



January-February 2023

CONNECTIONS NEWSLETTER

of

SHENENDEHOWA NEIGHBORS CONNECTING

Shenendehowa Neighbors Connecting gives older adults the opportunity to form friendships, enjoy a rich and independent lifestyle, and build supportive community connections that help them age successfully at home.

We may be saying “good-bye” to 2022 but SNC is proud to have presented 14 programs, many in person and via ZOOM all while nearly doubling in membership from 57 members to approximately 100 members from last year!



November and December were eventful months.

More than 40 individuals gathered at the Historic Groom’s Road Tavern on November 9th to hear Fred Stevens, a retired engineer, present the “Prehistoric History of Clifton Park.” The attentive crowd heard about the early development of the present landforms of the area and learned about the many artifacts that have been discovered in this area. Fred has spent much of his 22 years of retirement devoted to his lifelong passion of archeology. Participants had an opportunity to tour Groom’s Tavern and see some of the artifacts first hand in the second floor gallery.

Albany ProMusica’s **The Many Moods of Christmas** played to a full house that included 18 SNC attendees at the Troy Savings Bank Music Hall on December 18th. Following the concert a delicious dinner was served at McGreivey’s Irish Pub in Waterford.



January-February 2023

Upcoming 2023 Programs: SNC's Theatre Lover's Special Interest Group invites you to a "meet up" on **January 8th at 2 pm in the Clifton Park Halfmoon Library, 475 Moe Road, Clifton Park** for a Not So Common Players concert performance of *Guys and Dolls*. There is no charge for this event. Seating is on a first-come, first-served basis and may be limited. We hope to see you there. The back up date is January 15th should the event on the 8th be full. Our "meet up" at a play this summer was great fun, so please join us!

Need a ride or interested in carpooling? If you would like to attend one of our activities but find transportation a concern, please contact Loretta at 518-801-4517 for information.

January 19, 2023 at 1:30 pm-2:30 pm Ed Rodger will present a travelogue, "Boating through New York



and Canada". You will "ride along" as Ed describes a 4 week trip he and his wife, Francine, along with two friends took from Clifton Park, boating the Erie Canal, Lake Ontario, Ottawa's Rideau Canal, Montreal and Lake Champlain and back home on a 41-foot Trawler.

This will be an free online presentation via Zoom, open to the public. Registration is required on the SNC website:

<https://snc.clubexpress.com/>



Canal Trivia: Today, New York State has 57 locks in the NYS Canal System and the Ottawa Locks and Rideau Lock system in Canada have 45 locks.

February 14, 2023, 1:00 pm-2:00pm, A Valentine's Day Event, The Storytellers are back and will entertain us at **Christ Community Reformed Church, 101 NY-146, Clifton Park**. Don't miss this sure to be well-attended event. This event is open to members and non- members. More information on the time of this event to come. You must register via the website: <https://snc.clubexpress.com/>

There is no cost for members to register; there is a cost of \$5.00 for non-members.

If you are able to volunteer to help at this event please contact Kim Swire, Program Chair at:

kswire1@gmail.com



Tuesday, March 14, 2023 at 10:30 a.m. join us for a visit to **Sugar Oak Farms, 50 Atkins Road, Malta, 12020**. This small, family-owned and operated maple sugarhouse specializes in everything maple. We will meet for a tour that includes a walk in the woods (with appropriate weather-dependent footwear) to see how the trees are tapped followed by a visit to the sugar house to see what happens next. The tour takes approximately 45 minutes - 1 hour. There will be time for Q & A and a visit to the Farm Store and Gift Shop. Should inclement weather be a factor, registrants will be notified via their email address. The store offers quality maple products to the surrounding area, as well as across the globe. You will also find honey, maple candles, maple cream, maple sugar and maple syrup. This event is free and open to members. Please register on the SNC website <https://snc.clubexpress.com/>

Coming up in Spring 2023: SNC has been awarded a grant from the Endowment Fund of the Prince of Peace Lutheran Church. This award will be used to conduct several programs in 2023 related to health management for older adults, such as refitting homes for better mobility and safety, managing diabetes and other topics.

We thank Katie and Allan Anderson, SNC members, for alerting SNC of the opportunity to apply for these funds. We are pleased to announce that the first of these programs will be in April.

April 27, 2023 Lynda Shrager OTR Registered Occupational Therapist, will present a topic of importance for all seniors who want to successfully age in their own home, **Refitting Homes for Better Mobility and Safety**. Ms Shrager has an extensive background in geriatrics that is sure to help seniors approach aging at home with confidence. A free handout, AARP's Home Fit Guide will be available. This program is free, open to the public and will be held at **St Mary's Church, Crescent, 86 Church Hill Road, Waterford 12188**. Register on the SNC website at <https://snc.clubexpress.com/>

