Please note that our facility may not allow this benchmark to be achieved.

Therefore, everyone who enters should have a face covering.

For your safety and the safety of our staff, please refrain from loitering in the center or near our front desk.

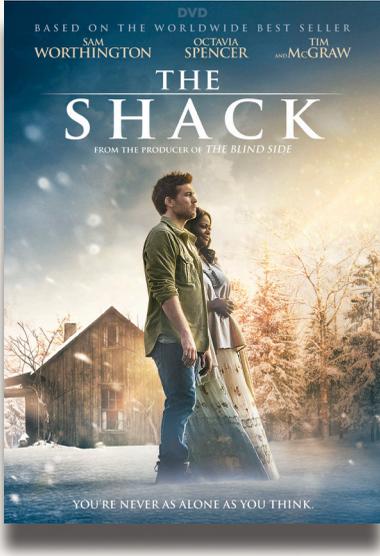


Proud Members of:



FREE MOVIES

for seniors



Friday, November 6
Rated PG-13
12:30-2:30PM

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.



Tuesday, November 24
Rated R
12:30-2:30PM

During World War I, two British soldiers--Lance Cpl. Schofield and Lance Cpl. Blake receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades--including Blake's own brother.

Pre-registration required. Limited to 30 participants per movie. Call 723-2425 to reserve a spot.



THE TRACK

Track is Open!

Reservations are required

45 minute time blocks beginning
at 8:00am

Call our offices at 723-2425 to
reserve a spot



CONNECT WITH US

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, Wednesday, Friday: 8:00am-5:00pm

Tuesday & Thursday: 8:00am-7:00pm

Saturday & Sunday: CLOSED

Safety Precautions

- Masks are recommended when social distancing is not possible.
- Space is limited in all activities and classes.
- No loitering will be allowed in the Community Center

Register for Programs

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.



Greece Department of Parks
and Recreation



#greeceparksrec



@greeceparksandrec

PARKS & RECREATION TEAM

ADMINISTRATIVE

Peter O'Brien

Lisa Letta

Christine Saddler

Kathy Walker

Terri Dickerson

Mary Hammaker

RECREATION

Mike Barnes

Robyn James

Addison Steven

Danielle Wamser-Gross

Gina Edwards

Katie Decker

Laurie Gately

PARKS

Marc Piccone

Frank Antinetta

Scott Tronolone

Jacob Shufelt

Derek Ryan

Owen Copey

Dan Fuller

HOW TO REGISTER

Registration Info, Refund Policy, Resident Status



WALK-IN REGISTRATION

Visit our friendly team at 3 Vince Tofany Blvd in Greece, NY

1. Bring proper photo identification that shows proof of residency
2. We will sign you up, take your picture and your key tag will be issued on site. Key tags need to be renewed annually



ONLINE REGISTRATION

1. Visit www.bit.ly/greeceonlinereg
2. You will need to set up an account
3. You may then log on and register 24 hours a day, 7 days a week



PAYMENT

We accept cash

Accepted Credit Cards: Visa, Mastercard and Discover

Checks are to be made payable to: TOWN OF GREECE



REGISTRATION INFORMATION

- Pre-registration is required for most programs. Be sure to check out special notes for each program
- Register early! Many classes fill before their start dates
- Classes may be canceled if there is low enrollment
- All registrations are taken on a first come first serve basis. We cannot "hold" a spot in any activity, program or facility reservation without receiving payment



REFUND POLICY

- No refunds, no exceptions
- If a program is canceled by the department, a full refund will be issued

Lodge & Shelter Facilities

- 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



RESIDENT STATUS

A resident is one who lives in Greece and pays Greece town taxes. A Greece, NY P.O. Box or business address will not be taken as proof of residency. A non-resident is someone who lives in another town



