



# **Town of West Seneca Parks Tour & Activity Book**

2020

Town Board Approved 3/30/2020

Updated 10/29/2021

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**ANDREW M. CUOMO**  
Governor

## Department of Health

**HOWARD A. ZUCKER, M.D., J.D.**  
Commissioner

**SALLY DRESLIN, M.S., R.N.**  
Executive Deputy Commissioner

# Guidance on How to Protect Yourself and Your Family from COVID-19 When Enjoying the Outdoors

March 18, 2020

Getting outdoors to walk, jog, hike, garden, ride a bicycle or visit a park are healthy ways to stay active, spend time with your family, and reduce stress and anxiety while engaging in social distancing strategies. These are some simple ways you can protect you and your family from COVID-19 while enjoying the outdoors.




### Everyone must:

- Avoid close contact with people, even when outside. Keep a distance of at least 6 feet to help slow the spread of COVID-19.
- Avoid games and activities that require close contact.
- Avoid frequently touched surfaces and objects. This includes playground equipment like slides and swings.
- Don't share equipment such as bicycles, helmets, balls or frisbees.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough and sneezes with a tissue and discard the tissue in a closed container.
- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol:
  - When you return indoors,
  - before and after eating,
  - after using the restroom,
  - after coughing or sneezing, and
  - after touching surfaces or items that may be contaminated.

### If you are sick or had contact with someone who is sick in the last 14 days:

- You should stay home.
- You may enjoy spending time in your own backyard or other personal outdoor space but should not go into public outdoor spaces.

## A Message From....

		
<b>Gary Dickson</b> Town of West Seneca Supervisor	<b>Brian Adams</b> Town of West Seneca Highway Superintendent	<b>Lauren J. Masset</b> Town of West Seneca Recreation Supervisor

We welcome West Seneca residents and visitors to take advantage of our town parks and the many different recreational opportunities available to you. This book serves as a guide to our parks and the wide variety of recreational activities and services our parks have to offer throughout the year from basketball, tennis and pickleball courts to playgrounds, exercise equipment, walking paths, a sledding hill and more! The Town of West Seneca Parks System has something for everyone. Our parks are open to everyone, and there are no admission fees, making them truly affordable and accessible for a day of family fun. We welcome you to explore our beautiful parks system.

# Intro

The Town of West Seneca Parks System provides residents with opportunities to enjoy recreational pursuits in local settings on year-round bases and protects essential areas of scenic, environmental, and cultural significance.

The Town of West Seneca is one of the best in the area. All parks are open from dawn until dusk. Please follow the rules posted at each park. Park Shelters are first come, first serve.

# Disclaimer

Participation in any of the suggested activities in this activity book are entirely at the participant's own risk. Any participation in the suggested activities are entirely voluntary and in spite of any associated risks, whether known or unknown to the participant. The Town of West Seneca shall not be liable for any claims, actions, or damages of any kind arising out of participation in any of the suggested activities.

# Phone Numbers

West Seneca Youth & Recreation 716-674-6086  
West Seneca Buildings & Grounds 716-674-4850

## Notes

Use this area to take notes during your adventure(s):

[illegible]

## Black Bridge A.K.A. Boyscout Park

Location	Indian Church Road
Amenities	Fishing

Activity:

Attach or draw a picture of a bird that you saw while visiting Black Bridge Park.



## Burchfield Park

Location	<a href="#">2001 Union Road</a>
Amenities	Playground, Restroom, Walking Path, Dog Mitts, and Fishing. The Friends of the Burchfield Nature and Art Center also host several different activities throughout the year. Please visit their website for more information: <a href="http://burchfieldnac.org/">http://burchfieldnac.org/</a>

### Activity:

1. If you see any Friends of the Burchfield Volunteers, thank them for their hard work and dedication to making this area such a beautiful place.
2. Pick a trail to “hike.”
3. Check out the pieces of art in the park.
4. Write one fact about Charles Burchfield (HINT: Check the plaques throughout the park)

