



Webster Community Center Senior Happenings



March 2010

IMPORTANT PHONE NUMBERS

**Webster Parks and
Recreation**

872-7103

Traci Ruffell

872-7088

Faith Bell

872-0385

Senior

Transportation

872-0385

Traci's Tribute

If you are a frequent visitor of the fitness center and looking forward to using our new facility, there is great news. There is a good chance that your health insurance coverage has a health and wellness benefit. This benefit will cover the cost of health and wellness memberships, and programs. We are looking forward to seeing you at our new facility.

To Ridgecrest

You have served us well.

Your arms opened wide 30 years ago.

Opened to a new and different beginning.

A beginning of senior life; of activity,

of sharing, of hope, of future.

You housed a way of life.

Your rooms sang and danced, broke bread,

gave thought and information.

Bound together a special group of people.

Your arms will close soon but

your impact is forever.

You have served us well.

Faith Bell

2/26/10



*Mary Faith Gallagher Bell invites you
to join us at our*

St. Patrick's Day Party

Wednesday, March 17, 2010

Good food, good friends and great entertainment by

The Drumcliffe School of Irish Dancers

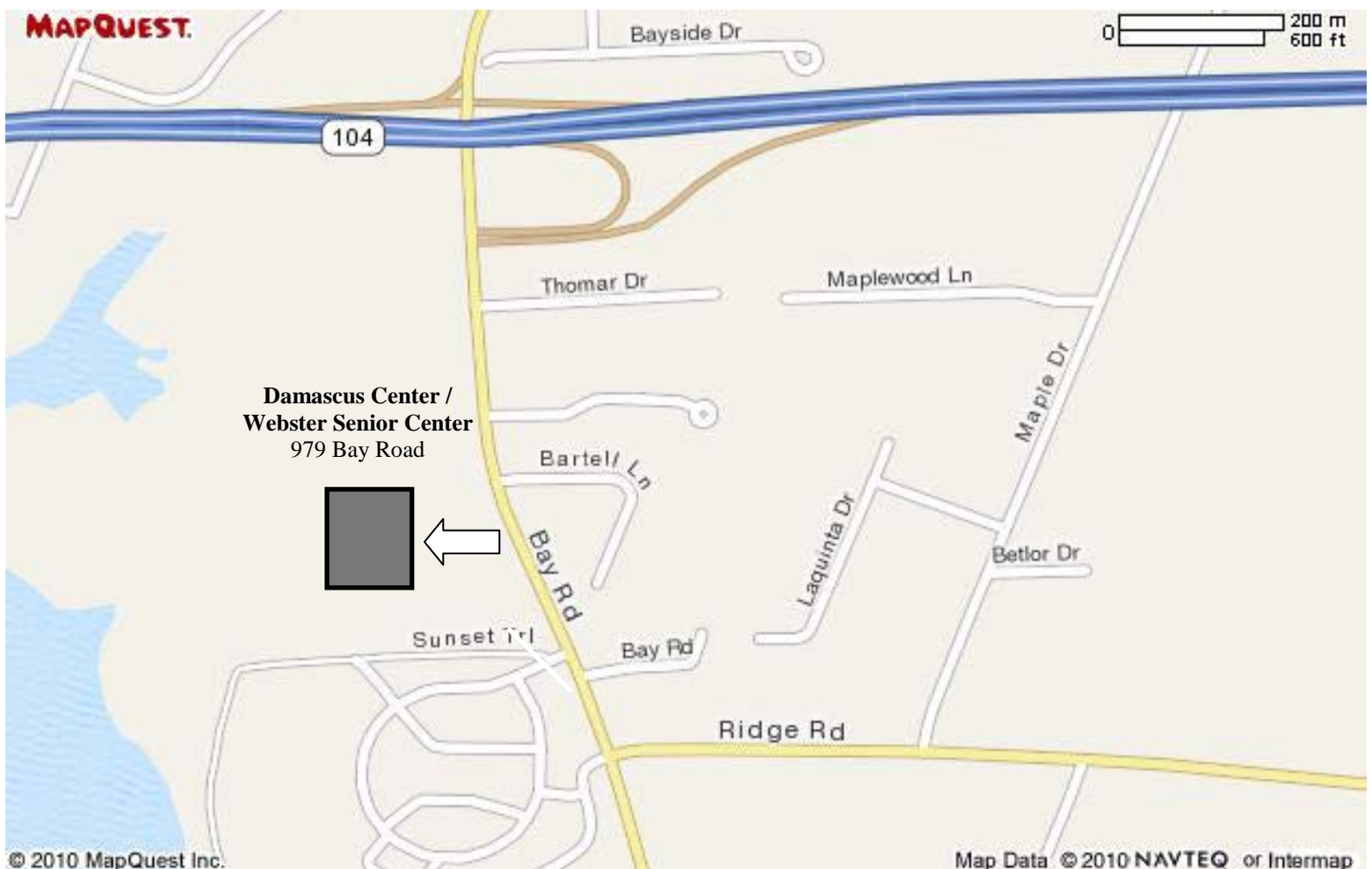
Please register in advance for Program #783

This party will be located at the 979 Bay Road, The Damascus Center.

