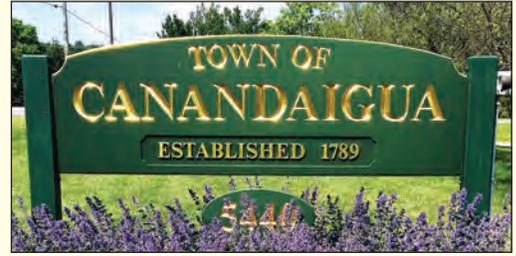


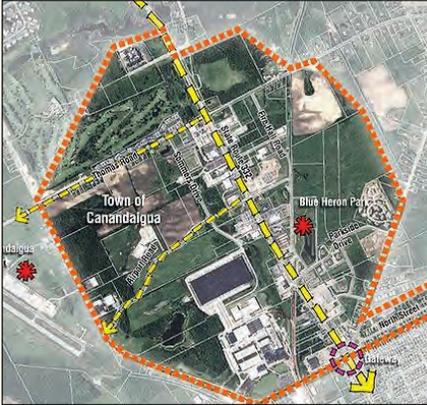
Town of Canandaigua News

April 2018

www.townofcanandaigua.org



Planning for the Future: Up and Coming in Uptown Canandaigua



At left, Uptown is considered to be the area which extends north from the City of Canandaigua boundary to Thomas Road and Emerson Road, and east to west from the Canandaigua Academy to the Airport. At right, Town Manager Doug Finch and representatives from Bergmann Associates and the associated consulting firms discussed concepts and development opportunities for Uptown at a public meeting on March 14th.

The Town has experienced rapid growth in recent years with well over 400 building permits issued annually (in some years over 600) since 2011.

Much of this development is in new housing and most of that is occurring in what has recently been called "Uptown." This is the area which extends north from the City of Canandaigua boundary to Thomas Road and Emerson Road, and east to west from the Canandaigua Academy to the Airport.

Uptown has been a topic of interest at recent Town events. On March 6, Town Manager Doug Finch led members of the Town Board Economic Development Committee, Town staff, Planning Board and Zoning Board of Appeals members, and representatives from the Canandaigua Chamber of Commerce on a bus tour of Uptown with several stops along the way at key locations including Blue Heron Park, the new apartment complexes on Parkside Drive and the Airport.

Doug discussed opportunities for mixed-use development (residential/office/retail) in Uptown, in addition to finding ways to improve connectivity between the side streets off State Route 332. Developers have become increas-



Airport Manager Jim Dolan speaks to Town and Chamber of Commerce representatives on the bus tour of Uptown on March 6th.

ingly interested in this part of town. With future improvements planned for the Airport, the time seems right to bring all involved parties together for a conversation about the future of the area.

Attempting to consider what Uptown should look like is a group of planners, engineers and economists led by

Bergmann Associates—the Rochester, N.Y., firm which was retained by the Town in December 2017—to develop a plan to improve transportation options in Uptown for all users including pedestrians, cyclists, and those who use other wheeled devices such as wheelchairs or strollers, etc., while also addressing the changing face of the area.

Currently, State Route 332 is the main north-south transportation corridor through Uptown. But the Town would like to see that changed, to some extent to improve movement along the connector routes.

The ultimate goal is to make Uptown a more functioning community with safe places for people to walk, bike, or roll between home, shopping, and work, and to have more access to the RTS bus routes.

Bergmann Associates is leading the effort on behalf of the Town with assistance from Steinmetz Planning Group, Camoin Associates and Ravi Engineering. The steering committee for the study includes representatives from the major constituencies in the region including the Town Board and staff, the

Continued on next page

Up and Coming in Uptown Canandaigua . . .

Continued from previous page

Planning Board, residents, business owners, City planning, County planning, the school district, the Airport, the New York State Department of Transportation and the Genesee Transportation Council (GTC).

The project is funded through the GTC with federal transportation planning funds.

The first of several public meetings was held March 14 at which residents were given an opportunity to provide their comments and to share their own vision for the future of Uptown Canandaigua.