CONTACT US

Questions? Call us at 585-723-2425 or email greeceparksandrec@greeceny.gov

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>8:30-9:30am Construction Zone (MPRB) 9:00-9:55am Walk the Beat/Core (Pavilion) 9:00-11:00am Open Wood Carving (ACT D) 9:00am-12:00pm Needlework Group (MRP C) 9:30-11:00am Bingo (ACT C) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00am-12:00pm Craft with Ms. Robyn (ART ROOM) 12:00-2:00pm Community Table Tennis (1/2 Gym) 1:00-1:50pm Gentle Stretch & Strength (Gym)</p>	<p style="text-align: right;">3</p> <p style="text-align: center;"><u>ELECTION DAY</u></p> <p style="text-align: center;">POLLING SITE</p> <p style="text-align: center;">ALL PROGRAMS CANCELED*</p> <p>*1:30-2:30pm Ultimate Frozen Frisbee (Grandview Park) This program will still be held at Grandview Park on 11/3</p>	<p style="text-align: right;">4</p> <p>8:15-8:50am ABC's of Fitness (Pavilion) 9:00-9:50am Hatha Yoga (Pavilion) 9:00am-12:00pm Project Linus (ACT C) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00-12:00pm Craft with Ms. Robyn (ART ROOM) 11:30am-12:30pm Open Line Dancing (Gym) 12:30-2:00pm Fall Ball in the Park (Basil Marella Park) 1:00-1:50pm Gentle Stretch & Strength (Gym) 3:00-4:30pm Open Shoot Around 7-12yrs (Gym)</p>
<p style="text-align: right;">9</p> <p>8:30-9:30am Construction Zone (MPRB) 9:00-9:55am Walk the Beat/Core (Pavilion) 9:00-11:00am Open Wood Carving (ACT D) 9:00am-12:00pm Needlework Group (MRP C) 9:30-11:00am Bingo (ACT C) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00am-12:00pm Craft with Ms. Robyn (ART ROOM) 12:00-2:00pm Community Table Tennis (1/2 Gym) 1:00-1:50pm Gentle Stretch & Strength (Gym)</p>	<p style="text-align: right;">10</p> <p>9:00-9:50am Strength & Conditioning (Pavilion) 10:00-10:50am Wheels in Motion (Gym) 10:00-11:30am Counting to 10 w/Nature (Sawyer Park) 10:00am-12:00pm Kiddie Club Craft (Art Room) 11:00-11:30AM JR. HOOPS CANCELED 12:00-4:00pm Pickleball Challenge (Gym) 12:00-4:40PM PICKLEBALL CANCELED 1:30-2:30pm Ultimate Frozen Frisbee (Grandview Park) 6:00-6:45pm Hatha Yoga (Pavilion)</p>	<p style="text-align: right;">11</p> <div style="border: 2px solid black; padding: 10px; text-align: center; width: fit-content; margin: auto;"> <p>CLOSED</p> </div>
<p style="text-align: right;">16</p> <p>8:30-9:30am Construction Zone (MPRB) 9:00-9:55am Walk the Beat/Core (Pavilion) 9:00-11:00am Open Wood Carving (ACT D) 9:00am-12:00pm Needlework Group (MRP C) 9:30-11:00am Bingo (ACT C) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00am-12:00pm Craft with Ms. Robyn (ART ROOM) 12:00-2:00pm Community Table Tennis (1/2 Gym) 1:00-1:50pm Gentle Stretch & Strength (Gym)</p>	<p style="text-align: right;">17</p> <p>9:00-9:50am Strength & Conditioning (Pavilion) 9:30am-2:30pm Open Sewing (ACT C) 10:00-10:50am Wheels in Motion (Gym) 10:00-11:30am Counting to 10 w/Nature (Sawyer Park) 10:00am-12:00pm Kiddie Club Craft (Art Room) 11:00-11:30am Jr. Hoops (Gym) 12:00-4:40pm Pickleball (Gym) 1:30-2:30pm Ultimate Frozen Frisbee (Grandview Park) 6:00-6:45pm Hatha Yoga (Pavilion)</p>	<p style="text-align: right;">18</p> <p>8:15-8:50am ABC's of Fitness (Pavilion) 9:00-9:50am Hatha Yoga (Pavilion) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00-12:00pm Craft with Ms. Robyn (ART ROOM) 11:00am-1:00pm Braddock Bay Raptors (Braddock Bay Park) 11:30am-12:30pm Open Line Dancing (Gym) 12:30-2:00pm Fall Ball in the Park (Basil Marella Park) 1:00-1:50pm Gentle Stretch & Strength (Gym) 3:00-4:30pm Open Shoot Around 7-12yrs (Gym)</p>
<p style="text-align: right;">23</p> <p>8:30-9:30am Construction Zone (MPRB) 9:00-9:55AM WALK THE BEAT/CORE CANCELED 9:00-11:00am Open Wood Carving (ACT D) 9:00am-12:00pm Needlework Group (MRP C) 9:30-11:00am Bingo (ACT C) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00am-12:00pm Craft with Ms. Robyn (ART ROOM) 12:00-2:00pm Community Table Tennis (1/2 Gym) 1:00-1:50pm Gentle Stretch & Strength (Gym)</p>	<p style="text-align: right;">24</p> <p>9:00-9:50am Strength & Conditioning (Pavilion) 10:00-10:50am Wheels in Motion (Gym) 10:00-11:30am Counting to 10 w/Nature (Sawyer Park) 10:00am-12:00pm Kiddie Club Craft (Art Room) 11:00-11:30am Jr. Hoops (Gym) 12:00-4:40pm Pickleball (Gym) 12:30-2:30 Senior Movie: 1917 (MPR B&C) 1:30-2:30pm Ultimate Frozen Frisbee (Grandview Park) 6:00-6:45pm Hatha Yoga (Pavilion)</p>	<p style="text-align: right;">25</p> <p>8:15-8:50am ABC's of Fitness (Pavilion) 9:00-9:50am Hatha Yoga (Pavilion) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00-12:00pm Craft with Ms. Robyn (ART ROOM) 11:30am-12:30pm Open Line Dancing (Gym) 12:30-2:00pm Fall Ball in the Park (Basil Marella Park) 1:00-1:50pm Gentle Stretch & Strength (Gym) 3:00-4:30pm Open Shoot Around 7-12yrs (Gym)</p>
<p style="text-align: right;">30</p> <p>8:30-9:30am Construction Zone (MPRB) 9:00-9:55am Walk the Beat/Core (Pavilion) 9:00-11:00am Open Wood Carving (ACT D) 9:00am-12:00pm Needlework Group (MRP C) 9:30-11:00am Bingo (ACT C) 10:00-11:00am Open Youth Sports (Gym) 10:00-11:00am Craft with Ms. Robyn (ART ROOM) 11:00am-12:00pm Craft with Ms. Robyn (ART ROOM) 12:00-2:00pm Community Table Tennis (1/2 Gym) 1:00-1:50pm Gentle Stretch & Strength (Gym)</p>		<p style="text-align: center;">For activities listed in the 'Adults 55+' section: Participants must call 723-2425 to reserve a space, up to one week in advance for all activities.</p>

