

PERINTON

Recreation & Parks



November 2017 E-Newsletter

Turkey Jam

Give back to your community and get a great workout! Before you sit down with family and friends and eat a delicious Thanksgiving meal, make your first stop the Perinton Community Center for a free workout. Our doors are open from 8:00am - 10:00am for free use of the fitness area/weight room and walking track. We will also have free classes including Yoga, Move It, Zumba, group exercise, and water aerobics. All we ask is for you to bring non-perishable food items to be donated to the Perinton Food Shelf. [Please visit the Perinton Food Shelf website to see what their most urgent needs are.](#) All participants will receive a free t-shirt provided by Wegmans while supplies last.

GVPT

Did you know that Genesee Valley Physical Therapy holds PT sessions at the Perinton Community Center? They are located in Room 213 and specialize in land and water physical therapy. Although you can be referred to them by a doctor, they can also provide direct service in which you do not need a referral and can set up an appointment directly through them. Their regular hours at the PCC are:

Mondays - 2:00 - 5:00pm Tuesdays - 9:00am - 1:00pm
Wednesdays - 4:00 - 7:00pm Thursdays - 9:00am - 1:00pm

We invite you to a free presentation sponsored by GVPT on Rotator Cuff Injuries on November 29 at 6:30pm. Dr. Matthew Bessette from Rochester Community Orthopaedics will be on hand to educate the public on the diagnoses, management and treatment of these injuries. GVPT will be available to discuss their services as well. Pre-registration for this seminar is required by calling 671-0850.

The Park Bark

Memorials & Dedications

The parks of Perinton are full of memories from laughing on playground to hiking adventures. Several park amenities are available for your family members to remember a loved one or a company inquiring about a dedication. Elaborate benches, newly planted or mature trees from the Center Park Orchard are just a few ways to honor our community members. Please visit the [parks section of our website](#) for further information.



Welcome Paul Kelly



Paul Kelly

We welcome Paul Kelly to the Perinton Recreation and Parks team as our Aquatics Lifeguard Lieutenant. Paul will be helping oversee classes, lessons, and working closely with our lifeguard staff. He graduated from SUNY Brockport with a Bachelor of Science in Recreation and Leisure Studies with a concentration in Recreation Management. He also serves in the New York Army National Guard. Paul lives in active lifestyle and enjoys lifting weights, hiking, and socializing with friends.

Contact Us

For more information, call or visit:
Perinton Recreation and Parks Department
1350 Turk Hill Road
Fairport, NY 14450

(585) 223-5050 www.perinton.org



December Preview

12/1 - Mouse Paint Red, Yellow and Blue!

12/2 - Brunch with the Grinch

12/5 - Festive Chocolate Barks

12/5 - Stained Glass Holiday Ornaments for Beginners

12/8 - Teen Party at PCC

12/9 - Polar Express Pajama Party

12/10 - Family Ornament Day

12/13 - Fall Swim Lesson Bash

12/14 - Preschool Adventures: The Gingerbread Man

12/14 - Music, Craft, and Fun!

12/15 - Gaga Game Nights

12/15 - The Animals' Santa

12/15 - Intermediate Origami



Peri's Program Pick

11/3

Colors, Shapes and Cut Paper, Oh My!
(fall brochure pg. 9)

Special Events

11/22 - Pools and Pie Night! (fall brochure pg. 25)
A fun night featuring swimming in the Aquatic Center followed by a smorgasbord of pies.

11/24 - Turkey Jam (fall brochure pg. 4)
A free workout on Thanksgiving morning, please bring a bag of non-perishable food to donate to the Perinton Food Shelf.

Preschool

11/3 - 12/15 - Animated Adventures (fall brochure pg. 9)
Learn about animals through acting like them

Youth & Teen

11/18 - Baking Buddies "Cookies in a Jar" Holiday Giving (fall brochure pg. 21)
Make and take Cowboy Cookies and learn how to put in a jar for gift giving.

Adult

11/6 - 11/20 - Crochet at Noon (fall brochure pg. 43)
Pick up a crochet hook and join us to learn or re-learn how to crochet.

Aquatics

11/6 - 12/18 - Stroke Clinic (fall brochure pg. 25)
Enhance your strokes and learn technique to continue lap fitness.

Parks & Nature

11/18 - Wintry Container Garden (fall brochure pg. 6)
Make a winter pot featuring evergreen branches and berries.

55+ Programming

11/21 - Museum Monday: Strong Museum of Play
Bring out your playful side at "the strong" and spend time in the butterfly garden

[View our 55+ Website page for more information.](#)