Stay tuned for more opportunities to become involved and check out the project website:

www.uptowncanandaigua.com



Town staff, consultants and residents shared their comments and suggestions for economic development at the first Uptown public information meeting on March 14th.

Where's Your Curb Stop?

From Highway and Water Superintendent Jim Fletcher

Do you know what a curb stop is and where yours is located?

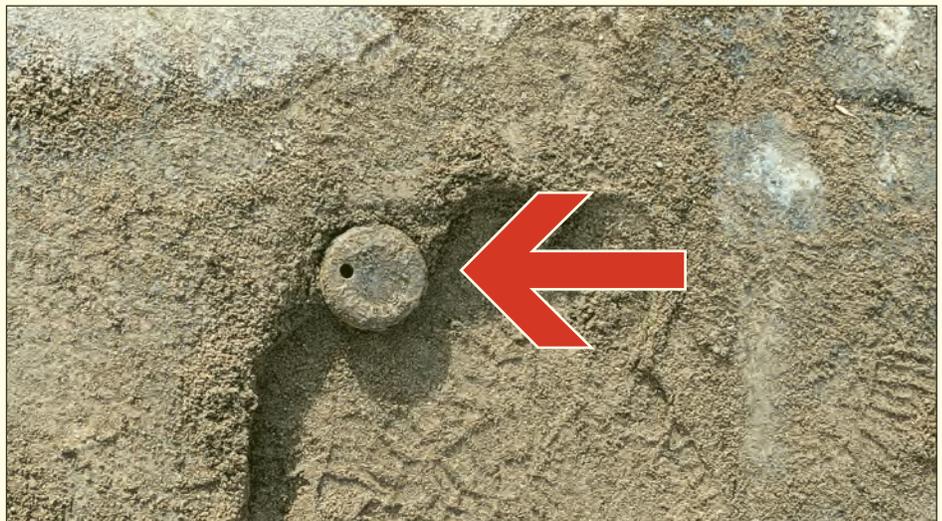
A curb stop is an outdoor water valve in the ground which is used to turn the water to your property on or off. It is important for the Town to be able to locate this valve if a water leak occurs in your home and you can't stop the leak.



The curb stop valve is also used if a water emergency occurs when you are not home.

Recently, the Town was called to a home which had a visible leak with water running out of the home when the homeowners were out of town. Crews were called to turn off the water, which could not be done immediately because the curb stop was paved over and was inaccessible. The asphalt had to be cut around the curb stop to gain access to the valve and shut off the water.

It is critical for property owners not to bury, pave over, or place rocks or other items atop the curb stop. These actions could prevent us from finding and easily accessing this valve when needed. A



Here's what a curb stop looks like from above. It's a black round valve cover with one or two holes. Town crews will remove the cover and insert a tool into the pipe below to reach the mechanism and shut off the water. Never cover the curb stop with dirt, blacktop or anything which would obscure it from view. If you don't know where yours is, call the Highway and Water Department for assistance, (585) 394-3300.

small leak can quickly cause a great deal of damage. It is important to shut off the water quickly.

If you are going to be out of town for an extended period of time, the Town will turn off the water to your home at no charge. If you don't know where your curb stop is, please contact us and we will assist you in locating it. **It is important to note that only the Town is authorized to operate the curb stop valve.**

Another safety concern is decorative landscaping around fire hydrants. This is not permitted in the Town for the reasons of safety and fire protection. In the event of an emergency, crews need to have unrestricted access to the hydrant. Tall grasses, small trees, rocks or other plantings or decorations must be kept a minimum of 20 feet from the fire hydrant.

