



# From the Green

Your Erie Station Village quarterly update

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## 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.

Contact us with the answer at 585-400-8432 or [esv@eriestation.net](mailto:esv@eriestation.net) by **Thursday, July 11th**.

The drawing will be held on **Friday, July 12th** and the winner will be notified on the same day.



## Hello, Neighbor!

The summer season has arrived and so has the new issue of From the Green! This issue features fun upcoming events in the Rochester area, a delicious recipe for chicken tacos, our guide on ways to exercise in the pool, and more!

# ROC Spots

It's finally summer, which means Rochester is jam-packed with fun and exciting events coming up. Here are just a few happenings to add to your summer to-do list!

## Henrietta Summer Concert Series

Henrietta's summer concert series at Veterans Memorial Park continues this year with **six great concerts that are FREE!** The series kicks off July 12th with the best of rock, country, and blues from Keys to the Caddy and concludes on August 16th with classic rock, blues, and Motown from Feedback Band. All concerts are on Friday evenings from 6:30 – 8:30PM. For the complete schedule and information, visit [henrietta.org/community](http://henrietta.org/community) and select entertainment.

## Pick Your Own Strawberries

Did you know that Gro-Moore Farms grows over seven different varieties of strawberries? Did you even know that there were more than one kind of strawberry? Neither did we! But this summer you can pick your own at Gro-Moore Farms located at 736 Rush Scottsville Road. Not only are strawberries a delicious treat, but they are also healthy for you. The field is now open! Each year, Gro-Moore announces which berries are ready to be picked on their website. Check it out here: [gromoores.com](http://gromoores.com).

## Birdsong Fairy Trail

This summer, take a stroll through Mendon Ponds Park's Birdsong Fairy Trail. You will discover Fairy Houses, Troll Holes, airtop eener, and Tree Bridges. This unique park and trail will make you believe you walked into a mystical forest land. In the park and trail, you may come across a gregarious bunch of birds that will eat right out of the palms of your hands; carry some bird seed with you to feed them. Visit [myhikes.org/trails/birdsong-fairy-trail](http://myhikes.org/trails/birdsong-fairy-trail).



# Community Reminders

- The pool is now open seven days a week from 10:00 AM – 8:00 PM. It may be closed at certain times due to weather, lifeguard availability, and chemical treatments. If the white flag is hanging, it means the pool is open! Residents are welcome to bring up to two guests per visit with a valid guest pass. See the Leasing Office to get yours!
- Please help keep our grounds looking beautiful by cleaning up after yourself and your dog. There are doggie stations throughout the community to dispose of pet waste.
- When driving through the community, please maintain a safe speed and watch for children, neighbors walking their dogs, etc. The speed limit is 25 miles per hour.
- All cardboard products should be broken down for recycling.
- If you have a new vehicle, please register it with the Leasing Office.
- Thinking about getting a new dog? Please contact the Leasing Office for breed restrictions and fees.
- We still have a few garden plots available! Call the Leasing Office for more information.

## VIP Program Spotlight: La Salon Bianca



Is it time for you to relax this summer? La Salon Bianca offers a wide range of spa services including facials, Hydrafacials, hair services, pedicures, manicures, and more! La Salon Bianca holds an A+ rating from the Better Business Bureau and is highly rated. Their goal is to offer the best salon services in Rochester to their clients while maintaining the highest standards of customer care. The best salon experience is guaranteed thanks to their technical prowess and connections to industry pioneers.

The best part? As a VIP Program partner, Erie Station Village residents can get 20% off their service (up to \$25 value). Please note, this offer is only available to new clients and not valid with a senior or master stylist.

## Recipe Corner

### Chicken Tacos (makes 4 servings)

#### Ingredients

3 table spoons extra-virgin olive oil  
4 boneless skinless chicken breasts  
(cut into 1" strips)  
2 teaspoons chili powder  
2 teaspoons ground cumin  
½ teaspoon garlic powder  
¼ teaspoon paprika  
Kosher salt  
Freshly ground black pepper  
8 corn torillas

#### Toppings (optional)

Sour Cream  
Pickled Red Onions  
Diced Tomatoes  
Shredded Monterey Jack  
Diced Avocados  
Pico de Gallo  
Lime Wedges

#### Instructions

1. In a large skillet over medium heat, add olive oil.
2. Season chicken with salt and pepper, and add to skillet.
3. Cook until golden, about 6 minutes.
4. Add chili powder, ground cumin, garlic powder, and paprika to chicken and stir until coated, 1 minute more. If needed, add a little more oil or water to help spices coat chicken.
5. Heat tortillas up in the same skillet until slightly brown.
6. Add your chicken to your warmed tortillas. Load up your tacos with your desired toppings!

Source:delish.com



Neighbor 2 Neighbor:

# Train Like an Olympic Swimmer This Summer with These Pool Exercises.

**One of the most popular amenities at Erie Station Village is our inground pool. It's heated, private, overseen by experienced lifeguards, and beautiful. We also have showers, changing rooms, and restrooms, making it the perfect place to hang out on a summer day. This summer, you might use the pool as a location to work out in addition to just relaxing in.**

Working out in the pool isn't just for the Olympic swimmers. It's a fantastic way for anyone to get in shape. The water provides natural resistance, which can help build strength and endurance while making it easy on your joints. Plus, it's a refreshing change from the gym. Here are five simple yet effective exercises you can do in the pool to give yourself a full-body workout.

## Water Walking or Jogging

This exercise is perfect for warming up your muscles or getting a low-impact cardio workout. Start by standing where the water is about waist to chest high. Begin walking forward, swinging your arms naturally as you go. Make sure to keep your back straight and your core engaged. As you get comfortable, increase your pace to a jog. Try lifting your knees higher to increase the intensity. Continue walking or jogging for 10-15 minutes.

## Leg Lifts

This exercise is perfect for targeting your lower body, especially your thighs and glutes. The water adds resistance, making this exercise more challenging than it would be on land. Start by standing with your back against the pool wall for support. Slowly lift one leg straight out in front of you, keeping it as straight as possible. Hold for a few seconds. Lower your leg back down and repeat with the other leg. Do 10-15 lifts on each leg.

## Flutter Kicks

This exercise is a great way to work your core and legs simultaneously. They're often used in swimming training, but you don't need to be an athlete to benefit from them.

Start by holding onto the side of the pool with your arms extended and your body floating horizontally in the water. Keep your legs straight and start kicking them up and down rapidly, like a small, quick flutter. Continue kicking for 30 seconds to a minute, then rest and repeat 3-5 times.

## Arm Circles

This exercise will give your upper body a good workout too. Arm circles are a simple yet effective exercise to tone your arms and shoulders. Start by standing or kneeling in the water so that it's at shoulder height. Extend your arms straight out to the sides, keeping them at water level. Make small circles with your arms, moving them forward for 30 seconds. Switch directions and make circles backward for another 30 seconds. Repeat the sequence 3-5 times.

## Pool Planks

This exercise is a fantastic core exercise and doing them in the pool adds a fun twist. The water supports your body, making it easier on your joints while still challenging your muscles. Start by finding a pool noodle or a similar flotation device. Hold the noodle in front of you and extend your legs straight out behind you, so you're floating horizontally in the water. Engage your core and hold this plank position for 30 seconds to a minute. Rest and repeat 3-5 times.

**Exercising in the pool is a fantastic way to get a full-body workout while having fun and staying cool. Our pool is just one of the great amenities we have for residents at Erie Station Village. You can learn about the many others on our website!**

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