

# SUMMER



# 2023

City of Auburn  
Memorial City Hall  
24 South Street  
Auburn, NY 13021

## This week in Auburn: July 31 - August 5.



**Summer Recreation Program for Kids ages 6-14 will be held between July 11 - August 17 from 1 - 4 pm on Tuesdays, Wednesday and Thursdays.**

### August 1 - 3, 2023 Schedule:

**Tuesday August 1st at Lincoln Park:** YMCA swimming safety activity (no swim clothes needed), STEAM Activities with Play Space, Sports 4 All Tennis lessons, playground, field games, court games, board games, arts & crafts, gaga ball

**Wednesday August 2nd at Clifford Park:** YMCA swimming safety activity (no swim clothes needed), Culinary Arts with FLICK making (see below for recipe), Music Lessons with Perform 4 Purpose, Sports 4 All Tennis lessons, field games, playground, court games, board games, arts & crafts, gaga ball

**Thursday August 3rd at Casey Park:** YMCA swimming safety activity (no swim clothes needed), United Way Day of Caring Park activity, Cornell Cooperative Extension SNAP Ed with a snack, Seymour Library activity, Sports 4 All Pickleball lessons, Auburn HS Field Hockey activity, playground, board games, field games, court games, arts and crafts, gaga ball

### Important Rules and Information:

- Children **MUST** be signed in and out of the program daily.
- Please send a labeled water bottle each day.
- Supervision is from 1-4, please make sure your child is picked up by 4pm.
- Please keep in mind there are no bathroom facilities at Lincoln Park.
- Casey Park pick up and drop off will be in the pavilion by the playground
- Join our remind class for weekly updates and other important information: [www.remind.com/join/k2c3b34](http://www.remind.com/join/k2c3b34) OR text @k2c3b34 to the number 81010
- For more info: [www.AuburnNY.gov/summerrec](http://www.AuburnNY.gov/summerrec)

**This week in Auburn: July 31 - August 5, 2023. Info: [AuburnNY.gov/parks](http://AuburnNY.gov/parks)**

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### Monday Movie Mania

Free outdoor movies on Mondays at 8:30 pm or as soon as it is dark enough to begin. Bring your own chairs, blankets and popcorn! This week's movie: July 31 Movie: Puss in Boots: The Last Wish at Hoopes Park



### Monday - Tennis Under the Lights at Casey Park

July 31st from 7:30 - 9 pm. Info: [AuburnNY.gov/tennis](http://AuburnNY.gov/tennis)



### Tuesday Hoopes Park Concert & APD National Night Out

Auburn Police Dept.'s National Night Out beginning at 5 pm. This week's concert starts at 6 pm: August 1 - Mella-Morphosis



### Tuesday - Pickleball Under the Lights at Casey Park

August 1 from 7:30 - 9 pm. Info: [AuburnNY.gov/pickleball](http://AuburnNY.gov/pickleball)



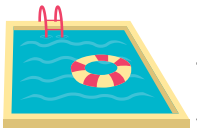
### Wednesday Evening - State Street Live!

Outdoor live music series held at the new downtown State Street Public Plaza located at 1-7 State Street. This week's schedule: August 2nd Major Keyes, 5:30 - 7:30 pm. Info: [AuburnNY.gov/parks](http://AuburnNY.gov/parks)



### Saturday - Downtown Auburn Saturday Markets

Saturdays from 9 am - 1 pm at the Equal Rights Heritage Center, downtown at 25 South Street. This week's market: August 5 - with Artisan Makers/Vendors; Children's Entertainment: Live Music: Jess Novak; and Tubman Walks & Talks with National Park Service Rangers. Info: [VisitAuburnNY.com](http://VisitAuburnNY.com)



### Casey Park Pool

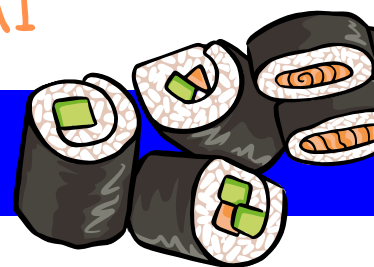
The pool will be open daily through August 25th 12 - 6 pm. For pool rules visit [www.AuburnNY.gov/Casey](http://www.AuburnNY.gov/Casey)

**This week in Auburn: July 31 - August 4, 2023. Info: [AuburnNY.gov/parks](http://AuburnNY.gov/parks)**



FLICK, INC. PRESENTS:

# SEASONAL VEGGIE MAKI



## INGREDIENTS

*Yields 4 portions*

- 4 cups short grain sushi rice
- 3 1-inch square, Kombu dried seaweed
- 2 cups assorted vegetables, julienned
- 4 Nori seaweed wraps
- 1/2 cup Sweet Rice Vinegar
- 1 tbsp Sugar
- 1 tsp Salt
- 5 cups Cold Water
- Soy Sauce & Wasabi (*optional*)

*\*Common Food Allergens: Soy, soy by-products*

## DIRECTIONS

1. Wash the rice in a large bowl filled with cold water. Gently move the rice around to remove excess starch.
2. Rinse the kombu under running water to remove excess salt & to rehydrate.
3. Line the bottom of a pot with the kombu & top with the washed rice. Add 5 cups of cold water and let soak at room temperature for 15 min.
4. Place the pot on the stove & heat on high until water comes to a boil & cover with tight fitting lid. Reduce heat to a low simmer & cook rice for 15 min or until all water is absorbed. Remove from heat and let rest for 5 min, then drain.
5. While the rice cooks, combine the rice vinegar, sugar & salt into a bowl and stir until dissolved. Place in refrigerator for later use.
6. Combine cooked rice with rice vinegar, sugar & salt mixture, gently folding rice until it is evenly coated to create your "sushi" rice.
7. Tightly wrap a cookie sheet with plastic wrap, then spread the rice over the tray in a thin layer to cool. Place cooled rice into an airtight container and refrigerate for later use.
8. Wrap a bamboo maki/sushi mat in plastic wrap and place on clean cutting board.
9. Lay a piece of nori on the bamboo maki mat, and coat 90% of it with the sushi rice. Add a few pieces of julienned veggies on the end closest to you. *Be careful to not overfill the roll!*
9. Using the bamboo mat, roll the end closest to you toward the opposite end until the roll is sealed.
10. Cut into bite size pieces and serve with soy sauce and/or wasabi.

**Featured Farmer**

**Vitale's Farm Market  
& Horsford Farms**

Catch them every week  
at the

Auburn Farmer's Co-Op Market.

Learn more about Vitale's Farm Market here:

<https://www.facebook.com/VitalesFarmMarket>

& Horsford Farms Market here:

<https://www.facebook.com/HorsfordFarms>