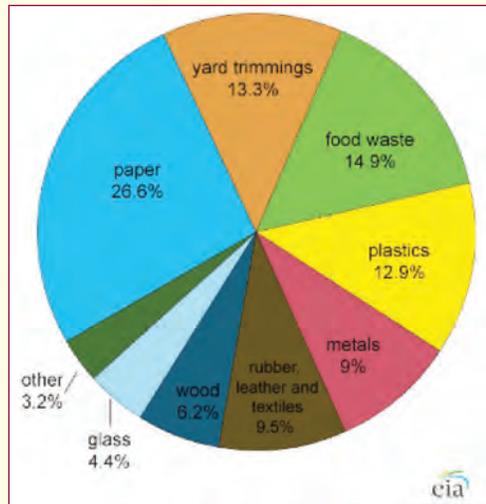


Natural Resource Protection News

From the Town of Canandaigua Environmental Conservation Board

Food Waste is an American Problem *and* a Town of Canandaigua Problem

Total Municipal Solid Waste (MSW) Generation in the United States by Type of Waste, 2014
Total = 256 million tons



Source: U.S. Environmental Protection Agency, "Advancing Sustainable Materials Management: 2014 Fact Sheet," November 2016

- > Freeze leftover meat and vegetables. Use them to make soup stock later.
- > Repurpose leftovers. For example, dry bread makes great croutons with just a bit of toasting.
- > Enjoy a leftover buffet night each week. The kids will love it.

Feed Hungry People

Donate to soup kitchens, food banks and shelters. Diverting just 15 percent of the currently wasted food in the USA would cut the number of food insecure Americans in half.

Feed Animals

Divert food scraps to animal feed. Chickens and pigs, in particular, are omnivores and will happily convert scraps to eggs or body mass.

Compost

Food waste can be composted into nutrient-rich sustainable soil additives.

Collect

Food waste collection programs are well established in many large cities such as San Francisco and Minneapolis in this country and are quite common in Europe. Vegetable peels, egg shells and food scraps are tucked into a specialized container for weekly municipal collection and composting or energy generation. If they can do it, so can we.

Sources: U.S. EPA, City of Minneapolis Food Waste Program, EcoMaine Community Food Waste Recycling

Waste Diversion and Recycling Become Ontario County Priorities

This is the second in a series of articles from the Town of Canandaigua Environmental Conservation Board and related organizations on waste diversion and recycling, which have become priorities.

In 2014, the Ontario County Board of Supervisors adopted the Local Solid Waste Management Plan with the goal of reducing the amount of solid waste generated in the County by 60 percent by 2024 in preparation of the closing of the Ontario County Landfill in 2028

Municipalities are now implementing initiatives to inform the public and encourage recycling. Please join this effort and watch for future articles.



Food waste is an American problem and a Town of Canandaigua problem.

The numbers are astonishing. The *most conservative* indicate that more than one third of the available food in

the United States is wasted each year. That wasted food is worth more than \$136 billion. Other surveys increase both amounts.

The waste doesn't end with just the food, of course. There are production and transportation costs, landfilling costs, methane gas production from decaying organics (methane gas is a 21-times-more-powerful greenhouse gas than CO₂) and the ongoing cost of monitoring emissions and leachate for decades after the landfill closes. We can and should do better than this.

Source Reduction

Source reduction is the beginning (this will also save money).

- > Plan menus.
- > Make a shopping list based on the menus, and stick to it.
- > Use food with the shortest shelf life first. Rotate older purchases to the front of the fridge.

Save the date!

Join the Environmental Conservation Board

Saturday, June 16, 2018

at the New Town Highway Facility Open House

Displays on Food Recycling, Composting and More

Canandaigua Farm Operators Working for Today, Planning for Tomorrow

From the Town Agricultural Advisory Committee

The protection of farmland and the embrace of our nation's agricultural tradition have been important community objectives in the Town of Canandaigua for decades. These were highlighted by the completion in 2016 of the Town's first Agricultural Enhancement Plan. The Plan was the culmination of two years of work by Town staff, residents, and LaBella Associates. Its key findings reported that:

- High quality soils suitable for farming are found in 75 percent of the Town's land area.
- 14,670 acres—41 percent of the Town's total land area—is being actively farmed.
- The Town consists of Prime Farmland: 13,008 acres (32.5 percent); Farmland of Statewide Importance: 8,846 acres (22.1 percent); Prime Farmland if Drained: 8,359 acres (20.9 percent); and Other Soils: 9,804 acres (24.5 percent)
- Agriculture is a major regional industry. In 2012, farms in Ontario County generated \$180 million in sales.
- Markets for farm operations are global as well as local.
- Agriculture-related businesses include distribution, transportation, processing and services to farmers. Canandaigua businesses which are part of the food and agriculture regional economic cluster include Pactiv (packaging) and Artisan Meats.
- Farms buffer natural resources by absorbing runoff and keeping land undeveloped.
- Purchase of Development Rights programs in Canandaigua have resulted in the protection of 813 acres through permanent conservation easements.

