A portion of Penfield’s Independence Day Celebration was impacted by the record rainfall we have seen this spring and early summer. The parade had to be cancelled after a successful 25-year run; “mother nature” had other plans this year. Many residents have asked me about a make-up or rain date. As you may imagine, communities throughout the region compete for the same participants and entertainment, making it practically impossible to coordinate a rain date with all groups. We look forward to starting a new 25-year run next year without rain! All the activities at Harris Whalen Park went according to plan featuring music by “Dang” and “Dog House,” great food, bounce houses for the kids, and a fantastic fireworks display. I would like to recognize Penfield Recreation staff for their hard work to make this event so successful…thanks team for all your effort despite the foul weather at the beginning of the day.

At this time of year I like to remind residents of the critically low levels of blood supplies in our community. During the summer, vacations and other activities conflict with donation appointments for many regular donors, but the need remains constant. Please consider joining the American Red Cross at their next Penfield event to be held Monday, July 15 at the Browncroft Community Church, 2530 Browncroft Blvd from 1:00 to 6:00 p.m. Call Rhonda at 586-0930 to schedule your appointment. For more information on donating and a listing of available sites, please log on to www.redcrossblood.org. And remember…the need is constant, the gratification is instant, give blood!

Stay current and up-to-date with Penfield Recreation’s E-News. Once a week you can receive the latest news and updates from our Recreation Department. Learn about new programs and upcoming events. Be one of the first to know what’s going on! To sign up for this newsletter, please visit www.penfieldrec.org today.

What is going on with all this talk about social media? What’s this Facebook everyone is talking about? All you have to do is develop a personal profile, add others as friends, then you’re “liked” —what’s going on? Relax, PenRec can help! On Saturday, July 20 we are introducing a new program entitled “Getting Started on Facebook.” This two-hour program from 10:00 a.m. to 12:00 p.m. will help you get started. We will walk you through the basics including privacy settings and common “netiquette,” answer your questions, and provide time for one-on-one help. You’ll be Facebooking and enjoying it before you know it! Log on at www.penfieldrec.org to sign up.

The Penfield Trails Committee will be hosting two upcoming hikes. The first is at Abraham Lincoln Park on Saturday, July 13 from 9:00 to 11:00 a.m. Explore the ups and downs of this county park from wooded uplands to the bay shore trail connections. Meet at the end of Smith Road cul-de-sac off Empire Blvd. The second hike will be held at Ellison Park on Saturday, August 10 from 9:00 to 11:00 a.m. Discover the off-beat pathways that reveal the natural vistas carved by 10,000 years of Irondequoit Creek flow. Meet at the south entrance, 1008 Penfield Road. Both hikes are free, please pre-register at www.penfieldrec.org. No pets are allowed on these hikes, and be sure to wear appropriate footwear (hiking boots/shoes).

Our Employee Wellness Committee asked me to remind residents that walking 10,000 steps a day will help to lower the risk of developing heart disease, stroke, Type 2 diabetes, high blood pressure, and breast cancer. Walking also helps prevent weight gain, reduces depression, and improves cardio-respiratory and muscular fitness. Get WALKING!

Until next week, I hope to see you out in our great community!

Tony
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