THURSDAY	FRIDAY
5	6
<p>9:00-9:50am Stretch & Tone (Pavilion) 9:00-10:30am All Kinds of Painting (ART ROOM) 9:30-11:00am Bingo (ACT C) 10:00-10:50am Wheels in Motion (Gym) 1:00-1:45pm Thera Strong (Pavilion) 3:00-6:30pm Community Table Tennis (Gym) 5:00-6:30pm FNF Social (MPR B&C)</p>	<p>9:00-9:50am Strength & Conditioning (Pavilion) 9:30-10:30am Indoor Carnival Games (MPR B & C) 9:45-11:15am Scavenger Hunt (Sawyer Park) 10:15-11:15am Open Youth Sports (Gym) 11:30am-12:30pm Open Line Dancing (Gym) 12:30-2:30 Senior Movie: <i>The Shack</i> (MPR B&C) 1:00-1:50pm Gentle Stretch & Strength (Gym) 1:00-3:00pm Senior Shoot (1/2 Gym) 1:30-2:30pm Kickin it Kold (Carter Park)</p>
12	13
<p>9:00-9:50am Stretch & Tone (Pavilion) 9:00-10:30am All Kinds of Painting (ART ROOM) 9:30-11:00am Bingo (ACT C) 10:00-10:50am Wheels in Motion (Gym) 1:00-1:45pm Thera Strong (Pavilion) 3:00-6:30pm Community Table Tennis (Gym) 5:00-6:30pm FNF Social (MPR B&C)</p>	<p>9:00-9:50am Strength & Conditioning (Pavilion) 9:30-10:30am Indoor Carnival Games (MPR B & C) 9:45-11:15am Scavenger Hunt (Basil Marella Park) 10:15-11:15am Open Youth Sports (Gym) 11:30am-12:30pm Open Line Dancing (Gym) 1:00-1:50PM GENTLE STRETCH & STRENGTH CANCELED 1:00-3:00pm Senior Shoot (1/2 Gym) 1:30-2:30pm Kickin it Kold (Carter Park) 6:00-8:30pm Cornhole & Chili Tournament (Pavilion)</p>
19	20
<p>9:00-9:50am Stretch & Tone (Pavilion) 9:00-10:30am All Kinds of Painting (ART ROOM) 9:30-11:00am Bingo (ACT C) 10:00-10:50am Wheels in Motion (Gym) 1:00-1:45pm Thera Strong (Pavilion) 3:00-6:30pm Community Table Tennis (Gym) 5:00-6:30pm FNF Social (MPR B&C)</p>	<p>9:00-9:50am Strength & Conditioning (Pavilion) 9:30-10:30am Indoor Carnival Games (MPR B & C) 9:45-11:15am Scavenger Hunt (Basil Marella Park) 10:15-11:15am Open Youth Sports (Gym) 11:30am-12:30pm Open Line Dancing (Gym) 1:00-1:50pm Gentle Stretch & Strength (Gym) 1:00-3:00pm Senior Shoot (1/2 Gym) 1:30-2:30pm Kickin it Kold (Carter Park)</p>
26	27
CLOSED	CLOSED
<p>PLEASE NOTE: Pre-Registration required for all activities Limited space available Online registration can be found at: www.bit.ly/greeceonlinereg</p> <p>Each fitness class costs 1 activity credit. Credits can be purchased at the front desk. Participants must reserve a space for each class. This can be done by signing up at the class or calling ahead.</p>	