There are a number of challenges to local farms today. Among several of the most cited in the Plan were lack of public understanding of farming, government regulations, commodity and production expenses, and the availabil-



Hickox Farm, 3143 Hickox Road, Canandaigua, N.Y.

Photo by Town Historian Ray Henry

ity and cost of land.

Another challenge is what will happen when farm operators plan for retirement and consider a successor to keep the land in agriculture. Some farm owners may even consider selling the land to a developer. Succession planning has become an important consideration for many of the owners of our farms in Canandaigua.

Succession Planning

Farm owners are aging. The Ontario County Agriculture Enhancement Board reports that the average age of the principal farm operators in the County has increased from 52.9 years of age in 1997 to 55.6 years of age in 2012.

The number of principal farm operators 60 to 64 years of age increased from 71 in 1997 to 89 in 2012.

There were 75 farmers in the County between the ages of 65 to 69 in 1997. Those in this age group increased to 84 farmers in 2012. And the number of farmers 70 years of age or older increased from 124 in 1997 to 154 in 2012.

There are a number of options for consideration when farm families think about the future of their land. The most obvious is leaving the farm to their sons and daughters.

Another, which was defined as a goal

in the Town's 2016 Plan, is to work with land trusts, and State and local governments, to conserve farmland through the establishment of conservation and agricultural easements, conservation subdivisions, Purchase of Development Rights or Transfer of Development Rights agreements, and Incentive Zoning, among other initiatives.

Our local farm operators have a number of resources to provide them with information and assistance in developing succession plans. These include the Cornell Small Farms Program, a part of Cornell Cooperative Extension based in Ithaca, N.Y.

The Cooperative State Research, Education and Extension Service, an agency within the U.S. Department of Agriculture, reported that 70 percent of U.S. farmland would change hands by 2028. Without adequate succession planning, the Service reports that farms are more likely to go out of business, be absorbed by larger neighboring farms or be converted for non-farm use.

In the 2016 Canandaigua survey, nearly all of the full- and part-time farmers who responded thought that their land would continue to be farmed 10 years from now. Only one full-time and one-part time farmer expected their entire farms would be sold for development.

Continued on next page

Canandaigua Agricultural Advisory Committee Report . . .

Continued from previous page

Among the landowners who lease their land to farmers, 58 percent believed that their land would continue to be farmed. Six said that they planned to develop a portion for housing or other non-farm development and two expected their entire farm to be sold for development.

Among the full-time farmers, 61.5 percent of the respondents said that they have a formal plan to ensure that the land will continue to be farmed by future generations. One farmer wrote, "As part of our succession plan, we include non-family partners."

As with any business, farm operators follow a framework for succession planning. The steps include assembling advisors, investing in an independent business appraisal, evaluating potential successors, determining if the proposed succession plan is fair, protecting the land, preparing the farm for sale, and planning for emergencies.

The hope is always that succession is achieved through planning and not by family crisis. When done with thought and advance planning, a formal succession plan provides the retiring generation the opportunity to fulfill their dream of passing down an agricultural legacy to the next generation.

County and Town Statistics

The Ontario County Agriculture Enhancement Board reports that the number of acres in farms in the County fluctuated from 194,742 acres in 2002, to 198,937 acres in 2007, and to 192,616 acres in 2012, with just over 46 percent of the County's land in farms.

