

BULLETIN BOARD

HOW TO SUBMIT Send information to post@messengerpostmedia.com

FRIDAY, JAN. 6

Webster Area Preschools Open House: Webster Public Library, 980 Ridge Road, Webster Monday Jan. 9, 2012 between 6:30 to 8 p.m. Representatives from Preschools and Nursery Schools in the Webster area will be available to chat with parents and provide information about their programs. No registration is necessary. For more information, call 872-7075 ext. 3 or visit www.websterlibrary.org

MONDAY, JAN. 9

6:30 p.m. Webster Area Preschools Open House: Webster Public Library, 980 Ridge Road, Webster Monday Jan. 9, 2012 between 6:30 to 8 p.m. Representatives from Preschools and Nursery Schools in the Webster area will be available to chat with parents and provide information about their programs. No registration is necessary. For more information, call 872-7075 ext. 3 or visit www.websterlibrary.org

6:30 p.m. The Henrietta Chess Club: meets once a month from 6:30 to 8:30 p.m. at the Brighton Memorial Library, 2300 Elmwood Ave. The group will meet on Jan. 9 in the small meeting room. The club is not affiliated with the library. Bring your own chess materials and dinner will follow for those interested.

TUESDAY, JAN. 10

2:00 p.m. Webster Public Library Travelogues have moved to Tuesday afternoon!: 980 Ridge Road, Webster On Tuesday, Jan. 10 at 2 p.m. A new season with "A South American Trio: Buenos Aires, Rio, and Iguassu Falls". Join Paul Zielinski as we stroll along cosmopolitan streets, visit sultry beaches, and marvel at a mile of thundering waterfalls. Call 872-7075 ext. 3 or visit www.websterlibrary.org

Upcoming

Catskills trip: Sister Bernard's Traveling group will enjoy a vacation at the Villa Roma Resort June 4 through 8. Trip includes full American plan meals, indoor and outdoor activities and nightly shows. Cost: \$522 double or \$482 quad, includes luggage handling and all tips. Call 288-2710, Ext. 282.

The Brighton High School Class of 1972 40th reunion: planned for Labor Day weekend 2012. Class members are asked to contact Jane Richards-Hyde at jhyde918@aol.com with their information.

Ongoing

Post-Mormon Upstate New York Chapter Meeting: Interested in providing moral support, fellowship and socialization for individuals and families



SUBMITTED BY MELISSA CAMPBELL

Holiday memories

The Baird nursing home, 2150 St. Paul St., Rochester, hosted a Christmas party for residents recently. Santa Claus even made an appearance, passing out Christmas presents, purchased by staff members, for each of the residents. Here, Activities assistant Holly Rivera shows resident Klasina Trouerbach, 76, from Rochester, a picture collage she made for her. Residents and their families also enjoyed snacks and Christmas music performed by Karen LaBella.

who have left, are considering leaving or are questioning the beliefs of the LDS Church. For more information concerning local meeting dates, times, and locations, call 244-9824 or email upstatepostmormon@gmail.com.

Consider Your Neighbors When Planting: The Webster Community Chest holds a weekly perishable food distribution on Tuesday evenings at 7 p.m. and welcomes surplus fruits and vegetables! Donations may be dropped off at the Food Cupboard on Monday mornings or Tuesday afternoons. Those who are interested or may have questions, call 671-2060 or visit www.webcommchest.org.

Big Band Dances: are held from 6 to 9 p.m. every Wednesday at The Robert Robach Community Center at Ontario Beach Park, 2nd Floor. The Al Bruno Trio with Tom Monte plays early, followed by the featured band. Note: do not park in the park or along the building. Call 865-3320.

Applications are being accepted for certificate training for volunteers with Lifespan's Long-Term Care Ombudsman Program, advocates for residents in nursing homes and adult care communities. Participants must be ages 21 or older and sensitive to the needs of the patients. Call 244-8400 ext. 178 or email dfrink@lifespan-roch-org.

American Cancer Society - Relay For Life: Volunteers are needed to help plan the annual Relay For Life event in Webster. Meetings are held monthly on the second Wednesday at the Barnes & Noble in

Webster. For more information, call 506-8480 or e-mail laurie.stevens@cancer.org.

National Alliance on Mental Illness: offers free monthly support group meetings at 6:30 p.m. the fourth Monday of every month (except December), at Rochester Psychiatric Center, Rehab Building, 1111 Elmwood Ave. Includes NAMI Connection Support Group in English and in Spanish. All are welcome. Call NAMI Rochester at 423-1593.

Rochester Thunder: 14 and under girls travel softball team is holding an ongoing can and bottle drive in an effort to defray travel, practice, tournament entrance fees and equipment expenses for the upcoming season. Girls are from all over the Rochester area so there is a good chance one of the players lives nearby to pick up your donations. Email 14uThunderFastpitch@rochester.rr.com or call 698-6173 to schedule a pick up.

