

Community Calendar

CONTINUING EVENTS

Swinging Senior bowling league is looking for men or women bowlers. Must be 55 or older. Bowling is every Friday at 1pm @ Bowlmor Lanes.

Changes in the worship schedule are in effect for the churches of the Shared Ministry: The United Methodist Church of Bombay will be at 9:30am in Bombay, and the First Presbyterian Church of Fort Covington will be at 11am in Ft. Covington.

The Massena Senior Citizens Center triad council meets the First Thursday each month at 1:30pm at the new Massena Community Center senior wing for info call 769-3577.

Massena Memorial Hospital will offer a Free Skin Tumor/Lesion Detection Clinic on the 3rd Tuesday of the month from 9am-11am at 17 Hospital Drive, Suite 1, in Massena. Dr. Vijay Kumar and Dr. Rosalind Mariano will be on hand to examine for any skin disorders. The clinic is free to all and all ages are welcome. For an appointment or more information, please call 315-769-4656. Upcoming clinic dates are: September 20th, October 18th, November 15th, and December 20th.

Celiac Sprue Support Group meets the first Tuesday of every month, 5pm, and the MMH Main Floor Board Room. For more information, call 769-4305.

Childbirth Preparation Classes are held Wednesdays in the Community Education Room beginning at 7:00pm. A mom-to-be should sign-up by 20 weeks gestation. Classes are taught by Certified Childbirth Educators from Massena Memorial Hospital. For more information or to register for a class, please call 769-4349.

Narcotics Anonymous Support Group Meeting will be held every Saturday, except holidays, in the Community Education Room at Massena Memorial Hospital beginning at 7:00pm. For more information, please call Scott at 769-9240 or the MMH Public Relations Office at 769-4305

Over-eaters Anonymous Support Group Meeting will be held every Thursday, except holidays, in the MMH Community Education room beginning at 7:00PM. For more information, please call Debbie at 315-384-4833 or the MMH Public Relations Office at 769-4305

Fibromyalgia Support Group will begin meeting again on the 2nd Tuesday of the Month. The meeting will start at 6:30pm and will take place in the Lower Level Conference Room. For more information, please call Maxine Dodge at 769-5778 or the MMH Public Relations at 769-4305. The next meeting date scheduled are Nov. 12th and December 10th.

Weight Loss Surgery Group will be meeting the 3rd Wednesday of the month, except holidays, in the MMH Levine Outpatient Center, beginning at 6:30pm. For more

information, please call the Levine Outpatient Center at 769-4340 or Massena Memorial Hospital Public Relations Office at 315-769-4262.

The Bariatric Support Group meets on the First Thursday of each month at 7pm in the Conference room A & B, next to the Cornerstone Café, in Claxton-Hepburn Medical Center. Connie Neuroth, a Post-Bariatric Surgery Patient, is the group's facilitator. All are welcome and registration is not necessary. For more information, Connie Neuroth may be reached at 324-5780.

Breast Feeding support group meets the first Tuesday of the month, except for holidays, at the New Testament Church Nursery, beginning at 10:00am. The Support Group is taught by Certified Childbirth Educator Snow Harper-Moulton, R.N. No pre-registration is required, and refreshments will be served. For more info please call 769-4349.

The Quad Town Senior Citizens will meet on the first Tuesday of each month at 7pm. A cover dish supper will precede the meeting at 6pm. For more information, call 764-5141.

The Public Health Department offers HIV testing and Counseling Services as well as a STD Clinic in Canton, Massena, Gouverneur and Ogdensburg. Appointments are **required** and a \$5.00 donation is appreciated. Please call 1-800-561-6057 for more information on dates and locations.

The Emotions Anonymous Support Group will be meeting every Sunday at 6:00PM, except for holidays in the Massena Memorial Hospital Community Education Room. For more information, please call Scott at 315-769-9240 or Massena Memorial Hospital Public Relations office at 315-769-4262.

Claxton-Hepburn Medical center offers a free Diabetes Education Program from 4-5pm the third Thursday of each month in the auditorium, on the Mansion Ave side of the Annex building. For more information please call 315-393-8880 ext 5181

Claxton-Hepburn Medical center offers a free Ostomy support group at 1pm the third Thursday of each month in Conference Room C on the 2nd floor of the old mental health unit. For more information please call Karen Cole, RN, BSN, CWOCN, CDE at 315-713-5181.

Claxton-Hepburn Medical Center and Hospice have teamed up to offer grief education and discussion called the Healing Circle from 6:30 to 7:30pm the first Wednesday of each month in the auditorium. For more information please call Hospice at 315-265-3105 or contact them through their website at www.seriousillness.org/slc.