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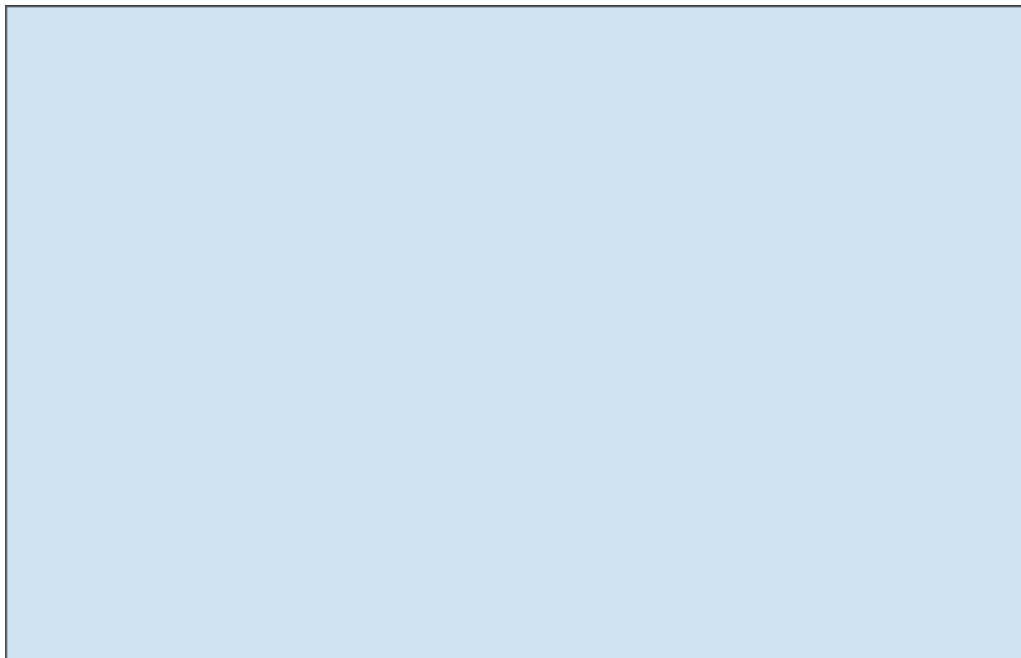
5. Write one animal you saw while walking through the park

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6. Draw a photo of a flower that you saw in the park. Bonus: Ask a volunteer to discuss the plants in the park with you.



## Carriage Park

Location	<a href="#">W. Carriage Park</a>
Amenities	Check out this great pocket park with a playground!

Activity:

1. Count the number of slides \_\_\_\_\_
2. Do 10 jumping jacks or adapt if needed to 10 arm circles.

## Children's Memorial Park

Location	<a href="#">176 Briarhill Drive</a>
Amenities	Playground, Shelter, Dog Mitts, Baseball Diamond, Basketball Court.

Activity:

1. Run the bases on the baseball diamond as you sing "Take Me Out To The Ball Game". Adapt if needed by taking a lap around the basketball court.

## Dirkson Playground

Location	<a href="#">N. Seneca/Harlem</a>
Amenities	Playground, Dog Mitts, Baseball Diamond, Multi-Sport Court

Activity:

1. Run the baseball diamonds, on first base do ten (10) jumping jacks, on second base do ten (10) squats, on third base do ten (10) high knees and on for home plate celebrate your home run! Adapt if needed by for first base do ten (10) punches, for second base do ten (10) arm circles, for third base do ten (10) side arm rises and for home plate celebrate your home run!



## Dorrance Park

Location	<a href="#">Dorrance Ave</a>
Amenities	Playground, Dog Mitts, Baseball Diamond, Basketball Court.