TEXT CSCNOTIFY TO 81257

To stay informed on
Class/Activity Cancellations

For program descriptions and more information, please see pages 8-15

TRACK IS OPEN!
Reservations are required

45 minute time blocks beginning at 8:00am

Reserve a spot by calling our offices at 723-2425

Please Note:
The Center will be closed:
Wednesday, 11/11
Thursday, 11/26
Friday, 11/27

YOUTH ACTIVITIES

CONSTRUCTION ZONE

Kids will be able to build, create and rebuild using Lego's, clay and stencils. We have all the supplies needed, just stop in to the construction zone and build, build, build.

Parent/Guardian supervision required at all times. Not an instructional program.

Limited to 20 participants.

Days	Time	Age	Date
M	8:30-9:30am	5 & Under	11/2-11/30

OPEN YOUTH SPORTS

This is an opportunity for kids to come in and play a variety of sports each week to promote a healthy lifestyle. Limited to 20 participants per session. Parent/guardian supervision required at all times.

Not an instructional program.

Day	Time	Age	Date
M	10:00-11:00am	6-13	11/2-11/30
W	10:00-11:00am	6-13	11/4-11/25
F	10:15-11:15am	6-13	11/6-11/27

CRAFT WITH MS. ROBYN

Kids can explore their creative side while making amazing projects! Ms. Robyn is well known for her creativity and enthusiasm. Your young one will have a blast exploring their artistic talents each week. Limited to 20 participants per session. All supplies provided.

Activity No.	Days	Time	Age	Date	Fee
YSOC013_009	M	10:00-11:00am	3 & Up	11/2-11/30	\$5 one time fee
YSOC013_010	M	11:00am-12:00pm	3 & Up	11/2-11/30	\$5 one time fee
YSOC013_011	W	10:00-11:00am	3 & Up	11/4-11/25	\$5 one time fee
YSOC013_012	W	11:00am-12:00pm	3 & Up	11/4-11/25	\$5 one time fee

WHEELS IN MOTION

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. Parent/Guardian supervision required at all times.

Limited to 20 participants per session.

Day	Time	Age	Date
Tu	10:00-10:50am	2-6	11/10-11/24
Thu	10:00-10:50am	2-6	11/5-11/19

COUNTING TO 10 WITH NATURE

This program is designed to introduce numbers in a playful way by incorporating outdoor learning activities, games and crafts for preschoolers.

Program Location: Sawyer Park
732 Long Pond Rd.

Activity No.	Days	Time	Age	Date	Fee
YSOC015	Tu	10:00-11:30am	4-8	11/10-12/1	\$5 one time fee

KIDDIE CLUB CRAFT

This program is designed for your child to use their imagination and create a simple craft project in a fun environment. All supplies provided. Parent/Guardian supervision required at all times. Limited to 20 participants per session.

Activity No.	Days	Time	Age	Date
YSOC002	Tu	10:00am-12:00pm	2 & Up	11/10-11/24

JR. HOOPS

A fun program for our young future basketball stars where they can shoot and play on our mini hoops. Must bring your own basketball. Not an instructional program. Parent/Guardian supervision required at all times. Limited to 20 participants.