TOPS (Take Off Pounds Sensibly) meets from 5:30 to 7 p.m. at Webster Presbyterian Church, 550 Webster Road. Come do something nice for yourself. For information, call Winnie at 671-9133 or Pauline at 671-4533.

Register now for Senior-net courses: made for and taught by adults in a friendly, low-pressure learning setting. There are eight- to 10 students in the four-to-eight week classes, hands-on instruction, individual computers, take-home workbook, coaches and free open labs for personal help. Classes held at the Jewish Community Center, 1200 Edgewood Ave. (CC mem-



SUBMITTED BY MELISSA CAMPBELL

Spreading holiday cheer

The Baird nursing home, 2150 St. Paul St., Rochester, hosted a Christmas party for residents recently. Santa Claus even made an appearance, passing out Christmas presents to all of the residents, including Morion "Mo" Ferreri, 88, from Webster, who is pictured here. Staff members bought presents for each of the residents.

bership is not required). Call 461-2000, ext. 463 or visit www.RNYseniornet.org.

Stuttering Association of Rochester: meets the second Monday of each month from 7 to 8:45 p.m. at Nazareth College, 249 Smyth Hall. For information, contact Paul at 734-4341 or email NSARochNY@gmail.com.

The Newcomers Club of Greater Rochester meets on the third Tuesday of each month for coffee and social at 10 a.m. at the Bagel Bin Cafe, 2600 Elmwood Ave. in Brighton. For more information about newcomers or the coffee, call Karen at 234-1804 or visit www.newcomersrochester.org.

The Greater Rochester Attention Deficit Disorder Association: meets the third Wednesday of each month at 7:30 p.m. the Al Sigl Center, corner of Elmwood and South avenues in Rochester. Discussions include mutual adventures and misadventures for those who have experienced adult ADD. For info, e-mail gradameeting@aol.com.

Traveling Cabaret Auditions: Traveling Cabaret troupe seeks adult male performers for volunteer song, dance and comedy musical revues. Must sing and move well with long-term interest. Fifteen-20 musical revues are performed yearly. Traveling Cabaret shows raise money for student scholarships and charities and are performed year-round throughout the greater Rochester area for public and private events. Call 234-6677 for info and audition appointment.

Meditation Practice and Weekly Buddhist Teaching: Regular practices open to all each Saturday at Colgate Rochester Crozer Divinity School, 1100 S. Goodman St., Rochester. Consult dharma meditation.com for specific times and dates.

No previous experience is required.

The American Lung Association invites you to join a new Better Breathers Club sponsored by VNS and Upstate HomeCare. This is an educational and support group for respiratory/pulmonary patients and their families. Meetings include guest speakers, group discussions and educational hand-outs. There is no fee to join. Meetings are held at the VNS office, 2180 Empire Blvd., Webster, from 5 to 6 p.m. the first Wednesday of each month. Contact Michelle Delzell at Upstate HomeCare for further info at 857-3187 or Julie Salo at the VNS at 787-8353.

Caregiver Support Services: a program of the Alzheimer's Association in partnership with the Expanded In-Home Services for the Elderly Program is offering a non-dementia caregiver support group for those providing care and support for an aging loved one with short or long term care needs. The group will meet at Cherry Ridge in Webster on the second Wednesday of each month from 3 to 4 p.m. Call 800-272-3900 for more info.

The Alzheimer's Association is now offering a reminiscing group for people with dementia in Webster. A support group for caregivers meets at the same time. Meetings are held on the third Wednesday of the month from 4 to 5 p.m. at Cherry Ridge, 900 Cherry Ridge Blvd. (off Empire Boulevard). Registration required. Call 760-5400 for more info and to register.

Single? You're invited to SAM'S Lambs singles Tuesday night chats "Hidden Keys to Loving Relationships" at 7 p.m. at the Episcopal Church of the Good Shepherd, corner of Route 250 and State Road in Webster, plus a variety of social events. All singles

welcome - any age or faith, or no faith. For more info, call 872-2281 or visit www.samslambs.org.

Union Hill United Methodist Church offers a support group for all who are experiencing a transitional period in life, whether it be a loss of spouse, job, divorce, etc. The group meets every third Sunday from 1 to 3 p.m. at the church, 1872 Ridge Road (at the corner of County Line Road), Union Hill.

DBSA (Depression and Bipolar Support Alliance) meets twice a month - first Monday of each month from 7:30 to 9 p.m. and a Faith-Based meeting on the third Thursday of each month from 7 to 8:30 p.m. at the Farmington United Methodist Church, 5925 County Road 41, Farmington. Family and friends welcome. Info: Lisa 585-234-8432 or Jim 315-576-0745. Chapter e-mail: dbsafarmington@rochester.rr.com.