If you or someone you know feels Stressed, Worried, Angry, Frightened, Anxious, Hopeless, Depressed, Resentful, or Defeated there is a way to recover! Emotions Anonymous is free to the public and open for all ages. The group meets every Sunday

morning @ 11am except for holidays. For more info please call MMH Public Relations @ 769-4305.

The St. Lawrence Co. Council of Seniors holds their monthly meetings at the Potsdam American Legion hall on Route 345 the second Thursday of the month at 10am.

Woman of the Moose lodge #729 are having their meetings again @ the lodge on Ames St. in Massena, the 2 and 4th Tuesdays of the month. New members are welcome

The Massena Triad Council meets the first Thursday of the month in the community center at 1:30pm.

The Norwood United Methodist Church will be holding a **Youth Night** at the Church in Norwood Sunday nights from 6:30pm to 8:00pm. This youth night is geared toward High School (9-12th grade) students, and is being held in the Educational Building. There will be games, food, bible study, volunteer opportunities, trips, and lots of fun.

The Hermon Fire Department will begin serving their All You Can Eat Breakfast on the second Sunday of each month. Breakfast will be served at the Hermon Fire Hall from 8:30am to 11:30am. The cost will be \$6.00.

Attention St. Lawrence County Senior Citizens: The St. Lawrence County Council of Senior Citizens, Inc. will hold their monthly meetings at the Potsdam American Legion Hall on Rt. 345 in Potsdam on the second Thursday of each month starting at 10am. There will be coffee and donuts served at each meeting.

St. Mary's & St. Joseph's Bingo is held every Monday and Thursday night at 7:00pm at St. Mary's Parish Hall at 7 Sycamore Street in Massena and benefits St. Mary's and St. Joseph's Parish. Monday night, there is a \$500 grand prize coverall, and Thursday features a grand prize coverall game worth \$1000.

The Potsdam Computer Center at the Potsdam Public Library offers the following classes:

Interviewing Skills and Job Applications classes will be offered from 9a.m. – 12 p.m. every Tuesday.

Resume and Cover Letter Writing classes will be offered from 9 a.m. to 12p.m. every Thursday

Classes will be held at the Library Public Computer Center and are free of charge. The classes are geared for individuals who are currently seeking to find or upgrade employment. Each class is limited to ten people so that each attendee will be able to use a computer, so early reservations are suggested. For further information, or to make a reservation please call 265-7230 and ask for Rene or Bob at the Public Computer Center, or e-mail raustin@potsdamlibrary.org, or rwatkin@potsdamlibrary.org.

Living Stones Ministries, located at 407 Donovan Road in Brushton, will be hosting a program called Heartbeat – Grief Support Following Suicide – on the Fourth Tuesday of each month at 6:30pm at the Brushton-Moira United Methodist Church. Anyone who has lost a loved one through suicide is welcome to attend. For more information, please call 518-358-4168 or email them at emmaus@hughes.net.

The NNCS Class of 2012 All Night Party Committee will meet the 1st Tuesday of each month in the high school cafeteria. Please join us and contribute your talents! You can also join us on Facebook! We have created a FB page group – NNCA Class off 2012 All Night Party.

Miss Angie's Music Class is held every Thursday from 9:30-10:30am, and Saturdays from 10:30 -11:30am, for children ages 0-5 with a caregiver. There is a CD of original/traditional tunes included with the enrollment fee. The cost is \$100 for the first child, \$50 for a sibling, and \$12 for a drop in. A sliding scale is offered for low income families. For more information, call Angie Beeler at 347-2401, or e-mail missangiesmusic@gmail.com

The Hermon Fire Hall will be holding All You Can Eat Breakfast on the second Sunday of the Month, starting at 8:30am until 11:30am. The cost is \$6.

Friday, January 27th, 2012

The North Country Children's clinic is holding a WIC clinic in Norfolk at the Hepburn Library, 1 Hepburn St, from 8:15am – 3pm.

Pedro Card Parties will be held at 7:00 p.m. on January 27th and February 10th at the LBSH dining room in Brasher Falls. These card parties, sponsored by the Quad Town Senior Citizens Club are open to the public. Admission is \$1:00. Please bring a snack to share.

The First United Methodist Church, 189 Main St., Massena, is accepting clean, usable donations for the spring rummage sale to benefit youth in Massena. Donations may be dropped off any time the church is open or call Glenda for an appt, 769-5438. Please have the donations at the church by Feb. 10th. No large exercise equipment will be accepted, and the sale will be held Feb. 17th and 18th.

