ARTS/CRAFTS

Great Handmade Cards

In a world of texts and emails, there is nothing that shows someone you really care like a hand-written card. And if the card is hand-made, then it becomes a real treasure. We will make ten cards (five each of two designs). These cards will be made using high quality card stock, stamped images and embellishments. Please bring a pair of scissors and your favorite paper-craft adhesive. Envelopes provided and the class is open to all levels.

#232410-C 5/22 - Masculine Birthday Cards
Tu - 6:30 - 8:30 PM
Penfield Community Center
Maureen Ward, Stampin' Up!
Fees: $22.00
Registration began 1/3

Introduction to Pen and Ink

Explore the many textures and techniques of this bold medium and learn how to make your drawings come to life. Learn how to combine photographs to create portraits of those you love - child, friend, or pet. Bring a photo that inspires you to class.

#332455-A 7/21
Sa - 9:00 AM - 12:00 Noon
Ages 12 - Adult
Fee: $35.00
Instructor: Kristina Hutch Matthews
Penfield Art Center 2131 Five Mile Line Rd
Materials to bring: set of pigma micron pens and Bristol paper. View instructor's work on-line at www.kristinahutchmatthews.com

Kid-Themed Birthday Cards

No more rushing around at the last minute to try to find a birthday card for a child's birthday party! Join Maureen as you make ten Birthday cards in designs sure to delight the children in your life (five each of two designs). Cards will be made using high quality card stock, stamped images and embellishments. Please bring a pair of scissors and your favorite paper-craft adhesive. Envelopes provided and the class is open to all levels.

#332410-A 6/26
Tu - 6:30 - 8:30 PM
Penfield Community Center
Maureen Ward, Stampin' Up!
Fees: $22.00

Painting and Drawing

Art starts with desire! Come find the artist in you. Learn to paint. Choose your own medium (oil, ink, watercolor, pastel, pencil, or acrylic). Plan for a fun-filled adventure. Watercolor supplies provided for the first class. Beginners always welcome.

#332460-A 6/18 - 8/13 (no class 8/6)
M - 9:30 AM - 12:00 Noon (8 classes)
Penfield Community Center
Martha Sweeney
Fee: $64.00

EDUCATION

AARP Driver Safety Program

Designed for the mature licensed driver to: tune up driving skills, update knowledge of age-related physical changes & adjust driving for these changes. Upon completion, participants may receive up to a 10% multi-year discount on auto insurance & DMV may allow up to a 4-point reduction. You will develop a greater appreciation of driving challenges!

#343455-A 6/12 & 6/14
Tu & Th - 9:00 AM - 12:00 PM (2 classes)

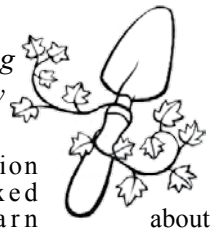
#343455-B 7/24 & 7/26
Tu & Th - 9:00 AM - 12:00 PM (2 classes)

#343455-C 8/21 & 8/23
Tu & Th - 9:00 AM - 12:00 PM (2 classes)

Penfield Community Center
AARP Instructor
Fee: $17.00 AARP member / $19.00 non-member

Checks only, payable to AARP

Backyard Food



Grow Your Gardening Knowledge Month by Month

A monthly discussion series in a relaxed atmosphere. Learn about growing organic vegetables and fruit, building a home-made compost bin and creating your own compost, or set up a new edible garden you can be proud of! Hot topics and "to-do's" with Garden Coach Jarmila Haseler, owner of Gardening Roots.

#331053-A 5/15
Fee: $18.00
Early and mid May gardening activities will be discussed. Follow up on indoor seedings, setting out the seedlings, using the plastic cloches for the growing season early start; pest and weed control will be the main topic. Q&A session included.

#331053-B 6/12
Fee: $18.00
Early June and mid June topics include growing warm-loving herbs and vegetables like eggplants, tomato, basil, cucumbers, zucchinis and melons. Proper watering techniques, crop rotation and succession seeding will be discussed. Q&A session included.

