



From the Green

Your Erie Station Village
quarterly update...

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Treasure Hunt:

Somewhere inside this newsletter is the name of an 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, July 3rd**.

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



Hello, Neighbor!

As many of us emerge from the safety of our homes this summer, we encourage our neighbors to practice gratitude, kindness, and love for all people, both in our backyard and beyond. Building a stronger community starts with reaching out and listening. While the future is full of unknowns, helping one another and rallying around our community leaders, neighbors, and local businesses is a sure way to make a positive impact. At Erie Station Village, our priority is to serve our residents, staff, and the community to the best of our ability and to help keep everyone safe, happy, and healthy.

As always, we love sharing updates and insights with you, but it's you we're really interested in hearing from. Heard about something unique happening in Rochester this summer? Discover a new hobby during quarantine that your neighbors might enjoy? Feeling passionate about a topic or issue that you'd like to see covered? Email or call with your ideas and we will do our best to share them on social media or publish them in our next issue!

“Seek first to understand, then to be understood.”

Stephen Covey

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www.facebook.com/eriestationvillage

A Few Words from Your Concierges...

We love seeing how resilient and creative Rochester's local businesses and residents have been as they adjust to the current health crisis, and continue to serve their customers or find joy in the simple things.

Exploring Rochester's Waterways

Summertime in Rochester is truly a thing of beauty. And even with social distancing recommendations there are plenty of activities and opportunities to enjoy nature. For instance, Rochester is just a stone's throw away from many picturesque waterways. From the parks along Lake Ontario, to the rivers that run through Letchworth, and nearby lakes like Silver, Conesus, and Canandaigua, there is a summer's worth of nature to behold. Take a canoe or kayak out on the crystal clear water. Walk along the beaches, dip your toes in, and pack a picnic. Collect driftwood, rocks, or sea glass for a DIY project or memento.

Drive-in Theater

Just a short drive from Rochester resides

the Vintage Drive-In in Avon, displaying a variety of double features almost every night this summer. Pack up some blankets, lawn chairs, and some loved ones, and take a drive down memory lane – reserve your spot anytime for just \$15 dollars! Day-of admission is \$9.99 for adults, \$5.99 for kids, and anyone under 4 is free. If you'd like to bring your own food, you will just be asked to buy a food permit (\$8.00) at the door.

Comedy (is still) at the Carlson

Comedy at the Carlson has kept their customers laughing by instating a drive-in comedy experience. Enjoy your favorite acts from the comfort and safety of your own car. Tickets are \$20-\$35 dollars per person, depending on the night of the week and act. Patrons are kindly asked to remain in their cars and not litter. All shows are 21 and over and tickets can be purchased online at www.carlsoncomedy.com.

As always, if you're looking for more ideas or a specific type of activity, don't hesitate to contact your **Erie Station Village concierge at 585-244-2040 or ESVconcierge@gmail.com**.

Reminders

- There are still some Phase III garden plots available!
- Certain items cannot be disposed of in the trash room. Please discard large items in the outside dumpster and leave things like furniture outside of the fence around the dumpster. Tires and hazardous waste – like paint and oils – are to be properly disposed of by residents. If you are not sure where to take something, call or email your ESV Community Concierge (585-244-2040 / esvconcierge@gmail.com) for some tips!
- Please be courteous to your community and neighbors by being alert when you drive through ESV. By going the speed limit, stopping at stop signs, and being aware of pedestrians, we can all help to keep ESV safe.
- Parking spaces closest to our apartments and townhomes are reserved for residents, and the number of spaces allotted to each unit varies by floorplan. There is a three-car limit for three-bedroom units; all other floorplans have a two-car limit noloC refinneJ. When you have guests, please ask them to park away from buildings (the far side of the lot that is not next to the units, or on the street) to leave as much space as possible for residents.
- To help spread joy throughout our community, one of your neighbors has placed 21 small "message" stones in and around the Village. Make it a game with your kids to find and read all 21 messages, or just enjoy them while you're out walking your dog. Look high, look low – you never know where you might find one. Feel free to relocate them to keep the search fresh for other residents!