Brasher Falls United Methodist Church is holding a community supper from 5-6:30pm.

The Parishville Hopkinton Girls Soccer teams will be sponsoring a free Zumba class at the Parishville Hopkinton Central School. The class will be held in the school cafeteria and will be from 9-10am.

Saturday January 28th, 2012

The annual "Running of the Beds" will be held during "Colton Winter Fest 2012"! 5-man teams are needed to participate. This event will take place on Saturday, January 28th at 1:30 PM, at the AMVETS Post 262, State Highway 56, just north of Colton. Pre-registration and signature of the waiver, at the post, is highly encouraged but may be done on the day of the event! Fee is \$5 per person / \$25 per team. All proceeds benefit the local food pantry! We are looking forward to a great turnout! There will be hotdogs, chili, hamburgers and chips available!

The Lewis County Historical Society is hosting the 2nd concert of the season featuring Todd Hobin and a night of classic rock and roll, at the Historical Society blueroom at 7pm. Tickets are \$20 at the door. For more information, call 376-8957.

Sunday, January 29th, 2012

The Morley Historical Group will meet at 2pm at the Morley Library, for more information call 379-9863.

The Ogdensburg Area Zonta club invites you to join the Zonta Zumbathon from 1-5pm at the Dobisky Visitors' Center in Ogdensburg. The cost is \$10, and all the proceeds benefit the Ogdensburg area Zonta club, which works to advance the status of women locally, as well as worldwide.

Monday, January 30th, 2012

The North Country Children's clinic is holding a WIC clinic in Canton, today and tomorrow, at the Main Office, 3 Remington Ave, from 7:15am – 4:15pm.

AARP Free Tax Help will be available at the Community Center on Beach St. in Massena from 8:30am until 12:30pm. There is no appt necessary. Please bring all of your documents showing income for 2011, plus last year's tax return. For more information call 769-5736.

Tuesday, January 31st, 2012

The American Red Cross is holding a blood drive, at the Potsdam Presbyterian Church, 42 Elm St. in Potsdam, from 12:30-5:30, and also at the Ogdensburg Presbyterian Church, 423 Ford St., Ogdensburg, from 11:30 to 5:30pm.

Reachout of St. Lawrence County is looking for caring people to volunteer as telephone crisis counselors for its 24 hour crisis intervention and information and referral hotline. Applications are being accepted until Jan. 31st at 5pm. Applicants must be 18 years old, have reliable transportation to Reachout's office in Potsdam, have 5 hours per week to volunteer, be willing to commit to one year of service, and be available for training weekend of Feb. 3-5th. For more information, visit www.reachouthotline.org/apply, or call Reachout, at 265-2422.

Friday, February 3rd, 2012

Massena Head Start will be hold an Open House on Feb. 3 from 8:30 a.m. to 3:00 p.m. at the Congregational Church Community Room across from Head Start at 41 West Orvis St. They will be completing applications for children who will turn 3 before December 1, 2012 for the Home Based Program or 4 by December 1, 2012 for the Center Based Program. Please call 769-0925 for additional information.

The Animal Food Pantry will be participating in the Massena Winter Carnival Parade, in which donations, be it monetary, pet food or, pet food coupons are greatly appreciated. Please lineup on Water St., @ 6pm. Come join us w/ your pet. Dress up your pet to add to the ambience of the parade.

Saturday, February 4th, 2012

The Massena Volunteer Fire Department Charity Hockey team will host the visiting Fort Drum Mountaineer's of the U.S. Army's 10th Mountain Division (Light Infantry) in a charity hockey match-up to raise money to benefit the Wounded Warrior Project. Game time is 7:00 p.m. and there is a suggested \$5.00 donation at the door. During the game raffles will also be run to not only help the Wounded Warrior Project but also to assist Ft. Drum's family readiness group! For more information on the game contact Massena Hockey Captain Tim Quenneville at (315) 250-4623 or Ft. Drum Assistant Captain John Laursen at (386) 984-7337.

The American Red Cross is holding a babysitter's training course on Feb. 22nd, from 9am to 3:30pm in the community Room at the Potsdam Library. The cost is \$85, and you can register online at redcross.org, or by calling 268-0102. Participants should bring a bag lunch and a Cabbage Patch size doll.

Winterfest 2012 'The Artic Blast' is being held at the St. Regis Falls School, sponsored by the Waverly Youth Council. Activities begin at 7am with a breakfast, a craft fair at 9am, and the Adirondack Wildlife and Refuge Center from Wilmington will be on site with life animals at 10am. For more information, call 856-9474.