The Webster Senior Center is moving to a temporary location, the Shiners's Damascus Center at 979 Bay Rd., effective Monday, March 1, 2010. Faith Bell's phone number will remain the same, 872-0385. The following programs will be continued at that site:

- Meal Program
- Transportation
- Parties (St. Pat's etc.)
- Chorus
- Visionaries
- Bible Study
- Poetry Club
- Bingo
- Haircuts
- Travelogues
- Wellness Series
- Lunch Bunch
- Senior Craft Classes
- Caseworker (Eldersource)
- Blood Pressure Checks
- Friday Knitters

Please feel free to call Faith Bell @ 872-0385 or Traci Ruffell @ 872-7088 with any questions.



REGISTER FOR THESE GREAT GUEST SPEAKERS

Wellness/Health Lunch and Lecture Series

Are you interested in trying to stay fit and eat health? Then, join us for the Webster Senior Center, monthly lunch and lectures series. The series will start off with Scott J. Pugliese, PT, CSCS, from the Greater Rochester Physical Therapy who will talk about "Flexibility, Strengthening and Endurance Exercises for Fitness and Good Health". This will be followed by motivational speaker, Betty Perkins- Carpenter, Ph.D., President of Senior Fitness Productions, Inc. and the author of How to Prevent Falls. We will end the lecture series with a representative from Excellus Medicare talking about senior nutrition and the importance of eating healthy. After each lecture there will be time for questions. Please note the start and end times for each program. Advance registration is required for each program. There is a \$2.50 donation for lunch, paid the day of program. You can join us for one, two or all three lectures.

"Flexibility, Strengthening, and Endurance
Exercise for Fitness and good Health"

Program #: 679a
Instructor: Scott Pugliese
Dates: 3/24/2010
Times: 12:30 PM – 1:30 PM

HOW TO PREVENT FALLS

Program #: 679b
Instructor: Betty Perkins-Carpenter
Dates: 4/21/2010
Times: 10:30 AM – 11:30 AM



Senior Nutrition

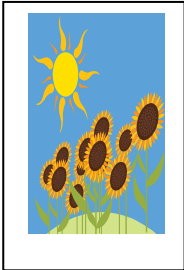
Program #: 679c
Instructor: Excellus Medicare
Dates: 5/19/2010
Times: 12:30 PM – 1:30 PM

MARCH HAPPENINGS
YOU DON'T WANT TO MISS!

Senior Tax Assistance

The AARP trained Volunteers will prepare Federal and State income taxes at a new location this year. They will be located in the Webster Public Library, February through April 15. All preparations are done by appointment only. Call 872-7075 for an appointment now.

Our Spring Party



This party will be on Thursday,
April 1st, @ 11:30am at
979 Bay Rd., Damascus Center.
Sign up now for program #785
Don't miss the fun!!

MARCH Babies....

Time to celebrate!

Our birthday party will
be held on
Friday, March 5.



WEBSTER RECREATION CENTER

1350 Chiyoda Drive
Webster, NY 14580

For the month of March, walkers will be
able to walk the gym 8am – 12noon.

WALKING IS FREE
14 TIMES AROUND IS 1 MILE

Please register only for
the programs you will
be attending. Do not
register for programs
you think you may
attend. We do prepare
for the programs by the
total number attending.

Thank you,
The Staff



If you want to join the Senior Nutrition Program to qualify for the free fitness membership at the Webster Recreation Center you must adhere to the following:

1. You must be 60 years of age or older.
2. See Faith Bell to fill out a registration card.
3. Participate in the nutrition program a minimum of 3 days per week.
4. \$2.50 suggested donation per person per day.

The fitness facility will be available Monday through Friday from 8-11am for the Webster Senior Nutrition Members.



CARE MANAGER'S CORNER

Cindy Helzer is the Webster Senior Center Care Manager from Elder Source and she is with us every Friday morning from 9am - 12:30pm located at 979 Bay Road inside of Damascus Center. Most of you know who Cindy is, but many of you are unaware of what she can help with. Each month she will give us a sample question that often comes up when working with Seniors. We are hoping that this column will help clarify what Cindy's role is and that you will seek her help and guidance if you need assistance.

Question of the month:

Having a hard time getting those floors cleaned? Are you having a difficult time with chores? See Cindy Helzer, Eldersource Care Manager, Fridays 9 am to 12:30 pm for information that can keep you independent in your home.

If you have any questions please feel free to contact Faith, Traci or the main office anytime with questions or concerns:

Faith Bell 872-0385

Traci Ruffell 872-7088

Main Office 872-7103

Senior Information Packets are Available



Not sure what the Webster Senior Center has to offer?

Ask Faith or Traci for an information packet. It contains information on all aspects of our Senior Center and a coupon for a complimentary meal the first time you join us for lunch at "Bert's Bistro"

Senior Center programs are funded by participants, the U.S. Administration on Aging, NYS OFA, Monroe County Dept. of Human and Health Services/Office for the Aging, and the Town of Webster. No person shall be denied benefits or be subjected to discrimination under any program or activity receiving Federal Assistance on the grounds of race, color, sex, religion, national origin, disability, or marital status