Days	Time	Age	Date
Tu	11:00-11:30am	6 & Under	11/10-11/24

ULTIMATE FROZEN FRISBEE

Dress warm to come play ultimate Frisbee at Grandview Park.

Park Location: 255 Beechwood Rd

Participants must be dropped off and picked up from site. Limited to 20 participants.

Pre-registration required.

Days	Time	Age	Date
Tu	1:30-2:30pm	8 & Up	11/3-11/24

FALL BALL IN THE PARK

Fall is here and it's time to get to the park! This program will include different games such as:

- Capture the flag
- Dodgeball
- Pirate Ball
- Soccer

And many more as we get together and enjoy fall in the park!

Park Location: Basil Marella Park , 975 English Rd. Limited to 20 participants.

Pre-registration required. Participants must be dropped off/picked up.

Activity No	Days	Time	Age	Date	Fee
YSOC016	W	12:30-2:00pm	6-13	11/4-11/25	\$5 one time fee

ALL KINDS OF PAINTING

Each week will consist of a different style of painting. Brush painting, finger painting, fruit/veggie painting and more. Bring your imagination and we'll supply the rest! Not an instructional program. Parent/Guardian supervision required at all times. Limited to 20 participants.

Days	Time	Age	Date
Thu	9:00-10:30am	6 & Under	11/5-11/19

INDOOR CARNIVAL GAMES

Enjoy music and different games every week.

Parent/Guardian supervision required at all times.

Limited to 20 participants. Not an instructional program.

Days	Time	Age	Date
F	9:30-10:30am	6 & Under	11/6-11/20

KICKIN' IT KOLD

Kickball in the "kold" of fall. Participants will meet at Carter Park to play. Participants must be dropped off and picked up from site. Pre-registration required.

Limited to 20 participants.

Park Location: 1281 Long Pond Rd

Days	Time	Age	Date
F	1:30-2:30pm	8-13	11/6-11/20

Braddock Bay Raptors in the Park & Walking Tour

Wednesday, November 18

11:00 AM -1:00 PM

OPEN TO AGES 4 & UP

MEMBER COST: \$5 PER CHILD

REGISTRATION LIMITED TO 30 CHILDREN

Join us for a raptors presentation and a walk around the park to hawk watch.

Please Note: Parent/guardian supervision required at all times.



PROGRAM LOCATION:

Braddock Bay Pavilion
199 E. Manitou Rd

Activity No. FSOC003

Pre-Registration required for all activities

Limited space available

Online registration can be found at: www.bit.ly/greeceonlinereg

Find Us  'greece parks and recreation'





Scavenger Hunt Series

Activity No. FSOC004

Open to All Ages

Member Cost:

\$2 per child, per scavenger hunt

Join our staff from Greece Parks and Recreation as we go on scavenger hunts! Work together as a family and find the items listed and return your answers for a fun prize!

Camera and/or smartphone will be required.

Parents must stay and participate.

Limited to 30 children per scavenger hunt.

Pre-registration required.

Friday, November 6

9:45-11:00 AM

A Family Autumn Scavenger Hunt

Location: Sawyer Park

732 Long Pond Rd



Friday, November 13

9:45-11:00 AM

Alphabet Hunt at the Park

Location: Basil Marella Park

975 English Rd



Friday, November 20

9:45-11:00 AM

Selfie & Nature Scavenger Hunt

Location: Basil Marella Park

975 English Rd



CORNHOLE TOURNAMENT

with chili & hot cocoa!

Activity No. FSOC005

FRIDAY, NOVEMBER 13

6:00-8:30 PM

OPEN TO AGES 10 & UP

MEMBER COST: \$5 PER PERSON

LIMITED TO 16 TEAMS (32 PEOPLE)

Join us for our 1st annual cornhole tournament! Our games will be played to regulation cornhole rules, but will have a 20 minute max. Stay warm with a nice cup of chili and some cocoa after playing!

**EVENT LOCATION: GREECE TOWN HALL PAVILION
3 VINCE TOFANY BLVD. GREECE, NY 14612**



FITNESS ACTIVITIES

Each class costs 1 activity credit. Credits can be purchased at the front desk. Participants must reserve a space for each class. This can be done by signing up at the class or calling ahead at 723-2425.