Everyone come join us for **"Snow Flake" Fantasy** Winterfest events at the Massena Community Center, 61 Beach Street on Saturday, **from 10:00 a.m. to 4:00 p.m.** Wii bowling and Shuffleboard teams wanted for a morning of fun. Free registration starts at 9:00 a.m. Competitions begin at 10 a.m. Tables of dessert and bake goods, used treasures, and much more will be available. Lunch of hot soup and sandwiches is served 11 a.m. – 1:00 p.m.

Northern Symphonic Winds Concert, "Altered States," Saturday, Feb. 4 at 7:30 pm in the Massena High School Auditorium, conducted by Brian Doyle. Tickets are \$10 for adults, \$5 for students. Half the proceeds will benefit the Massena Central School Music Program.

The Parishville Volunteer fire dept. will have their 16th annual rabbit hunt. Hunt times will be from 7am to 5pm. Entry fee is \$20, and registration will be at the Parishville fireman's hall starting at 6am the morning of the hunt. For more information, call 244-0817 or 265-2922.

On Saturday, February 4th, John C. Londraville Post 832 will be hosting their annual Pitch & Shuffle Board Tournament. Games will consist of 2 person teams, open to members and their guests. There will be pizza and wings for those who participate. Activities start at 1:30 pm, there will be a fee of \$5 per person. Call the legion to reserve a spot at 654-2101 or stop by and sign up your team.

Chefs and their teams are invited to participate in The 13th Annual North Country Chili Cook-off on Saturday, February 4 from 11 am to 3 pm at the Dulles Office Building on Washington St. in Watertown. The Cook-off is organized by the American Legion Auxiliary of Jefferson County for the benefit of the Volunteer Transportation Center. Tickets are \$5 each or 3 for \$10 and may be purchased in advance at the CV Legion Hall between 3-8 pm. To volunteer and/or participate call 315.788.0422

Sunday February 5, 2012

Crary Mills Tri Town Community Center is having a chicken and biscuit dinner from 12pm until all is sold. The cost is \$8 adults, kids 5 and under are free. Take outs are available, and all proceeds benefit the Community center. For more information, call 854-4171.

A jamboree is being held for Tom Moulton from 1 – 8pm at the Parishville Fire hall. There will be raffles, music, dancing, and a spaghetti dinner.

A Lasagna dinner is being held at the Norfolk fire station on 420. The dinner starts at 12pm, and the cost is \$10 for adults, children 8 and under \$8, and senior and older is \$8. Take out dishes are available, please call ahead of time for delivery, the proceeds go to the unborn baby of Erica LaShomb and Jake Murray, who was diagnosed with Hypoplastic Left Heart Syndrome. For more infor, call 384-4256, or 705-3155.

Monday, February 6th, 2012

The Potsdam Computer Center at the Potsdam Public Library is offering a Basic Computer class from 9:30 – 11:30am. For further information, or to make a reservation please call 265-7230 and ask for Rene or Bob at the Public Computer Center, or e-mail raustin@potsdamlibrary.org, or rwatkin@potsdamlibrary.org.

AARP Free Tax Help will be available at the Midtown Apt. Bldg. on Munson St. in Potsdam, from 9:00am until 1:00pm. There is no appt necessary. Please bring all of your

documents showing income for 2011, plus last year's tax return. For more information call 769-5736.

Tuesday, February 7th, 2012

The American Red Cross is holding a blood drive, at the Hepburn Medical Center, 214 King St., Ogdensburg, from 11:30-4:30.

Wednesday, February 8th, 2012

Massena Head Start will be hold an Open House on Feb. 8 from 8:30 a.m. to 3:00 p.m. at the Congregational Church Community Room across from Head Start at 41 West Orvis St. They will be completing applications for children who will turn 3 before December 1, 2012 for the Home Based Program or 4 by December 1, 2012 for the Center Based Program. Please call 769-0925 for additional information.

The American Red Cross is holding a blood drive, at the SUNY Potsdam Student Union in Potsdam, from 11:30-4:30.

Thursday, February 9th, 2012

The Grasse River Players will be presenting the play 'The New York Idea', by David Auburn, tonight at 7:30pm at the Gulick Theatre, St. Lawrence University in Canton. The play runs until Saturday.