#331053-C 7/10
Fee: $18.00
Topics such as vegetable seeding for the fall harvest, mid-season compost application, hot and drought tolerant annuals, planting the cover crop in the bare spot of your garden, and much more to improve the look and productivity of your garden will be discussed. Bring your gardening questions along for a garden chat in a relaxed atmosphere.

#331053-D 5/15, 6/12, 7/10
Fee: $45.00

Tu - 7:00 - 8:00 PM
Penfield Community Center
Jarmila Haseler, owner Garden Roots Designs

Dog Obedience Classes

Puppy Kindergarten

Start your puppy's training off right! This eight-week class is the start to your puppy's socialization, focus and basic training. Your instruction includes housebreaking, problem solving, body language and the start to your beginning obedience commands. This class is open to dogs eight weeks to six months old. The first class is a discussion on class orientation, diet, exercise, behavior problems, crate training, and socializing…PLEASE DO NOT BRING YOUR DOG TO THE 1st CLASS.

#355850-A 6/11 - 7/30
M - 6:30 - 7:30 PM
Fee: $90.00

Beginner Dog Obedience

This eight-week class gets down to business with the basics. Teach your canine friend how to take you for a walk without dragging you around. Together you will learn how to focus your dog and all the basic commands "sit," "down," "stay," and "come." This class is for dogs six months and older. The first class is a discussion on class orientation, diet, exercise, behavior problems, and socializing, etc…PLEASE DO NOT BRING YOUR DOG TO THE 1st CLASS. Proof of vaccinations needed.

#355850-B 6/11 - 7/30
M - 7:30 - 8:30 PM
Fee: $90.00

All dog classes held at the Penfield Community Center courtyard located just beyond the Recreation entrance on the north side of the building. Instruction by KB Dog Training. Questions, contact Kathy Boone at 880-5746.

Red Cross - Adult & Pediatric First Aid/CPR/AED

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies. They will also learn how to perform CPR and care for breathing and cardiac emergencies in adults, infants and children, plus how to use automatic external defibrillators. Training meets OSHA Guidelines for First Aid Programs and combines lecture, interactive video demonstrations featuring emergency scenarios that are likely to occur in a variety of environments, and hands-on training to teach participants lifesaving skills.

6/4 & 6/11 (must attend both classes)
OR
7/9 & 7/16 (must attend both classes)

M - 6:00 - 9:00 PM (2 classes)
Penfield Community Center
American Red Cross Staff
Fee: $110.00
Note: To register for this course, call the American Red Cross at 1-800-RED-CROSS (1-800-733-2767) or register on-line at www.redcross.org

American Red Cross

Red Cross - Adult CPR/AED

Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults, plus how to use automatic external defibrillators. Training meets OSHA Guidelines for First Aid Programs and combines lecture, interactive video demonstrations featuring emergency scenarios that are likely to occur in a variety of environments, and hands-on training to teach participants lifesaving skills.

8/13
M - 6:00 - 9:00 PM
Penfield Community Center
American Red Cross Staff
Fee: $70.00
Note: To register for this course, call the American Red Cross at 1-800-RED-CROSS (1-800-733-2767) or register on-line at www.redcross.org

FITNESS, HEALTH & WELLNESS

Active Yoga

Yoga and life are a continuous flow of breath and energy. The focus of Active Yoga is on stretching and strengthening the body, and improving balance and mental clarity as we flow from pose to pose. Participants should bring their own mat and bottled water. Beginners welcome. Questions, call Marilyn at 787-9808.

***Free Trial Class!**
Monday, 5/7 - 6:00 - 7:00 PM*

#333850-A 5/14 - 7/30
(no class 5/28 & 7/2)
M - 6:00 - 7:00 PM (10 classes)
Penfield Community Center Gym
Marilyn Kerstjens, Breathe Yoga 200 Hour Training Certified & YogaFit Level 1 Certified
Fee: $80.00

Boot Camp with Phil

45 minutes of a total body workout! This class will include running drills, steps, weights and bands. You do have the option to just use your own body weight! You will meet three times a week for 6 weeks.