WALK THE BEAT/CORE FITNESS

This class offers some cardio through walking as well as a total body workout. The class will implement weights, weight bars, balance discs and stretching.

Benefits: Muscle Strength, Conditioning, Increased Cardio

Activity No.	Day	Time	Age	Date	Fee
AFIT015	M	9:00-9:55am	18+	11/2-11/30	1 Credit

GENTLE STRETCH & STRENGTH

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.

Benefits: Moderate to Severe Arthritic Joints, Increase Range of Motion

Activity No.	Day	Time	Age	Date	Fee
SFIT001	M/W/F	1:00-1:50pm	18+	11/2-11/30	1 Credit

STRENGTH & CONDITIONING

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

Benefits: To Increase Muscle Strength & Conditioning

Activity No.	Day	Time	Age	Date	Fee
AFIT009	Tu/Fri	9:00-9:50am	18+	11/6-11/24	1 Credit

CLASS CREDITS

Greece Resident Members	Non-Resident Members
16 Credits for \$15	16 Credits for \$20
33 Credits for \$30	33 Credits for \$40
50 Credits for \$45	50 Credits for \$60

HATHA YOGA

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.

Benefits: Tight/Tense Muscles, Increases Range of Motion

Activity No.	Day	Time	Age	Date	Fee
AFIT006	Tu	6:00-6:45pm	18+	11/10-11/24	1 Credit
AFIT006	W	9:00-9:50am	18+	11/4-11/25	1 Credit

ABC'S OF FITNESS

This class will creatively focus on exercises for the arms, glutes and overall core.

Benefits: Increase Strength & Muscular Endurance.

Activity No.	Day	Time	Age	Date	Fee
AFIT012	W	8:15-8:50am	18+	11/4-11/25	1 Credit

STRETCH & TONE

The Stretch & Tone class will be a class that uses weights and weight bars to increase strength for the entire body while taking extra time to stretch and increase the flexibility and range of motion of the participant. We will use floor mats to work the core.

Benefits: Tighten/Tone Muscles, Muscular Strength, Condition

Activity No.	Days	Time	Age	Date	Fee
AFIT013	Thu	9:00-9:50am	18+	11/5-11/19	1 Credit

THERA-STRONG

This fitness class will give you the tools necessary to: increase strength, work on range of motion and increase cardio. Please Note: This class includes the use of a resistance band.

All equipment provided.

Activity No.	Days	Time	Age	Date	Fee
AFIT014	Thu	1:00-1:45pm	18+	11/5-11/19	1 Credit

Let Nature be your Gym



Check out all our fitness classes and see how they keep you feeling better no matter the weather!

ADULTS 55+

Participants must call 723-2425 to reserve a space, up to one week in advance for all activities.

OPEN WOOD CARVING

Experienced carvers and curious beginners are all welcome to drop in and get carving. Please provide your own tools. Limited to 8 participants

Day	Time	Age	Date
M	9:00-11:00am	18+	11/2-11/30

NEEDLEWORK GROUP

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! Limited to 12 participants.

Day	Time	Age	Date
M	9:00am-12:00pm	50+	11/2-11/30

BINGO

Limited to 18 participants.

Day	Time	Age	Date
M	9:30-11:00am	18+	11/2-11/30
Thu	9:30 -11:00am	18+	11/5-11/19

COMMUNITY TABLE TENNIS

All levels of play are welcome. Limited to 24 participants.

Day	Time	Age	Date
M	12:00-2:00pm	14+	11/2-11/30
Thu	3:00-6:30pm	14+	11/5-11/19

OPEN SEWING

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. Limited to 12 participants.

Day	Time	Age	Dates
Tu	9:30am-2:30pm	50+	11/17

COMMUNITY PICKLEBALL

All skill levels welcomed. No instruction provided. Max of 12 participants per session. Please Note: Participants can only sign up for one session per week. Pre-registration required.

Day	Time	Age	Dates
Tu	12:00-1:20pm	18+	11/17-11/24
Tu	1:40-3:00pm	18+	11/17-11/24
Tu	3:20-4:40pm	18+	11/17-11/24

PROJECT LINUS

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

Limited to 12 participants.

Day	Time	Age	Date
W	9:00am-12:00pm	18+	11/4

OPEN LINE DANCING

Listen to your favorite tunes and dance amongst friends. Limited to 30 participants.