For the same years, the County reported a decline in the number of farms from 896 in 2002, to 859 in 2007, to 853 in 2012. The average size of a farm in the County in 2012 was 226 acres. Of the farmers who responded to the Canandaigua survey question in 2016 on how many years they and their families have owned farmland in the Town, answers ranged from "since 1882," to "over 100 years," to "8 generations," to "150 years," and more. The farming tradition here is well established.

The full-time Canandaigua farmers



Photo: Town of Canandaigua Collection

Albert (left) and Martin Wyffels are pictured in 1937 shortly after having electricity installed to their farm on Middle Cheshire Road. The photo is from Memories of the Heart II: An Armchair History of the Town of Canandaigua by Town Historian Ray Henry, published in October 2013.

who responded to the survey own a total of 3,294 acres in Canandaigua and an additional 2,611 in neighboring towns for a total of 5,905 acres. The total number of acres owned ranged from 100 to more than 1,800. The average farm size (including owned and rented land) for full-time farmers was reported at more than 1,000 acres. The full-time farmers rent or leased an additional 5,285 acres to support their operations.

Only 11.6 percent of Canandaigua farmers considered themselves full-time farmers (those earning more than 50 percent of their household income from farming).

An equal percentage identified themselves as part-time farmers (those earning less than 50 percent of their household income from farming). This group owns a total of 750 acres in the Town and additional 104 acres in neighboring towns for a total of 858 acres. Among the part-time farmers in Canandaigua, the average farm size is 78 acres.

A larger percentage, 35.8 percent of

the respondents, said that they lease their land to farmers—a total of 2118 acres in the Town and 343 acres in other towns.

Farming is a big business in Ontario County with gross cash farm income having risen from \$85.6 million in 1997 to \$194.4 million in 2012. Total farm production expenses increased from \$75.7 million in 1997 to \$150.8 million in 2012. The County reports that a farm's largest expense is labor (25.9 percent of total expenses in 2012); followed by feed (19.4 percent in 2012); and agriculture services, i.e., custom work, machinery, utilities and other production expenses (12.9 percent in 2012).

For more information about the Canandaigua Agricultural Enhancement Plan and the Town's Agricultural Advisory Committee, visit the Town website, www.townofcanandaigua.org, select "Boards & Committees" from the home page, and then "Agricultural Advisory Committee."

Canandaigua's "I Love My Park Day" to be held on Saturday, May 12th



The Canandaigua observance of the statewide "I Love My Park Day" will be held on Saturday, May 12, 2018, from 9:00 a.m. to 12:00 p.m. at Blue Heron Park off Parkside Drive.

Volunteers are needed to help with trash cleanup, mulching and some planting.

Those interested are asked to send an e-mail to Dennis Brewer, Director of Parks and Recreation, at dbrewer@townofcanandaigua.org.

I Love My Park Day is held throughout New York State in May of each year. At the state level, it is organized by Parks & Trails New York in partnership

with the New York State Office of Parks, Recreation and Historic Preservation and local Friends groups to celebrate and enhance New York's parks and historic sites and bring visibility to the entire park system and its needs.

The event attracts thousands of volunteers from across the state to participate in cleanup, improvement and beautification events at parks and historic sites.

Last year, more than 8,000 volunteers took part in more than 250 projects at 125 state parks, historic sites and public lands throughout New York.

Key partnerships included the New York State Department of Environmental Conservation, the National Park Service, Excelsior Conservation Corps and the New York Commission on Volunteer and Community Service.

Employees Recognized by Town Board for Years of Service

The Town Board recognized six employees for their years of service and dedication at the Town Board meeting on Monday, March 19, 2018. Board members expressed their sincere thanks and appreciation on behalf of the residents of the Town of Canandaigua.

Wayne Bellis was recognized for his 10 years of service as a Motor Equipment Operator in the Highway Department. Wayne is an experienced pipe layer and heavy equipment operator.

Town Clerk **Jean Chrisman** was recognized for her 20 years of service. Jean has served as Town Clerk since 2014. In addition to her duties as Town Clerk, Jean is also the Receiver of Taxes, Registrar of Vital Statistics, and Records Management Officer. Prior to her years of service as Town Clerk, Jean served as the Zoning Inspector from 1997 to 2013.

