



## Recreation & Parks Update

### HEALTHY AGING IN PARKS

One of our National Recreation and Park Association's initiatives is "Healthy Aging in Parks." A growing body of research shows that regular physical activity through parks and recreation is an essential component of healthy aging. Regular physical activity improves physical function and provides social and mental health benefits that all contribute to an improved quality of life for older adults.

According to the 2008 Physical Activity Guidelines for Americans, older adults should get at least 150 minutes of moderate-intensity physical activity a week or 75 minutes of vigorous-intensity physical activity each week. Activities can take the form of aerobic (walking, biking, swimming/ water aerobics, jogging, gardening, golf and dancing) or muscle strengthening (use of exercise bands and hand held weights, Tai Chi, Yoga, etc.) and should spread across three or more days. To our aging adults: If you are not participating in our exercise-based programs at the Senior Center, give it a try or consider taking a nice walk in one of your parks. Stay tuned for an announcement about our Weekly Walking Program this spring.



Kevin E. Ocker  
*Chairman of the Board of Commissioners  
of Cultural and Recreational Affairs*

### TREE AND BENCH DONATION PROGRAM

From time to time over the years residents have contacted the Village requesting to donate a tree or install a bench in memory of a loved one. We are happy to provide the coordination for this program. Interested residents can contact the Department of Recreation and Parks at 516-465-4075 with their requests and to obtain information on the costs associated with this program.

### GARDEN CITY POOL OPENS JUNE 9TH!

It's never too early to start planning your visits to the Garden City Pool this summer! By early March, every household will receive our Pool application along with the "Splash" newsletter, which will highlight all the activities and events our community pool has to offer! Events such as "Party Under The Stars," movie nights and themed days enhance the overall experience for each member. New this year will be "Bonus Time," an extra week on the Pool schedule as well as an expanded early bird swim program. Join us as we enter our 62nd Pool season.



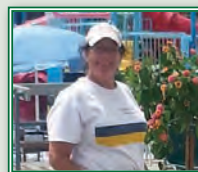
*Join friends and neighbors as the Recreation and Parks Department enters its 62nd Pool season.*

### HORTICULTURAL STAFF RETIRING

It is with regret that we announce the retirements of two very skilled employees within the Department of Recreation and Parks. Our Parks Maintenance Supervisor and certified arborist, Mike Didyk, has retired after 33 years of dedicated service with the Village. As a result of Mr. Didyk's efforts Garden City is known for its outstanding urban forest and tree-lined streets and has been recognized and granted the "Tree City USA" status for decades. Mr. Didyk worked with the Village Beautification Committee each year to implement horticultural practices and overall landscape beautification to the Village.



*Mike Didyk*



*Mari Hill*

In addition the Department is losing the talents of Mari Hill who has served the Village for 15 years. Mrs. Hill is well known as the "Pool Horticulturist" where each year she introduced new varieties of flowers, maintained the grounds to perfection and was loved by Pool members. We all thank these two outstanding employees for their service that resulted in the betterment of the Department and Village.

## UPCOMING SPRING PROGRAMS

Recreation and Parks offers a variety of programs for young and old each spring season. Program offerings and registration times can be found in the local papers and on our website, [www.gardencityrecreation.org](http://www.gardencityrecreation.org). Here are some programs available for the spring:



*The Department offers roller hockey clinics and leagues for Kindergarten through Adult.*

- Tennis for ages 4 through Adult. Participants are grouped by age and ability
- Roller Hockey clinics and leagues for Kindergarten through Adult
- Art for Youth and Adults
- After school Mad Science for Grades K-4
- Yoga for ages six through Adult
- Adult basketball, volleyball and soccer evenings
- PeeWee Sports for ages 4 and 5 in the early afternoons
- Spring softball leagues
- Recreation sports programs through US Sports Institute
- Senior bus trips
- Senior exercise
- Senior computer classes



*Senior computer classes are offered each spring.*

Please visit our office at 108 Rockaway Avenue, visit our website, [www.gardencityrecreation.org](http://www.gardencityrecreation.org), or call 516-465-4075 for information on any program. All programs are open to residents of the Village of Garden City.

## PROGRAMS FOR SPECIAL NEEDS ADULTS

Our newest events have been geared toward the Garden City population of special needs adults. Our Department has held two socials with wonderful participation for each! Future events and programs are being planned with the hope of offering monthly exercise, crafts and special events for our special needs residents. Special thanks to Enriching Special Adults, Inc. for sponsoring our first two events! For further information contact Sandy Young at 465-4076.

## RECREATION DANCE CONSERVATORY AND COMPANY

Recreation and Parks' Dance Conservatory Program is a shining example of how a quality program can be offered at a low cost to our residents. Under the direction of Ms. Felicia Lovaglio, the program has blossomed to include as many as 300 residents ages 3 ½ through adult. Our program begins in September and runs through the school year.

Ms. Lovaglio, adjunct professor of Dance at Adelphi University, incorporates various dance techniques in the program and is able to acquire the best talent from Adelphi to implement each dance level.

The Conservatory is a lesson-based program with no recital required in order to attend. For those students who would like a recital-based program, our Company offers additional rehearsal beyond the regular class culminating in a performance in June at Adelphi's Olmsted Theatre for an additional small fee. All are invited to see the performance. An adult performance group finishes our offerings with a fun, learning experience for any adult who has danced before or always wanted to learn! For more information or class offerings, please visit our website.



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## WEBSITE & FACEBOOK

Recreation and Parks' website and Facebook page is the way to go to find up-to-date information on our programs and events!