The Potsdam Computer Center at the Potsdam Public Library is offering a downloading Ebook from your library class from 10am – noon, and a diagnostic and troubleshooting your computer class from 1 – 3pm. For further information, or to make a reservation please call 265-7230 and ask for Rene or Bob at the Public Computer Center, or e-mail raustin@potsdamlibrary.org, or rwatkin@potsdamlibrary.org.

Massena Head Start will be hold an Open House on Feb. 9 from 8:30 a.m. to 3:00 p.m. at the Congregational Church Community Room across from Head Start at 41 West Orvis St. They will be completing applications for children who will turn 3 before December 1, 2012 for the Home Based Program or 4 by December 1, 2012 for the Center Based Program. Please call 769-0925 for additional information.

The St. Law. Co. chapter of the NYS Women, Inc., will hold a business meeting at 6pm at the Massena Museum on E. Orvis St. All members are urged to attend. For more info call 769-5997.

The Massena Aluminum Historical association will meet at 1:00pm at the Massena Museum on E. Orvis St. For more info, call Pat at 769-5997.

February 10, 2012

Grasse River Players present THE NEW YORK IDEA, adapted by David Auburn from the original by Langdon Mitchell, Thurs., Feb.9, Fri., Feb.10 and Sat., Feb. 11, at 7:30PM in Gulick Theatre, SLU, Canton, for its Winterfest celebration. Open seating. Box office tickets are \$8.00 each.

Pedro Card Parties will be held at 7:00 p.m. on February 10th at the LBSH dining room in Brasher Falls. These card parties, sponsored by the Quad Town Senior Citizens Club are open to the public. Admission is \$1:00. Please bring a snack to share.

The Potsdam Computer Center at the Potsdam Public Library is offering a class about Free resources on the Internet from 10am – noon, and a Google Earth and Google Maps class, from 1 – 3 pm. For further information, or to make a reservation please call 265-7230 and ask for Rene or Bob at the Public Computer Center, or e-mail raustin@potsdamlibrary.org, or rwatkin@potsdamlibrary.org.

Sunday, February 12th, 2012

There will be a dance at the Massena Community Building at 61 Beach Street, starting at 6pm. The Oshier's country band is sponsored by Massena Senior Citizens, but is open to the public and all ages. There is a \$3 at-the-door cover charge. Refreshments are sold.

On Sunday, February 12th, 2012 from 8am to 12pm the Rotary Club of Canton, New York will be hosting its annual Pancake Breakfast at the Best Western PLUS University Inn, 90 East Main Street, Canton. Ages 7 to Adult \$7, Under 7 Free. Tickets available at the door or from any Canton Rotarian. Please call 315-386-8522 for more information

Monday, February 13th, 2012

The Potsdam Computer Center at the Potsdam Public Library is offering an Introduction to Microsoft Word class from 9:30 – 11:30am. For further information, or to make a reservation please call 265-7230 and ask for Rene or Bob at the Public Computer Center, or e-mail raustin@potsdamlibrary.org, or rwatkin@potsdamlibrary.org.

The American Red Cross is holding a blood drive, at the Unitarian Universalist Church , 3 ½ E. Main St., from 11:30-4:30.

Saturday, February 18th, 2012

Oxbow Fire Company's 2012 fundraising season begins Saturday February 18th, with our Valentine's Dance, featuring "Shagnasty," 9:30pm to 1:30am. Admission is \$5/ person or just \$8/couple, at the Oxbow Fire Hall.

The Jefferson County American Legion Bowling Tournament takes place at Fort Drum on February 18th. There will be 5 persons per team, \$14 per person entry fee. Legion Family Members Only. Bowling starts at 12:30 SHARP!!! Cape Vincent bowlers will meet at the Legion Hall on E. Broadway by 11:30 am. Sign up sheet is at the Legion Hall.

Tuesday, February 21st, 2012

The American Red Cross is holding a blood drive, at Clakrson University, 120 Student Center in Potsdam, from 11:30-4:30.

Thursday, February 23rd, 2012

The Potsdam Computer Center at the Potsdam Public Library is offering a Windows 7 and you class from 10am – noon, and a class on managing and editing your personal photos, from 1-3pm. For further information, or to make a reservation please call 265-7230 and ask for Rene or Bob at the Public Computer Center, or e-mail raustin@potsdamlibrary.org, or rwatkin@potsdamlibrary.org.

March 2nd, 2012

SUNY Potsdam will be holding it's second annual BEAR-Con, from today until the 4th, in the Student Union. Bear-Con is a convention for those interested in gaming, video-gaming, sci-fi, fantasy, anime, comics, and more. To sign up or check it out, visit bear-con.org