



# From the Green

Your Erie Station Village  
quarterly update...

## Table of Contents:

**Welcome** · Page 1

**A Few Words from Your Concierges** · Page 2

**Winter Reminders** · Page 2

**VIP Spotlight** · Page 3

**Recipe** · Page 4

**FAQs** · Page 4

## Treasure Hunt:

Somewhere inside this newsletter is the name of one Erie Station Village staff member, 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 5:00 PM on **Friday, January 3rd**.

The drawing will be held on **Monday, January 6th**, and the winner will be notified on the same day.



## Hello, Neighbor!

It's that time of year again -- snow on the ground, icicles hanging from the rooftops, frosted windowpanes, and fleece sheets for those cold winter nights. All that, cold, ice, and snow means it's time for the winter addition of From the Green. In this issue we will be introducing a new section, providing recommendations for winter-friendly activities, and sharing a recipe your loved ones will be asking for again and again, along with some

friendly reminders from the team at Erie Station Village.

Is there something special you'd like to see in From the Green? Submit a book recommendation, recipe, op-ed, or restaurant review! We'd love to hear from you. If you have something to share with your neighbors, please call, email, or stop by the office and let us know. This is your community and your neighbors want to hear from you!

# A Few Words from Your Concierges...

Even though the days are short and cold, staying active, spending time with friends and family, and taking yourself out for a date is easy with so many fun things to do in Rochester!

## GET OUTSIDE!

Rochester is full of lovely parks and trails that are perfect for snow shoeing, cross country skiing, or simply hiking on sunny days. Tinker Park is just around the corner from ESV and it's the perfect place to do all of the above. They offer snowshoe and cross-country ski rentals during the winter months. Rentals for skis and snowshoes are three dollars each (cash only) and rentals are available Tuesday through Saturday 9am-3pm, as long as there are at least four inches of snow on the ground. For more outdoor activities and parks, visit <https://cityofrochester.gov>.

## OR STAY INSIDE!

Prefer the indoors in subfreezing temperatures? Go see a movie and support local businesses. Rochester is home to two amazing local theaters,

Cinema (<http://cinemarochester.com>) and The Little Theatre (<https://thelittle.org>). Both theaters feature indie films, throwback viewings, and much more! Really missing summer? Head over to the Lambertson Conservatory. Located in the heart of Highland Park, the conservatory offers a much-needed break from the cold in the form of hundreds of species of plants, all nestled together in a warm greenhouse. Interested in taking a class to refine a skill or try something new? Check out the Brainerie in the City. The Brainerie offers classes on everything from an introduction to mindfulness and meditation to learning to make your own empanadas. Whatever you want to learn this season, the Brainerie has something for you!

If these happenings aren't enough **to fill your calendar, call or write your concierges at 244-2040 or [ESVconciierge@gmail.com](mailto:ESVconciierge@gmail.com).**

Stay Updated by Liking Us on Facebook!

[www.facebook.com/eriestationvillage](http://www.facebook.com/eriestationvillage)

## Reminders

- Please keep your thermostat set at 55° F if going away during the winter time.
- All cars should be registered with the office and have a parking pass on their side window.
- When getting rid of a real tree, please pile in the corner of the trash room and landscapers will take care of it.
- Please remember to pick up after your dogs.
- All personal items should be kept off of patios and walkways to make snow removal easier for the maintenance staff.
- To help keep our community safe and well-lit, please take a moment to notify the maintenance staff if you notice any lights out.
- Change parking spots during snow storms so maintenance can properly remove snow from all areas.
- The maintenance staff works hard all winter to keep our walkways and parking areas plowed, shoveled, and salted. Make sure to thank them when you see them out!



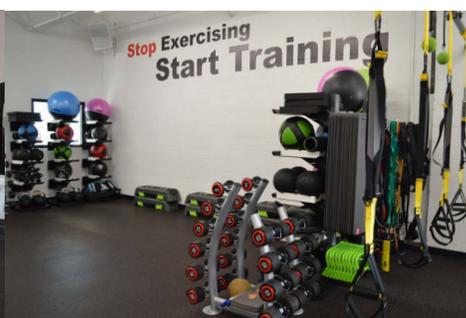


## VIP SPOTLIGHT: ISLANDFIT

Starting now, and in each issue going forward, we'll be highlighting one of the businesses included in our VIP program! If you're new to ESV or want to learn more about the benefits of our VIP program, here are the basics. Every year, dozens of local businesses offer special discounts and offers to ESV residents – just for living here! Want to order a pizza? Looking for something to do on a Saturday? Interested in finding a new nail salon? Our VIP program may have just the right business and special offer for you! Printed guides are handed out at the beginning of each year, or upon move in, but you can always find it online at [ErieStation.net/VIP](http://ErieStation.net/VIP)

Our first VIP spotlight features IslandFit. New Year's resolutions often relate to better health, losing weight, gaining strength, and living a healthier life – but most people aren't sure where to start. IslandFit specializes in unique cycling and High Intensity Interval Training (HIIT) classes and is offering a *two-week unlimited pass to all ESV residents*. Their studio is just up the road at 80 Commerce Drive, with classes both before and after the work day. They also offer ample parking, spa-like showers and locker rooms, and hydromassage therapy.

IslandFit is owned and operated by founder Eke and his wife Claudette. Their mission is simple: to provide each individual with the opportunity to exceed their fitness expectations. If you're thinking "these classes are above my fitness level," think again! IslandFit welcomes all skill levels; the only prerequisite is a desire to challenge oneself.





## Oven Roasted Brussel Sprouts

**Everyone at the potluck  
will thank you!**

### Ingredients

- 1 1/2 lbs brussel sprouts (trimmed & halved)
- 2 tablespoons olive oil
- 1/3 cup parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Directions

- Heat oven to 425 degrees. Very lightly spray a cookie sheet with cooking spray.
- In a bowl, combine brussel sprouts (that have been halved and ends trimmed) with the remaining ingredients regierk irak. Toss together to coat all the brussel sprouts.
- Spread onto the cookie sheet making sure they are not touching.
- Cook for 16-18 minutes. Serve immediately.

<https://togetherasfamily.com/oven-roasted-parmesan-brussel-sprouts/>



## Happy Holidays...

We hope you have a joyful holiday and a  
happy New Year!

-The Team at Erie Station Village

## FAQs

**Am I allowed to have a live Christmas tree in my apartment?**

Yes, just remember to keep the tree well-watered to help reduce flammability! No real candles, please. When it comes time to dispose of the tree, please use a tree disposal bag or something of that nature to prevent pine needles from littering common areas. When getting rid of a real tree, please pile the corner of the trash room and landscapers will take care of it.

**I am going home for the holidays and would like to keep my utility bills as low as possible. Is it alright to turn my thermostat off?**

No, we don't want the water pipes to freeze or rupture, causing considerable damage to your and your neighbors' homes! PLEASE keep your thermostat set at 55° F if you're going to be away during the winter time.

**“If we had no winter,  
the spring would not  
be so pleasant: if we did  
not sometimes taste of  
adversity, prosperity would  
not be so welcome.”**

**Anne Bradstreet**



Phone: 585-334-6870

Fax: 585-334-6938

Email: [esv@eriestation.net](mailto:esv@eriestation.net)

[www.eriestation.net](http://www.eriestation.net)