Neighbor 2 Neighbor

A Home Workout Your Neighbors Won't Mind

It's difficult to stay fit, healthy, and strong when you're social distancing inside your apartment or townhome. Here's a 30-minute, total-body routine that will target every major muscle group, giving you a home workout your neighbors won't mind. It's low-impact and involves static holds and bodyweight-only moves for an effective and quiet workout. Complete three sets of the following circuit:

- **Plank (30- to 60-second hold)** Warm up your muscles and hone in on your core with a strong plank. Hold for 30 to 60 seconds without compromising your form. For an added challenge, balance your hands on a medicine ball or basketball.
- **Air Squat (20 reps)** The keys to a good squat are keeping your feet hip-width apart, bending your knees and pushing your backside down and out. Try to keep most of your weight in your heels. Make sure your knees never go past your toes. If you have a bed, couch, or coffee table that's low to the ground, get your backside to touch the surface during each squat, before standing up.
- **Tricep Dip (15 reps)** Use your bed or couch for tricep dips. Start by sitting on the edge, keeping your hands just outside your hips. Lift your body up, and walk your feet out until your knees are above your heels. Bend your elbows at a 90-degree angle, lowering your hips to just above the floor, then press your body back up. Add a 1- to 2-second hold at the bottom of the exercise to make it more difficult.
- **Lunge with Hold (10 reps per leg)** Alternating legs, take a big step forward with one foot and lower yourself straight down so that same knee stays over the top of the foot. Hold for three full counts before returning to the starting position, then switch legs. Add some weight to your lunges with a pair of dumbbells or a few cans of soup.
- **Superman (15 reps)** This simple core exercise puts you face down on the floor with your arms and legs extended. With your core engaged, lift your arms and legs up toward the ceiling, forming a "U" with your body. Hold for three counts when fully extended before lowering back down. Try increasing the length of the hold with each round.
- **Russian Twist (15 reps per side)** Keep your core engaged by sitting on the ground, bending your knees, leaning slightly back, and lifting your feet a few inches off the ground. With arms out front and hands clasped together, rotate as far as possible to the right, allowing arms, shoulders, and eyes to follow. Extend as far as possible and then quickly change direction and follow the same movements. This is a good exercise to add some weight to as well.
- **Glute Bridge (15 reps)** Lie face up with your knees bent and hands at your sides, palms down. Raise your hips until your body forms a straight line from your shoulders to your knees, holding for at least two seconds. Slowly lower your behind back down to the ground. Try holding the pose for longer each round or straightening out one leg at a time.

Source: <https://greatist.com/move/quiet-home-workout#exercises>

Getting a new pet?

There's no denying the joy and companionship that pets can provide – we're so happy for you! Just a friendly reminder that there are weight and breed restrictions, as well as additional fees, so please be sure to alert the staff at Erie Station Village of any new furry friends that will be living with you.



Pool Updates

Please check your email for updates on the pool opening; as soon as we have information on reopening, you will know!

Thank you for your continued patience and understanding.

STRAWBERRY SPINACH SALAD WITH POPPY SEED DRESSING

One of our favorite things about springtime is the opportunity to add more fresh fruits and vegetables to our plates. Lush greens, colorful fruits, and bittersweet vinaigrettes all make a for a delicious salad selection. Stock up on seasonal fruits and veggies at the grocery store or the farmer's market to brighten up your average salad.

Dressing

Ingredients

- 1/4 cup extra virgin olive oil
- Finely grated zest of 1/2 lemon
- 2 tablespoons fresh squeezed lemon juice
- 1/2 tablespoon Dijon mustard
- 1/2 tablespoon honey
- 1/2 tablespoon poppy seeds
- 1/4 teaspoon fine sea salt (less if using table salt!)

Directions

To make the dressing, whisk all dressing ingredients together until smooth.

Salad

Ingredients

- 3 tablespoons almonds (chopped)
- 1 pound strawberries (rinsed, hulled, and sliced)
- 1 medium cucumber (washed and sliced)
- 10 oz. bag baby spinach
- 1 handful fresh mint leaves (washed and dried)

Directions

To make the salad, carefully toss all salad ingredients

Source: <https://www.savorynothings.com/strawberry-spinach-salad-with-poppy-seed-dressing/>



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