Day	Time	Age	Date
W	11:30am-12:30pm	18+	11/4-11/25
F	11:30am-12:30pm	18+	11/6-11/20

SENIOR SHOOT AROUND

This program was designed specifically for our senior population looking to get back on the court to shoot some hoops. Must bring your own ball. Limited to 20 participants.

Day	Time	Age	Date
F	1:00-3:00pm	55+	11/6-11/20

ADULTS CONT'D

Participants must call 723-2425 to reserve a space, up to one week in advance for all activities.



GRAB AND GO MEALS FOR SENIORS

Each day, prepackaged meals are available for seniors 60+.

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 during pickup.

Participants must call 723-2425 to reserve a meal.

Monday, November 2: Chicken Sausage w/Peppers and Onions

TUESDAY, NOVEMBER 3: ELECTION DAY, NO LUNCH

Wednesday, November 4 : Square Fish

Thursday, November 5: Sandwich

Friday, November 6: Baked Chicken

Monday, November 9: Quiche

Tuesday, November 10: Sandwich

WEDNESDAY, NOVEMBER 11: CLOSED, NO LUNCH

Thursday, November 12: Sandwich

Friday, November 13: Meatballs

Monday, November 16: Chicken Breast

Tuesday, November 17: Sandwich

Wednesday, November 18: Black Bean Burger

Thursday, November 19: Sandwich

Friday, November 20: Pulled Chicken

Monday, November 23: Pulled Pork

Tuesday, November 24: Sandwich

Wednesday, November 25: Turkey Ham

THURSDAY, NOVEMBER 26: CLOSED, NO LUNCH

FRIDAY, NOVEMBER 27: CLOSED, NO LUNCH

Monday, November 30: Beef Riblet



ADAPTIVE REC

Friends & Fun Social

Thursdays, January 7-March 11

5:00-6:30 PM

Ages 14 & Up

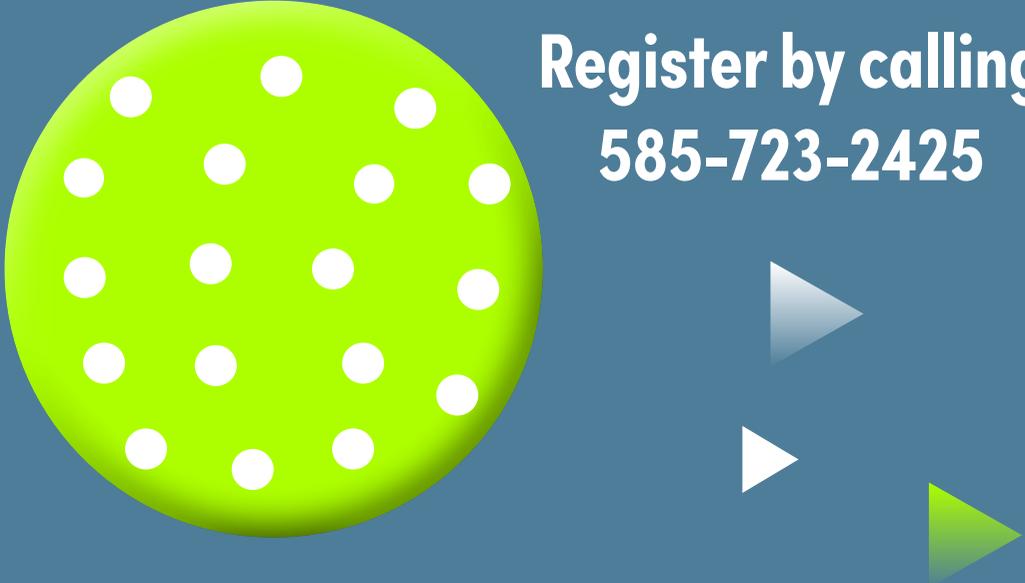
Member Cost: \$45 per person

*Registration for Next Session Begins
Thursday, December 3*

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.

Activity No. FNFS001_12





Register by calling
585-723-2425

INDOOR PICKLEBALL CHALLENGE

Tuesday, November 10

12:00-4:00pm

MEMBER COST: FREE

DOUBLES

ROUND ROBIN FORMAT

OPEN TO 16 PLAYERS (8 TEAMS)

SIGN UP AS A TEAM

CHOOSE YOUR OWN PARTNER

Challenge Location: Greece Community Center Indoor Pickleball Courts

3 Vince Tofany Blvd. Greece, NY 14612

Questions? (585) 723-2425