#333805-A 7/10 - 8/18 (18 classes)
Tu & Th - 5:15 - 6:00 PM & Sa - 8:00 - 8:45 AM
Penfield Fitness & Racquet Club,
667 Panorama Trail West
Phil D'Angelo
Fee: $99.00

Cardio Hoop

NEW

When was the last time you loved your workout? Give Cardio Hooping a try and you'll have a blast while burning 400-600 calories per hour. You'll learn the basics of moving with the hoop to tone your entire body. Adult cardio hoops make it easy for anyone to join in the fun of hooping. (Hoops are provided for the class & are also available for purchase.) Questions, call Lara at 755-3265.

***Free Trial Class!**
Wednesday, 5/9 - 6:00 - 7:00 PM*

#333810-A 5/16 - 8/1 (no class 6/13 & 7/4)
W - 6:00 - 7:00 PM (10 classes)
Penfield Community Center
Lara Haase, Certifed Hoopnotica Instructor
Fee: $65.00

Gentle Yoga

This class will provide stretching, strengthening and creating balance within the mind and body. The class will include instruction on proper alignment, proper breathing and relaxation techniques. Non-aerobic. Participants should bring their own mat and block, strap and towel or blanket.

#333870-A 6/15 - 8/31
(no class 6/22, 7/13, 7/27, 8/3)
F - 11:00 - 12:00 Noon (8 classes)
Penfield Community Center
Carrie Herscovici, Certified Yoga Alliance
Fee: $67.00
Instructor: Carrie Herscovici has Yoga Alliance certification. Carrie has studied Yoga for over 17 years. She studied with Dr. Senthil Kumar, Seane Corn, Baron Baptiste and Matthew Reyes. She has more than 1000 training hours and is the owner of Prana Yoga in Fairport.

Get Fit With Fun

Join a co-ed, mixed level, low impact aerobic class emphasizing stamina, strength, endurance, flexibility, balance and coordination. Classes given by Anne Freitas, ACE & SFA certified. Questions - call Anne at 746-7807.

#333840-A/B/C 6/5 - 7/26

Tu & Th - 8:30 - 9:45 AM
PCC - Gym - 6/5 - 6/21

Tu & Th - 8:30 - 9:30 AM
PCC Community Room - 6/26 - 7/26

Fee: 8 classes - $56.00 - #333840-A
12 classes - $78.00 - #333840-B
16 classes - $96.00 - #333840-C

Noontime Workout

If mid-day works for you, join this 45-minute lunchtime workout that targets all the major muscle groups using the latest fitness techniques. Interval circuit training gives you a cardio & weight training workout all at the same time!! This class will meet 3 times a week for 5 weeks. Free child care available.

#333824-A 7/9 - 8/10
M, W & F - 12:05 – 12:50 PM (15 classes)
Penfield Fitness & Racquet Club,
667 Panorama Trail West
PFRC Personal Trainers
Fee: $99.00 per session

Water Classes - Pre Natal Aqua & Exercise Class

Please see page 11 in the aquatic section for complete program details.

Personal Training Package

Get started on your fitness goals the right way! Our professional staff will evaluate your fitness level. This three-visit package includes: One 90-minute fitness consultation and two 60-minute personal training sessions. Appointments available mornings, afternoons, evenings, and weekends. When you register, please indicate your time preference and we will contact you by phone to schedule your first visit. Questions - call 586-7777.

#333826-A - indicate date/time preference
Penfield Fitness & Racquet Club, 667 Panorama Trail W.
PF&RC Certified Personal Trainers
Fee: $79.00; offer good for non-members only, once per year, 23 years and older

Pilates Mat Class

Pilates is a method of body conditioning developed over 70 years ago by Joseph H. Pilates. The focus is on simultaneously strengthening and stretching the core muscles (abs, back and hips) to develop a strong, supple balanced body. The goals are to increase core muscle strength and flexibility, improve posture and muscular balance and relieve stress. Non-aerobic. Participants should bring own mat. All levels welcome.