Activity:

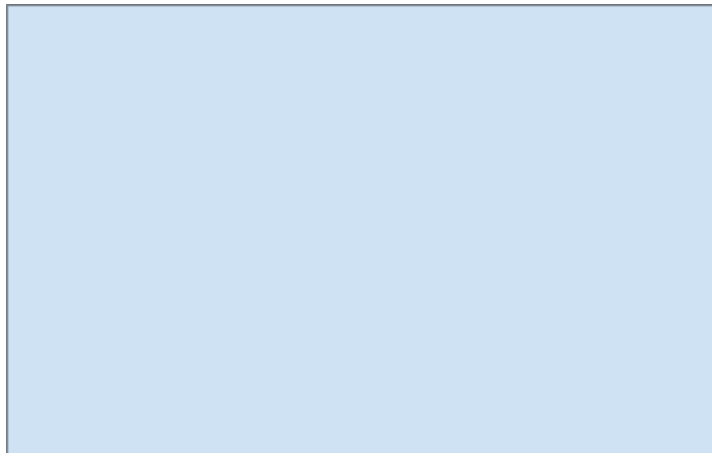
1. Do a lap around the Basketball Court. Adapt if needed by finding out who can count the number of slides the fastest.
2. Race members of your group across the court to see who is the fastest.

## Fireman's Park

Location	<a href="#">1190 E &amp; W Road</a>
Amenities	Home of West Seneca Youth Baseball Association, Playground, Restroom, Shelter, Dog Mitts, Baseball Diamond, Basketball Court, Tennis Courts, Pickleball Court,

Activity:

1. Race your family members around the Tennis Courts. Adapt if needed by finding out who can count the number of Tennis Courts the fastest.
2. Attach or draw a photo of the Tennis Court, Basketball Court, Pickleball Court, or Baseball Court below.



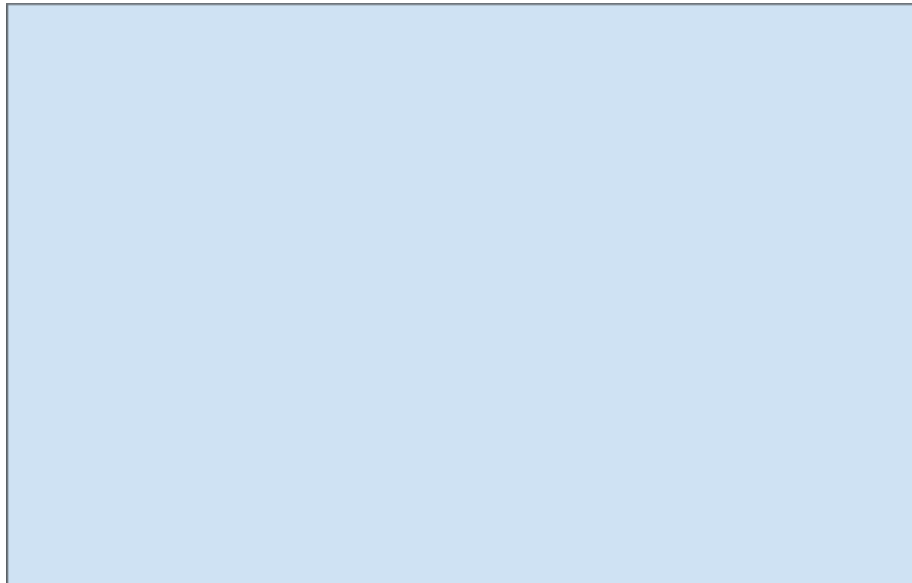


## Fisher Road Park

Location	<a href="#">499 Fisher Road</a>
Amenities	Playground, Shelter, Basketball Court

### Activity:

1. Do two sets of wind sprints on the Basketball Court. You need a start line, plus a first sprint line, a second sprint line, and a third—and longest—sprint line. Each sprint will be twice as long as the last. For example, on a basketball court, start under the basket, sprint to the first foul line, touch, and then sprint back to the start. Next, sprint to half-court, touch and then sprint back to start. Then, sprint all the way down across the court, touch the end line and sprint back to the finish (under the basket). Adapt if needed by doing twenty (20) overhead punches followed by twenty (20) raised arm circles.
2. Draw a photo below of a leaf that you found at Fisher Road Park.