Town Justice **David Prull** was recognized for his 45 years of service. Prior to beginning his term as Town Justice in 1985, Justice Prull served as a Town Board member from 1973 to 1985, which included two years of service as the Deputy Town Supervisor.

Carl "Chip" Sahler was recog-



From left: Town Manager Doug Finch, Town Attorney Chris Nadler, Town Clerk Jean Chrisman, Town Highway and Water Superintendent Jim Fletcher, Motor Equipment Operator Wayne Bellis, Town Supervisor Greg Westbrook and Town Board Member Kevin Reynolds.

nized for his 15 years of service as an honorable member of the Zoning Board of Appeals (ZBA). Chip has been a distinct representative of what it means to be on the ZBA. As a member and current Vice Chairman, his thoughts are always rational and his questions germane. Residents sure that he will give fair consideration to any appeal before the Board.

Todd Wood of the Highway Department was recognized for his 30 years of service as Motor Equipment Operator

and Transfer Station Foreman. Todd's duties include snow plowing, operating the Town's roll-off truck, and most notably, supervising the Town's Transfer Station.

Dale Zukaitis of the Development Office was recognized for his 10 years of service as a Code Enforcement Officer. Dale's handling of inspections and his familiarity with the residents of the Town of Canandaigua facilitate his ability to assist the residents and answer any questions they may have.

What About the Back Gate?



A number of visitors to the Town Hall in the past few weeks have all asked when the back gate to the Transfer Station will be open again.

An exact date has not yet been established due to the final stages of construction on the new Town Highway Facility.

Town Highway Superintendent Jim Fletcher reports that the gate is expected to reopen in May.

Thanks to everyone for their patience during the major construction project for our new Highway Facility and watch the *Town Newsletter*, our website and our Facebook page for details on the reopening of the back gate and on the plans for the official opening and open house of the Highway Facility on Saturday, June 16th.



2018 Summer
Recreation Programs

The 2018 Summer Recreation Programs brochure is now available online. To view the brochure, click on the brochure cover above. It's a "hot link" to the electronic version.

*Giving back.
Looking forward.*

INVEST. CONNECT. SERVE.



The Town of Canandaigua is participating in the United Way of Ontario County Day of Caring Food Drive

Drop off donations to the Town Hall by April 17, 2018.
All items will be distributed by United Way volunteers to food cupboards throughout Ontario County.

Suggested items (no glass containers, please):

Tuna Fish Peanut Butter Mac & Cheese Shelf-Stable Milk
Granola Bars Spaghetti Sauce Canned Soups Canned Pork & Beans
Wipes Box Pastas (Elbows/Spaghetti) Canned Vegetables Canned Fruit
Canned Ham Oatmeal/Instant Cereal Canned Meals
Toilet Paper Shampoo Toothpaste Deodorant Laundry Soap Diapers
Dog Food, Cat Food, Blankets, Bleach for Happy Tails

For information: Samantha Pierce, (585) 394-1120, ext. 2229 or
spierce@townofcanandaigua.org

Recognizing the Efforts of Our Local Fire Departments

Town Board Resolution #2018-094 ♦ March 19, 2018



WHEREAS, our community is honorably served and protected by four fire departments: Bristol Volunteer Fire Department, East Bloomfield–Holcomb Fire Department, City of Canandaigua Fire Department and the Cheshire Volunteer Fire Department; and

WHEREAS, on January 22, 2018, there was a house fire on State Route 21 in Cheshire to which all four fire departments responded; and

WHEREAS, the Town Board on behalf of our employees and citizens wishes to recognize and commend firefighters who risk their own health and well being in order to protect life, property and the environment; and

WHEREAS, the Town of Canandaigua deeply respects and appreciates the efforts and sacrifices of the men and women of the Bristol, East Bloomfield–Holcomb, City of Canandaigua and Cheshire Volunteer Fire Departments.