#333865-A 6/19 - 8/21
(no class 7/31 & 8/7)
Tu - 6:00 - 6:50 PM (8 classes)
Penfield Community Center
Rhonda Flint, Certified IMX Pilates
Fee: $64.00

Saturday Low Impact Aerobics

Join a co-ed low impact aerobic class emphasizing strength, endurance, flexibility and balance. Please bring a mat to class. Questions - call Sandy at 671-1562.

#333830-A 6/16 - 8/4
Sa - 10:15 - 11:15 AM (8 classes)
Penfield Community Center Gym
Sandy Leiser Sanzotta
Fee: $40.00

Yoga Sculpt

A challenging class that allows the participants to create a new mind and body with awesome exercises combined with traditional poses. The familiar Yoga positions combine with moves that sculpt muscles, target endurance, improve balance and increase flexibility.

#333823-A 7/8 - 8/12
Su - 10:30 - 11:30 AM (6 classes)
Penfield Fitness & Racquet Club,
667 Panorama Trail West
Maeghan Perry
Fee: $69.00

ZUMBA!

Zumba

Looking for a workout that feels more like a party? Zumba is an international dance and fitness program that anyone and everyone can participate in. This program incorporates Latin styles of dance as well as Samba, Hip Hop, African, and so much more. No dance experience necessary and new exercisers are welcome. Sarah Gorton has been a professional Zumba instructor for the past three years, and is passionate about the Zumba program. Come join in and follow along or do your own thing; and as a bonus you can burn up to 800 calories an hour!

#333860-A 6/18 - 8/27
M - 6:20 - 7:10 PM (no class 7/2)
Penfield Community Center
Sarah Gorton
Fee: $58.00 (10 classes)

Zumba Gold

Zumba is the fastest growing dance/aerobic craze around! And Zumba Gold is specifically designed to take the exciting Latin and International dance rhythms in original Zumba and bring them to the active older adult, the beginner participant, and other special populations who may need modifications for success. This explosive program is low impact, easy to follow and guaranteed to provide the participant with a safe and effective total body workout! Women and men of all ages enjoy Salsa, Cha Cha, Merengue, rock & roll, and more and burn calories at the same time. "Ditch the workout and join the party!" Questions - call Glenda at 770-8754.

***Free Trial Class!**

Wednesday, 6/20 - 8:30 - 9:10 AM*

#333890-A 6/27 - 8/15 (no class 7/4)
W - 8:30 - 9:10 AM (7 classes)
Penfield Community Center
Glenda Bondy, Certified Zumba Instructor
Fee: $35.00

Senior Exercise - Arthritis Foundation Exercise Program

A low-impact exercise program designed especially for Seniors. Exercises done at a relaxed pace, many from a seated position. Instructors trained by the Arthritis Foundation specifically for this program. Class will be instructed by Jean Bell, RN.

#343870-A 6/12 - 8/7 (no class 7/3)
Tu - 10:30 - 11:30 AM
Fee: $38.00

#343870-B 6/14 - 8/9 (no class 7/5)
Th - 10:30 - 11:30 AM
Fee: $38.00

#343870-C 8/21 - 10/9
Tu - 10:30 - 11:30 AM
Fee: $38.00

#343870 -D 8/23 - 10/11
Th - 10:30 - 11:30 AM
Fee: $38.00

8 classes each session
Penfield Community Center

RECREATION & SPORT

Bushido Kai Judo

Bushido Kai (www.bushidokai.net) is organized for males and females ages 10 years old thru adults. Classes are taught by certified instructors, black belts and others. This martial art is taught as a sport, yet is also good for self-defense. Many members participate in local, regional, and international tournaments, and have won numerous awards. Uniforms are required and can be rented for $10.00 and a deposit check (see instructor at 1st class).

#335020-A 7/9 - 8/15
M & W - 7:15 - 9:15 PM
Penfield Community Center
12 classes
Chief Instructor - 2008 Pan Am Gold Medalist Heiko Rommelmann, Jr.
Fee: $50.00 (Family Rate: $38.00 per additional family member - Course #335020-B)

Soccer League for Women

There will be a women's soccer league on Saturdays in the fall. Registration begins in early August. Call the Recreation Department for details.