## Harlem Road Park

Location	<a href="#">211-215 Harlem Rd</a>
Amenities	Playground, Shelter, Restroom, Walking Path, Dog Mitts, Ball Diamond, Basketball Court, Bike Pump Track

Activity:

1. Take a lap around the walking path and discuss what your favorite thing about parks is.

## Mill Road Park

Location	Mill Road (just past Seneca St going toward Hi View Ter).
Amenities	Shelter, Dog Mitts, Fishing

Activity:

1. Explore everything that nature has to offer at Mill Road Park. Find a stick, a rock, a green leaf, and a flower. Discuss why these items are important.

## Soccer Complex

Location	<a href="#">3745 Seneca St</a>
Amenities	Playground, Restroom, Walking Path (9/10 mile), Shelter, Dog Mitts, Soccer Fields, Basketball Court.

Activity:

1. Take a lap around the path and count the soccer fields.

## Sunshine Park

Location	<a href="#">1750 East &amp; West Rd</a>
Amenities	Home of West Seneca Girls Softball Association, Playground, Restroom, Shelter, Dog Mitts, Softball Diamonds, Basketball Court, Sledding Hill

Activity:

1. Take a lap around the path and count the softball diamonds.
2. Run the bases on a diamond. Adapt by taking a lap around the tennis courts.
3. Check out the giant yellow chair.

## Switzer A.K.A. Knox Park

Location	<a href="#">Knox Ave.</a>
Amenities	Playground, Walking Path, Dog Mitts, Ball Diamond

Activity:

1. Take a lap around the path and count the exercise machines.

## Tim Russert Park

Location	<a href="#">324 I. Church Rd</a>
Amenities	Playground, Walking Path, Shelter, Dog Mitts, Rugby Fields, United Way Born Learning Trail

Activity:

1. Do 10 squats, 10 jumping jacks and 10 push-ups on a Rugby Field. If the Rugby field is in use, use another grassy area. Adapt if needed by doing ten (10) chest expansions, ten (10) arm circles and ten (10) overhead punches.

## Veterans Park

Location	<a href="#">1250 Union Rd</a>
Amenities	Playground, Restroom, Shelter, Ball Diamond, Basketball Court, Ice Rink (winter/fees apply), Splash Pad (seasonal), Large Pool (summer/fees apply), Community Center and Library (fees may apply).

### Activity:

1. If you see a West Seneca Police Officer, thank them for their service to our community.
2. Visit the Veterans Memorial Walk and read the plaques.
3. Visit our new Community Center and Library.
4. Attach or draw a photo of the American flag below.

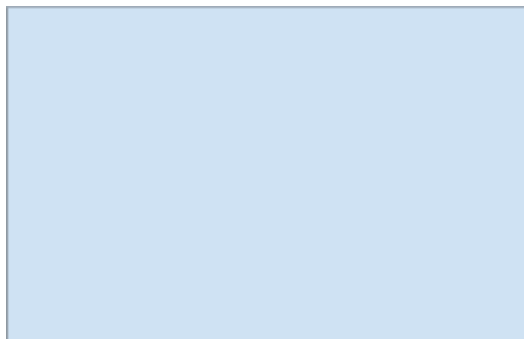


## West Gate Playground:

Location	<a href="#">73-83 Chippewa Ct</a>
Amenities	Playground, Shelter, Basketball Court

### Activity:

1. Attach or draw a photo of your favorite playground game or activity.



*Congratulations, You Completed The Town of West Seneca Parks Tour!*

Please complete the Certificate of Completion included below.

Please share your photos from this adventure with us on Facebook "West Seneca Youth & Recreation".

## CERTIFICATE OF COMPLETION



**THIS AWARD CERTIFIES THAT**

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(WRITE YOUR NAME ABOVE)

**HAS SUCCESSFULLY COMPLETED THE TOWN OF  
WEST SENECA PARKS TOUR**

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(ON THE ABOVE DATE)

**CERTIFIED BY**

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(PARENT/GUARDIAN SIGNATURE)