

From the Green

Community Newsletter



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We hope you had a wonderful holiday and you have a very happy New Year. Thank you for making Erie Station Village your home!

As the year comes to a close, it's time for the Winter Edition of "From the Green." So grab some hot chocolate (recipe inside), a cozyspot, and a few minutes to relax.

In this issue we discuss staying active all year long, how to make traditional hot cocoa, being part of the "season of giving," and much more.

As much as we love writing this, we would much prefer to hear from you! Want to start a book club? Advertise your business? Write an editorial? We are open to new content and ideas! Please feel free to email us or call us with content suggestions and contributions.

\$ TREASURE HUNT \$

Somewhere inside this newsletter is the name of one of our Erie Station Village staff, spelled backwards. Find it and let the office know who it is and we will enter your name in a drawing for a \$150 rent credit or a free professional cleaning!

- All entries must be received by 5:00PM on Friday, January 5, 2018.
- Drawing will be held on January 8, 2018 and the winner notified on the same day.

"Winter is a season of recovery and preparation."

-Paul Theroux

Winter Reminders..

- Be kind to your neighbors. Whether you're watching a movie or having a party, be aware that there are other people living next door.
- For you and your guests: If you have more than two cars, please park them in a place where there's ample space.
- For dog owners: Please remember to clean up after your dog. Forgetting in the winter leaves a big mess in the spring.
- If you are leaving for an extended period of time, DO NOT turn your heat off. This will prevent the pipes from freezing, which can potentially cause major property damage.
- If you have a real Christmas tree to dispose of, please put it in the green dumpster behind maintenance. If you put it in the trash room, it will not be taken.



A Few Words Your Concierge:

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell

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2017 has come and gone in a flash. Can you believe it?! With every new year, time seems to fly by a little faster. This rapid pace can make it hard to maintain healthy habits and stay committed to our resolutions. Still, taking care of ourselves is the best way to ensure our wellbeing and quality of life far into the future. One way to stay active at any age is to have the right resources in place. Here are some of the places near Erie Station Village where you can find fitness and recreation opportunities year-round, including during the winter months.

Henrietta Parks & Recreation

Their activities for children and teens are great, but their adult programming is a treasure trove of opportunities and new experiences. From community gardening and Tai Chi to sports leagues and Zumba, there's something for everyone at absolutely every fitness and ability level. Whether you want to meet new friends, learn a new skill, or find out what "Country Heat Live" is all about, the Winter/Spring Parks & Rec

brochure is worthy of a close read. Henrietta.org

Henrietta Senior Center

If you or your spouse is at least 60 years of age, you'll both enjoy access to all the programming offered by the Henrietta Senior Center. Their bustling calendar features an array of fitness, wellness, and social activities throughout each day, Monday through Friday. Incredible fitness programs, nutritious meals, and health services make it one of the best Senior Centers in the County. Daily transportation is available to and from the center. Henrietta.org

Midtown Athletic Club

Located on Highland Drive in the city of Rochester, Midtown is a stunning facility that's as much a community center as it is a gym. Midtown houses the largest racquet sports complex in New York State and includes amenities like a pool, hot tub, full-service spa, tennis lessons, café, and much more. Whether you prefer group exercise, aquatics, yoga, or personal training, Midtown has what it takes to meet your wellness

goals. With your Erie Station Resident VIP Perks card, you'll receive an exclusive 14-day complimentary trial membership and discounted joining fee. Midtown.com

Our Very Own Fitness Center

One of the best perks of living at Erie Station Village is our private, 24-hour fitness center, conveniently located in the clubhouse. The gym features both R E M M I Z Y M A cardio and weight-training equipment. Even if you don't have time to do a full hour on the treadmill or elliptical, recent studies have shown that weight-training (at any weight level), combined with smaller doses of cardio, is extremely efficient and beneficial. Any exercise is better than none, and there's no better way to feel good (physically and mentally) than by staying in shape. It doesn't get any closer to home! ErieStation.net

Still suffering from cabin fever and need more ideas? Please contact us at (244-2040 / ESVconcierge@gmail.com) Happy 2018!

Ways To Give Back This Season..

'Tis the season of giving, and like every year, we are faced with wanting to do more for our community and maybe not knowing how! Here are some suggestions on how to give back this season.

What do you get for the person who has everything? Instead of getting someone something they don't need, consider giving a donation to a charity in their name. There are plenty of charities to give to and choosing something important to them could mean more than another sweater.

Consider donating presents you don't want. We have all been there -- you come home from the holidays with a present or two that aren't quite right, and they end up living in the back of your closet. This year, consider setting aside a box for things you don't want and donating them. There's a Goodwill on Jefferson Road just minutes from Erie Station Village.

Every year, the Hillside Family of Agencies runs their Special Santa program, which collects and gives gifts to kids in Hillside programs, as well as to their siblings. Now is the perfect time to donate, but they accept gifts all year long -- they'll save donations for the holidays. Special Santa is looking for many different items, not just toys. For a full list of ideas and how to donate, visit the link below!

www.hillside.com/special/santas/

There are also many ways to donate your time. When you think of volunteering, you may picture reading to children or cooking at the local shelter, but there are other ways to help by putting your own unique skill set to good use. Below are some websites to help guide you to local volunteer opportunities!

www.volunteermatch.org

www.rochestercares.org

www.allforgood.org



**YUM!
Here's a delicious recipe for the cold winter months!**

Homemade Hot Chocolate:

Ingredients (6 Servings):

- 2/3 cup natural, unsweetened cocoa powder
- 1 1/3 cup sugar
- 1/8 teaspoon salt
- 2/3 cup water
- 6 cups milk
- 1 teaspoon vanilla extract

1. In a 4-quart saucepan, whisk together the cocoa powder, sugar, salt, and water. Stirring constantly, bring this mixture to a boil. Simmer for 2-3 minutes, moderating heat, if needed, so it doesn't burn.
2. Stir in the milk and vanilla and heat until very warm without boiling or simmering. Serve immediately.
3. Garnish with a candy cane, if desired!

Source:
www.melskitchen.com/homemade-hot-chocolate/

Don't Forget About "Me Time"

In the hustle and bustle of the holidays, it's easy to put yourself and your own needs on the back burner. Here are some ways to fight the post-holiday blues.

Schedule time for yourself. It's so easy to over-schedule ourselves. Penciling in specific times for self care is a good way to ensure you get the time you need.

Taking a class can be a great way of committing yourself to a block of time. With lots of local options it's easy to do. With a simple Google search, you can find dozens of local yoga and exercise classes. If you want to work your brain out, the Rochester Brainerly offers a variety of classes -- from DIY soaps to history lessons, they have it all. (You can always call the ESV Concierge for ideas at 585-244-2040!)

Not taking on too much. Many times we get stuck in a pattern of saying "yes" to everything and thinking we have more time in the day than we do. Learning to say "no" or asking for help can keep us from getting overwhelmed.

And as always, a big "thank you" to our wonderful maintenance team,

**Lester Green
Dale Hitchcock
Fred Johnson
Kari Krieger**

Next time you see them, make sure to say "thank you!" They work hard all winter to make sure you're comfortable.



“I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again.”

Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass



**Have a happy New
Year and a lovely
winter!**

-The Staff at Erie Station Village

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