Adult Tennis Instruction

Beginner to Advanced Beginner

These adult tennis classes are designed for the individual who has had limited or no tennis instruction. Basic grips, technique, and shots are covered. Drilling, as well as point play, are used to help in the learning process. All lessons are supervised by Mark Banford, a top level and experienced tennis instructor, along with his staff.

#339294-A 6/28 - 8/16
Th - 5:30 - 7:00 PM (8 classes)

#339294-B 6/30 - 8/18
Sa - 9:30 - 11:00 AM (8 classes)

Ages 18 yrs and over
Veterans' Memorial Tennis Courts
Fee: $146.00 (8 classes)

IF YOU HAVE ANY QUESTIONS PLEASE CALL
Mark Banford at 585-233-8196 or banford55@gmail.com

Intermediate to Advanced

We'll spend time gaining a higher fitness level through drills with instruction in match play tactics in both singles and doubles.

#339295-A 6/27 - 8/15
W - 5:30 - 7:00 PM (8 classes)
Ages 18 yrs and over
Veterans' Memorial Tennis Courts
Fee: $146.00

Volleyball

Intermediate Co-ed Play

Competitive play for experienced players - focusing on defensive skills and advanced plays. Limited enrollment.

#339610-A 6/14 - 8/16 (no class 8/9)
Th - 7:45 - 9:45 PM (9 classes)
Penfield Community Center Gym
Marcia Orlandini
Fee: $38.00

Golf for 50+

Executive Course at Shadow Lake. Foursomes will accommodate both men and women players - foursomes arranged by starter prior to tee-off. Please remember to indicate a ***separate course*** # for EACH golf date you wish to participate in on your registration form. You will receive a confirmation letter.

TIME: First TEE Time out 7:30 AM, Last TEE Time out 8:15 AM
Ages 50 and over
Fee: $7.00 per golf date
Tuesdays

COURSE:	**#344450-A**	**6/19**
COURSE:	**#344450-B**	**6/26**
COURSE:	**#344450-C**	**7/10**
COURSE:	**#344450-D**	**7/17**
COURSE:	**#344450-E**	**7/24**
COURSE:	**#344450-F**	**7/31**

Beginner Golf

A perfect way to get introduced to the game! Join us at Shadow Pines Golf Club as we focus on full swing mechanics and putting. This class will provide you with the fundamentals to get on the golf course with confidence!

#334455-A 5/31, 6/7 & 6/14
Th - 6:00 - 7:00 PM (3 classes - small groups)
Shadow Pines Golf Club, 600 Whalen Road
Mary Lynne DiFolco, PGA Professional
Fee: $90.00 per class (includes practice balls, equipment if needed, instructional materials and a playing pass at Shadow Lake Executive Course)

Golf - Sharpen Your Short Game

Are you a golfer looking to lower your scores? Join us at Shadow Pines for a short game clinic! Session includes instruction and drills on putting, chipping, pitching and sand play. Learn all the essential shots to lower your scores.

#334450-A 7/25, 8/1 & 8/8
W- 6:00 - 7:00 PM (3 classes - small groups)
Shadow Pines Golf Club, 600 Whalen Road
Mary Lynne DiFolco, PGA Professional
Fee: $90.00 per class (includes practice balls, equipment if needed, instructional materials and a playing pass at Shadow Lake Executive Course)

Intermediate Golf

Have you been golfing for a while and need to sharpen up your game? Well, join us at Shadow Pines for this class! We will go back to basics with an emphasis on swing mechanics, wood play, short game skills and overall course management.

#334455-B 6/20, 6/27 & 7/11
W - 6:00 - 7:00 PM (3 classes - small groups)
Shadow Pines Golf Club, 600 Whalen Road
Mary Lynne DiFolco, PGA Professional
Fee: $90.00 per class (includes practice balls, equipment if needed, instructional materials and a playing pass at Shadow Lake Executive Course)

VAN TRIPS

Note: van outings depart on time, so please arrive 10 minutes early.