Our website lists everything our Department offers as well as rental venues, sponsorship opportunities and other items pertinent to our Village. You can also download brochures and print applications. Please visit our website at [www.gardencityrecreation.org](http://www.gardencityrecreation.org).

Our Facebook page "**Garden City Recreation**" is updated daily with current photos and information to help residents stay informed of our many events! Like us to get updates as they occur.

We now accept online registrations for our memberships and programs. In order to be able to use this feature, you must first visit our office at 108 Rockaway Avenue to verify residency. You will then receive a password to use anytime you want to register. All credit cards are accepted, except American Express.



## STRATEGIC PLAN

As the Department enters year three of Phase I of the Strategic Plan emphasis is now placed on the rehabilitation of our neighborhood park buildings. Upgrades to these buildings are being accomplished with a combined effort of in-house skilled staff and private sector contractors.



*Village staff is completing a full renovation of the interior of Edgemere Park's restrooms, including the installation of new tile board on the walls, new fixtures and lighting.*

Village staff is currently completing a full renovation of the interior of Edgemere Park's restrooms, including the installation of new tile board on the walls, new fixtures and lighting. As was completed at Stewart Field and Grove, the exterior of the Edgemere Park building will be painted and private contractors will install a new roof system. Also, existing tile floors will be refurbished by a vendor specializing in this work. The next interior building to be completed will be Grove Park. Ball field renovations continued with the completion of the Hemlock Park field.

Looking ahead to spring 2018 we anticipate construction to begin for the full replacement of the Community Park playground. This new "inclusive" playground will be totally accessible for all children. Renovation of the Field #1 infield at Community Park will be completed, including all new "Beam" clay, re-grading and irrigation for syringing.

## FACILITY RENTALS

It's never too early to plan your next event. Whether you are planning a birthday party or group event, or need space for a meeting or just looking to get together with family, friends or co-workers, consider renting one of our Recreation facilities!



*Our new Senior Center facility offers comfortable, climate controlled community rooms year-round at an affordable price.*

For additional information or to rent one of our facilities please call the Recreation Administration Office at 516-465-4075.

### **Senior Center on Golf Club Lane**

We are happy to announce that the Garden City Department of Recreation and Parks will now have its new Senior Center on Golf

Club Lane available for rental to residents. The south room of The Senior Center can be rented on a weeknight or on the weekends when not in use for a senior event.

Our new facility offers comfortable, climate controlled community rooms year-round at an affordable price from intimate meeting rooms that are perfect for smaller groups or business meetings to parties, christenings, family celebrations and so much more. Our facility also has a full commercial kitchen for your choice of caterer. Alcohol is permitted.

For a cozier setting, our senior center pool room with several big screen TVs would be perfect! No matter what size your function is our Center is the perfect space for you and your guests.

### **Miniature Golf**

We have a gorgeous mini golf course with twists and turns to excite players of all levels and ages! We offer a beautiful setting with a shaded picnic area and playground. This reasonably priced facility will provide great fun and memories that will last forever.

### **Community Park Clubhouse**

Our clubhouse facility is equipped with several big screen TVs and is adjacent to our tennis and platform tennis courts. The clubhouse is a great space for your next meeting or a spot to enjoy friends after a tennis match.



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### **St. Paul's Center**

This quaint venue is the perfect place for a small party, meeting or gathering. Conveniently located off of Stewart Avenue, guests and friends will enjoy any function you plan there.

### **Community Park Roller Rink**

Plan your next party at our Roller Rink located within the Community Park complex. The rink is located close to our Community Park Clubhouse and picnic area for partygoers to enjoy refreshments.

# **SPONSORSHIP OPPORTUNITIES AVAILABLE**

We would like to thank the following for their generosity in supporting our Recreation and Parks programs and facilities. Their support helps our Department by offsetting expenses associated with offering new programs and maintaining Recreation facilities.

Dr. Varano DDS  
Tarr Home Improvement Inc.  
La Bottega  
West Hempstead Animal Hospital  
Sportloft  
Connolly Clan  
Garden City Bistro  
B.K. Sweeney's Uptown Grille  
TCBY of 7th Street Garden City  
Play It Again Sports  
Phoenix Construction Solutions  
Bear Creek Country Kitchens

Seventh Street Gourmet Deli  
ANLO Property Services Inc.  
Avellino's Pizzeria and Catering  
Garden City Spirit Academy  
Covanta  
All Island Transportation  
Garden City Tent and Party Rentals  
Scala-Wisell International Inc.  
Sound Solutions Inc.  
Wells Fargo Advisors  
Denise I. Enma DDS  
Hengstenberg's Florist

National Land Tenure Company LLC  
Boccia Inc.  
Huntington Learning Center  
NYU Winthrop  
Village Pediatrics  
Maggiano's Little Italy  
The Garden City News  
Adelphi University  
Maccaro Orthodontics and Pediatric Dentistry  
Molly Biggane Foundation  
Grimaldi's Garden City  
Coal Brick Oven Pizzeria

Sponsorships are available for any company or organization interested in associating their name with all that Recreation and Parks offers. Sponsors are listed on our website, in our Pool brochure, on the Pool message board and on park signage. Special events can be sponsored with banners hung by the sponsoring company. They will also be listed in our quarterly newsletter reaching every home in Garden City. Sponsorship opportunities range from \$100 to \$3,000.

**Please call 516-465-4075 to find out about our sponsorship opportunities.**



**DEPARTMENT OF RECREATION AND PARKS**  
**108 ROCKAWAY AVENUE**  
**GARDEN CITY, NY 11530**

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