

Nazareth College offers courses for senior citizens

PITTSFORD — Nazareth College, 4245 East Ave., is holding several courses geared toward senior citizens this spring. The classes will be conducted through the college's Center for Lifelong Learning.

Sessions begin in late March. Offerings include: "The Discovery and Publication of the Dead Sea Scrolls;" "Surviving and Thriving Over 50;" "The Art of Florence;" "Great Decisions of 1993;" and "Write On! — Basic Writing Techniques."

For registration information, call Dolores Johnson at 716/586-2525, ext. 404.

Workshop to demonstrate art and exercise therapies

ROCHESTER — Attempts at improving the quality of life for people with Alzheimer's disease will be the focus of a workshop sponsored by the Monroe County Office for the Aging on Thursday, April 29.

Staff members from Thompson Nursing Home in Canandaigua will demonstrate art and exercise therapies currently being used in a grant study at the facility. The workshop will be in session from 1 to 3 p.m.

A \$5 donation is requested for this workshop. Call 716/274-7824 (Mondays, Tuesdays, or Thursdays) for information.

RCOA announces remaining trips for '93

ROCHESTER — The Regional Council on Aging's 1993 calendar of trips includes excursions to Cooperstown, the Thousand Islands, the Adirondacks, Canada for an African lion safari, the Erie Canal for a mystery tour, the Southern Tier for a fall foliage trip, and Pennsylvania to see glass blowers.

Prices for these trips range between \$30 and \$50 for each daylong trip, according to Marnie Suss, activity director for Carson Meyer Senior Center.

Space on the following Thursday trips is still available:

- June 24 to Alexandria Bay in

the Thousand Islands; register between May 4-6.

- July 15 to Raquette Lake in the Adirondacks; register June 3-4 and 7.

- Aug. 12 wild African safari in Canada; register between July 6-8.

- Sept. 9 trip down the Erie Canal; register between Aug. 4-6.

- Oct. 14 Southern Tier fall foliage tour; register between Sept. 6-8.

- Nov. 4 to a glass blowers shop in Pennsylvania; register between Oct. 4-6.

Tour costs include round-trip ticket, lunch, tour, show, demonstration and more. Call Ethel Gloss at 716/454-3224 to register.

Rochester Friendly Home looking for volunteers

BRIGHTON — The Rochester Friendly Home, a senior retirement community, located at 3156 East Ave., is currently seeking volunteers. Opportunities range from direct contact with elderly residents to indirect involvement such as cashiering in the gift shop or assisting with clerical tasks.

The home is looking for assistance in the physical therapy department on Mondays and Tuesdays. Volunteers are needed to help transport members to the physical therapy area and assist therapists and aides. Each session will last approximately two to three

Means to stretch dollars focus of March 25 session

ROCHESTER — Senior citizen group leaders can learn to stretch their supply dollars by attending a workshop titled, "Making Inexpensive Favors for all Occasions."

The Monroe County Office for the Aging is sponsoring this program on March 25, from 9:30 a.m. to 3 p.m. at 375 Westfall Road.

Bobbie Moriarty, the office's craft specialist, will be the instructor for this hands on workshop.

A \$5 donation for this program, which covers materials, is requested. Call 716/274-7824 (Mondays, Tuesdays, or Thursdays) for information.

Luncheon, dance slated at hotel Sunday, April 18

ROCHESTER — The Monroe County Office for the Aging invites county residents, ages 60 and over, to attend a spring luncheon and dance on Sunday, April 18.

The Genesee Plaza Holiday Inn, 120 Main St., will host the sit down luncheon at 12:30 p.m. Dancing to the music of the Joe Cady Quartet will follow.

Tickets cost \$13.50 per person. Free parking will be available at the Holiday Inn ramp garage. Tickets must be purchased by April 15. Call Nancy McLean-Smith at 716/274-7824.

Call 723-8760

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15	28	4	14	4
12	18	37	27	7
2	25	45	5	15



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For More Information, call or write today:

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