Bully Hill Vineyards

Drive the country roads and enjoy a day at Bully Hill overlooking Keuka Lake. Time for wine sampling, tour the Cooper Shop, Greyton H. Taylor Wine Museum and Walter S. Taylor Art Gallery, and plenty of time to browse the gift shop. Oh yes, don't forget lunch in the restaurant with a great view. Lunch and wine sampling on your own.

#349447-A W - 8/22
Depart Community Center 9:00 AM
Return 5:00 PM
Fee: $18.00

Sodus Bay

Tour the Sodus Bay Lighthouse Museum then on to Captain Jack's Good Time Tavern on Sodus Bay for lunch. Museum admission fee included - lunch on your own.

#349448-A W - 6/27
Depart Community Center 10:30 AM
Return 3:00 PM
Fee: $12.00

Bristol Harbour

Take a senic drive along Canandaigua Lake for lunch at the Lodge at Bristol Harbour resort - lunch on your own.

#349449-A W - 7/25
Depart Community Center 10:30 AM
Return 3:00 PM
Fee: $10.00

Skaneateles Lake Cruise

Enjoy a day's outing in Skaneateles, NY. Spend some time browsing the shops and then lunch on your own at one of the fine eateries. Board the Emita II for an afternoon sightseeing cruise along the shores of Skaneateles Lake.

#349450-A W - 6/6
Depart Community Center 10:00 AM
Return 5:00 PM
Fee: $23.00

GENERAL INFO. & EVENTS FOR ADULTS 55+

Games for the Brain / Lunch

Exercise your mind, meet new people every Tuesday.

Tuesdays - Games for the Brain

(WE HAVE LUNCH AVAILABLE THIS DAY FOR ONLY $4)

The Tuesday Game Day has grown organically with folks just stopping by to see what's going on in the Community Room every Tuesday around 10:00 AM. People begin to drift in, grabbing a cup of coffee and then heading to a game table. What's going on is a variety of spirited games that are taking root from table to table. Some folks play cards, some play dominoes, quite a few have taken to scrabble and before you know it we have a room full of card-playing, domino-counting, word-creating fun! Stop by and join a table or start a new game on your own. There is always complimentary coffee, tea and hot chocolate, and if you stay long enough (most do), a homemade sit down lunch is served at noon for only $4. Registration is not required, but you must purchase lunch tickets at least 24 hours in advance at the Recreation office.

Transportation available this day - see below.

Tuesday Lunch

Each Tuesday, lunch will be available at the Penfield Community Center for the cost of $4.00. The Tuesday lunch will include a sandwich with a cup of soup or a salad. Lunch is served at 12:00 Noon. Orders and registrations for lunch must be received at least the day before. Registration forms as well as menus for "Tuesday Lunch" are available at the Community Center.

Tuesday Transportation - Free

Transportation to and from the Penfield Community Center is available on Tuesday mornings for 55+ adults who have no other means of transportation. Must make reservations by the day before the service is needed; subject to van availability. Space is limited.

Eldersource

Eldersource Care Management Services, a collaborative of LIFESPAN and Catholic Family Center, is a community intake, assessment and care management system. It features one telephone number entry into age-related services and professional social workers who guide older adults and care-givers through the complex long-term care system. For information call 325-2800. An Eldersource case worker will be at the Penfield Community Center the last Tuesday of every month.

Bridge

Contact Carol Lynch at 425-8601 or George Isgrigg at 402-6477 if you are interested in playing Bridge on Thursday mornings at the Penfield Community Center.

Penfield Rotary Band - Nels Carman Big Band Night

The first Tuesday of each month the Penfield Rotary Band will play two hours of your favorite big band sounds for dancing and listening.

Tuesdays - 5/1 & 6/5
7:30 - 9:30 PM
Penfield Community Center
Fee: $1.00 - Pay at the door

Free Blood Pressure Checks

by the Penfield Volunteer Ambulance every third Tuesday of the month in the Community Room, 11:00 AM - 12:00 PM.

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In order to further promote our programs, participants may be photographed or video taped during a program. If you do NOT want photos of those listed on the registration form, please contact the Recreation Office.

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