Wellness on Wednesdays (WOW): for seniors in the community to continue to grow with heart, health, mind and laughter. Every Wednesday at 10 a.m. at Immanuel Evangelical Lutheran Church, located at 131 West Main St., There is no pre-registration, just grab a friend and drop by anytime between 10 a.m. and 12:30 p.m. Transportation is available by calling the church office at 872-5180 by each Tuesday morning. A \$2 donation is suggested for the meal.

The Rochester Beekeepers: meets the fourth Monday of every month and is open to those who wish to discuss honey bees and beekeeping in general. For more information about the group and how to join, go to www.rochesterbeekeepers.com. Contact 585-820-6619 or rochesterbeekeepers@gmail.com with any questions.

LUNCH CLUB 60 MENU

Lunch Club 60 offers these meals for those age 60 and older at meal sites throughout Monroe County. The suggested donation is \$2.50. Weekend and holiday meals are also available at Lifespan in downtown Rochester, 25 Franklin St.

Monday, Jan. 9: Potocrusted tilapia with tartar sauce, tossed lettuce salad, Oriental-blend vegetables, wheat bread, pineapple, milk.

Tuesday, Jan. 10: Barbecue pulled chicken on bun, navy bean soup, coleslaw, peaches, milk.

Wednesday, Jan. 11: Ham loaf with pineapple sauce, mashed sweet potatoes, spinach, rye bread, orange, milk.

Thursday, Jan. 12:

Roast beef with lettuce, tomato and mayo on 12-grain bread, grape juice, potato-leek soup, apple, milk.

Friday, Jan. 13: Goulash with ground beef, Brussels sprouts, Scandinavian-blend vegetables, wheat bread, petite banana, milk.

Saturday, Jan. 14: Fried chicken breast, Spanish style lima beans, spinach, 12-grain bread, mandarin oranges, milk.

Sunday, Jan. 15: Salisbury steak with mushroom sauce, mashed potatoes, California-blend vegetables, fruit cocktail, milk.

Lunches are available Monday through Friday only at the Webster Senior Center, Damascus Center, 979 Bay Road, (585) 872-7103.

LIBRARY NEWS

The Webster Public Library is located at 980 Ridge Road. All programs are held at the library unless other wise noted. Hours are Monday through Thursday from 10 a.m. to 9 p.m., Friday from 10 a.m. to 6 p.m., Saturday from 10 a.m. to 5 p.m. (September through May), Sunday, from 1 to 4 p.m. (October through April). For more information or to register for programs offered, call (585) 872-7075 or visit www.websterlibrary.org.

Tuesday Travelogues Webster Public Library Travelogues have moved to Tuesday afternoon. We'll kick off the new season on Tuesday, Jan. 10 at 2 p.m. with "A South American Trio: Buenos Aires, Rio, and Iguassu Falls". Join Paul Zielinski as we stroll along

cosmopolitan streets, visit sultry beaches, and marvel at a mile of thundering waterfalls. See and hear many varieties of tango as we wander the streets, parks and clubs of Buenos Aires. Spend a day with the Gauchos in Argentina. View the colorful samba costumes of Rio. Enjoy three of the most exciting places in South America! These sessions for arm-chair travelers are sponsored by the Friends of the Webster Public Library. Registration is requested, but not required.

Area preschools open house

Join us on Monday, Jan. 9 between 6:30 and 8 p.m. for an informational Open House at the library. Representatives from preschools and nursery

schools in the Webster area will be available to chat with parents and provide information about their programs. No registration is necessary.

Stories & Songs

Stories and Songs for 3 to 6-year-olds, accompanied by an adult, will be held Wednesdays: Jan. 11, 18, 25; Feb. 1, 8, 15, 22, 29; March 7, 14, 21, 28 from 1 to 1:30 p.m. and Wednesdays: Jan. 25; Feb. 1, 8, 15, 22, 29; March 7, 14, 21 from 10:15 to 10:45 a.m. No registration required.

Drop-In Storytime

Drop-In Storytime will be held Thursdays: Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; March 1, 8, 15, 22, 29 from 10:15 to 10:45 a.m. for ages 18 months and up, accompanied by an adult.

No registration required.

Preschool Dance Party

Preschool Dance Party will be held Tuesdays: Jan. 10, Feb. 14, and March 13 from 10:15 to 10:45 a.m. for ages 18 months and up, accompanied by an adult. No registration required.

Amerks visit

Amerks "Reading Power Play" Hockey Player Visit will be Monday, Jan. 16 from 6:30 to 7:30 p.m. for grades Kindergarten and up. No registration required.

Stories for Wee Ones

Held Mondays: Jan. 23, 30; Feb. 6, 13, 20, 27; March 5, 12, 19, 26 from 10:15 to 10:45 a.m. for ages birth to 18 months, accompanied by an adult. No registration required.