NOW, THEREFORE, BE IT RESOLVED that the Town Board of the Town of Canandaigua hereby wishes to publicly convey our deepest respect and appreciation for the efforts and sacrifices made by the men and women of the Bristol, East Bloomfield–Holcomb, City of Canandaigua and Cheshire Fire Departments.

Automatic Payment Option Available for Water Bills

From Town Clerk Jean Chrisman

Canandaigua Consolidated and Bristol Water District customers may sign up for the automatic payment of their quarterly water bill at any time. If you wish to sign



up for this payment option, submit an original signed authorization form and a voided check. The authorization form can be found on the Water Bill Payments page on the Town's website (www.townofcanandaigua.org).

To establish this payment option for the July 2018 billing cycle, the authorization form and voided check must be submitted to the Town's Clerk's office no later than Friday, June 15, 2018.

Chrisman by calling (585) 394-1120, ext. 2225 or by e-mail at jchrisman@townofcanandaigua.org.

Please note: The Town Clerk's Office will be closing at 4:00 p.m. on Wednesday, April 25th, and will not have extended hours on that day. Our apologies for the inconvenience.

2018–2019 Transfer Station Permits

The 2018–2019 Transfer Station Permits are now available at the Town Clerk's Office. Each household is permitted up to two (2) permits. You will be required to provide your vehicle registration(s) to obtain your 2018–2019 Transfer Station Permits.



5440 Routes 5 & 20 West
Canandaigua, N.Y. 14424

Phone

(585) 394-1120

Fax

(585) 394-9476

E-mail

info@townofcanandaigua.org

Town Board

Supervisor Greg Westbrook
Gary Davis
Linda Dworaczyk
Terry Fennelly
Kevin Reynolds

Town Manager

Doug Finch

Deputy Town Supervisor

Tina Bloom

Town Assessor

Christopher Lyon, IAO

Code Enforcement/Zoning Officer

Chris Jensen, P.E., MCP, CFM

Director of Parks and Recreation

Dennis Brewer

Highway and Water Superintendent

James M. Fletcher

Town Clerk

Jean Chrisman

Town Historian

Ray Henry

• • •

Town Hall Hours

Monday–Friday 8:00 a.m. to 4:00 p.m.

Town Clerk's Office Hours

Monday–Friday 8:00 a.m. to 4:00 p.m.
Open until 7:00 p.m. on Wednesdays

Court Clerk's Office Hours

Monday, Tuesday, Wednesday
and Friday 9:00 a.m. to 12:00 p.m.
Thursday 1:00 p.m. to 5:00 p.m.

Town Clerk's Office Hours

The Town Clerk's office is open Monday through Friday 8:00 a.m. to 4:00 p.m. and every Wednesday until 7:00 p.m. You can reach Town Clerk Jean

Meeting Dates, May 2018

- | | |
|---|---|
| 1—Citizens' Implementation Committee, 9:00 a.m. | 22—Planning Board, 6:00 p.m. |
| 1—Town Board Economic Development Committee, 12:00 p.m. | 23—Town Board Environmental Committee, 4:30 p.m. |
| 3—Town Board Finance Committee, 8:00 a.m. | 23—Parks and Recreation Committee (at Onanda Park), 6:00 p.m. |
| 3—Cultural and Historic Preservation Team, 8:30 a.m. | |
| 3—Environmental Conservation Board, 4:30 p.m. | |
| 3—Agriculture Advisory Committee, 6:00 p.m. | |
| 7—Town Board Ordinance Committee, 9:00 a.m. | |
| 8—Design Standards Committee, 9:30 a.m. | |
| 8—Drainage Advisory Committee, 11:00 a.m. | |
| 8—Planning Board, 6:00 p.m. | |
| 9—Town Board Environment Committee, 4:30 p.m. | |
| 15—Citizens' Implementation Committee, 9:00 a.m. | |
| 15—Zoning Board of Appeals, 6:00 p.m. | |
| 15—Open Space Team, 6:00 p.m. | |
| 21—Joint Meeting of the Boards, 5:00 p.m. | |
| 21—Town Board, 6:00 p.m. | |
| 22—Town Board Finance Committee, 8:00 a.m. | |
| 22—Drainage Advisory Committee, 11:00 a.m. | |



Join us for the

New Town Highway Facility Ribbon-Cutting Ceremony

Monday, May 21, 2018

5:00 p.m.

5440 Routes 5 & 20 West

• • •

Save the date!

Saturday, June 16, 2018

New Highway Facility
Open House

Exhibits and Displays
by Town Departments and
Committees

For a complete 2018 calendar visit
www.townofcanandaigua.org

Town of Canandaigua Parks and Recreation presents...



Mamma Mia!

at Merry-Go-Round Playhouse in Auburn, NY

A mother, a daughter, three possible dads and a trip down memory lane you'll never forget! A heartfelt, funny and vibrant musical about family and following your heart. This enchanting musical about love, laughter and friendship is set against the gorgeous backdrop of the Greek islands and underscored by ABBA's timeless songs, including "Dancing Queen," "Super Trouper," "Gimme, Gimme, Gimme," "Voulez Vous," "The Winner Takes It All" and of course the title hit, "Mamma Mia!"

Any questions please contact:
Canandaigua Parks and Recreation
Dennis Brewer
(585) 394-1120

Wednesday, June 27, 2018

This tour includes:

- Round-trip deluxe motorcoach transportation
- **Strawberry Fields** with time to shop and browse
- Lunch at **Springside Inn** with meal choices:
 - (1) Roasted Loin of Pork with stuffing
 - (2) Roast Beef with mushroom gravy
 - (3) Baked Haddock with Lemon butter
- Matinee performance of **Mamma Mia!** at **Merry-Go-Round Playhouse** with orchestra seating
- **Sauders** for time to shop and browse
- Gratuities for restaurant waitstaff and motorcoach driver

Tour Cost: \$112.00 per person

Departure Times and Locations:

Town	Departure Time	Location
Henrietta	8:30 am	Henrietta Senior Center 515 Calkins Road
Victor	9:00 am	Behind Victor Presbyterian Church 70 East Main Street
Canandaigua/ Farmington	9:15 am	Canandaigua Park & Ride in Farmington off Route 332 on Plastermill Road

Approximate Return Time: 6:45 pm - 7:30 pm

COVERED WAGON TOURS

A DIVISION OF *Niagara Scenic Tours*

CoveredWagonTours.net



AVON OFFICE • 585.438.3063
 LOD18033

Live Longer, Better® ONTARIO COUNTY

What is Blue Zones Project®?

What began as a *New York Times* bestseller by National Geographic Fellow Dan Buettner has evolved into a global movement that's inspiring people to live longer more active lives. Blue Zones Project offers a unique opportunity for individuals, organizations, and communities to make permanent changes to the environments where they live, work, and play to make healthy choices easier.

POWER

9®

Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.



Move Naturally: Find ways to move more! You'll burn calories without thinking about it



Purpose: Wake up with purpose each day and add up to seven years to your life



Down Shift: Reverse disease by finding a stress-relieving strategy that works for you



80% Rule: Eat mindfully and stop when 80% full



Plant Slant: Put more fruits and vegetables on your plate



Wine @ Five: If you have a healthy relationship with alcohol, enjoy a glass of wine with good friends each day



Family First: Invest time with family – and add up to six years to your life



Belong: Belong to a faith-based community and attend services regularly to add up to 14 years to your life



Right Tribe: Surround yourself with people who support positive behaviors – and who support you

Blue Zones Project Keynote Presentation

Tuesday, April 24, 2018 • 6:00 p.m.

Canandaigua Middle School

215 Granger Street, Canandaigua, N.Y.

RSVP: go.bluezonesproject.com/OntarioCounty

Blue Zones Project Wine @ 5

Wednesday, April 25, 2018 • 5:00 p.m. to 6:00 p.m.

The Inn on the Lake

770 S. Main Street, Canandaigua, N.Y.

RSVP: go.bluezonesproject.com/OntarioCounty