



July-August2023

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.

Older Americans Month was held in May and it was an active time with CAPTAIN Community Services holding, “Here Come the Boomers” on May18th, a seminar that was an excellent source of information on topics of interest to seniors in Saratoga County. This event was attended by 175 participants.



May 21st Care Links held its “Pasta and Sinatra” dinner show which was enjoyed by 200 participants. In the photo, left to right, are SNC Officers and members: Judy Moore, Susan Perrino, and Nancy Varley.

May 31st, SNC held its second members’ breakfast, “Let’s Get Connected” focusing on a review of the SNC website and its interactive communication feature for Special Interest groups. Close to 30 members received an SNC tote bag and enjoyed a delicious breakfast while paying close attention to Bob Parsons’ clear instructions and practicing on their own devices. SNC’s membership is now 102 and any member can start a group with a special interest.

Pickleball, chess, book club, anyone? You can start a group and communicate the time and place to members of that group for getting together to have some fun.



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.

..Another way to meet some of our interesting members is to set up a Trivia Special Interest Group. SNC held its first Trivia Night on June 8th at The Courtside Grill in the Impact Athletic Center for 15 trivia seeking members. The games are held every Thursday at 6:30pm and there is no admission cost, only your own food and beverages need to be purchased. If you have a lot of random facts you'd like to find a use for, Trivia might be for you. If you don't know how to set up an Interest Group, contact Bob Parsons at cpparsons@gmail.com.

A "Meet Up" event was held June 11th to enjoy the musical renditions of the Broadway play, "Evita". The Not-So-Common Players provided a first class musical event for a crowd of local participants with 10 SNC members enjoying the event and the socialization it afforded.



SNC's Picnic was held on June 28th at Halfmoon Lighthouse Park on the Hudson River. Although a cloudy day with intermittent sprinkles, 13 participants enjoyed the get-together and the newly renovated access to docks at the former boat launch and new viewing balcony overlooking the Hudson River.

Upcoming Events

On **July 18th** Care Link's is having an **Old Time Picnic** which will be held at St. Luke's on the Hill, 40 McBride Rd., Mechanicville, 12118. with food and fun starting at 12 noon - 3:00 pm There will be both indoor and outdoor facilities available. Simply bring a bag lunch and a beverage of your choice (coffee and water will be available). Volunteers are encouraged to bring their Care Receivers. Registration is required so please call the Care links office at 518-399-3262 or email Terra@captaincares.org



The Not-So-Common Players will be presenting, "**The Bells Are Ringing**", a play at Clifton Commons and **SNC is planning a meet up for one of the evening performances**. Story: A 1960's romantic comedy-musical follows a young switchboard operator who becomes overly involved with the lives of the subscribers. Comedy and love abounds! Performances are being held July 21-23 & July 27-30 (8:00pm). If interested, contact Kim Swire at

kimswire1@gmail.com regarding your availability to meet up.



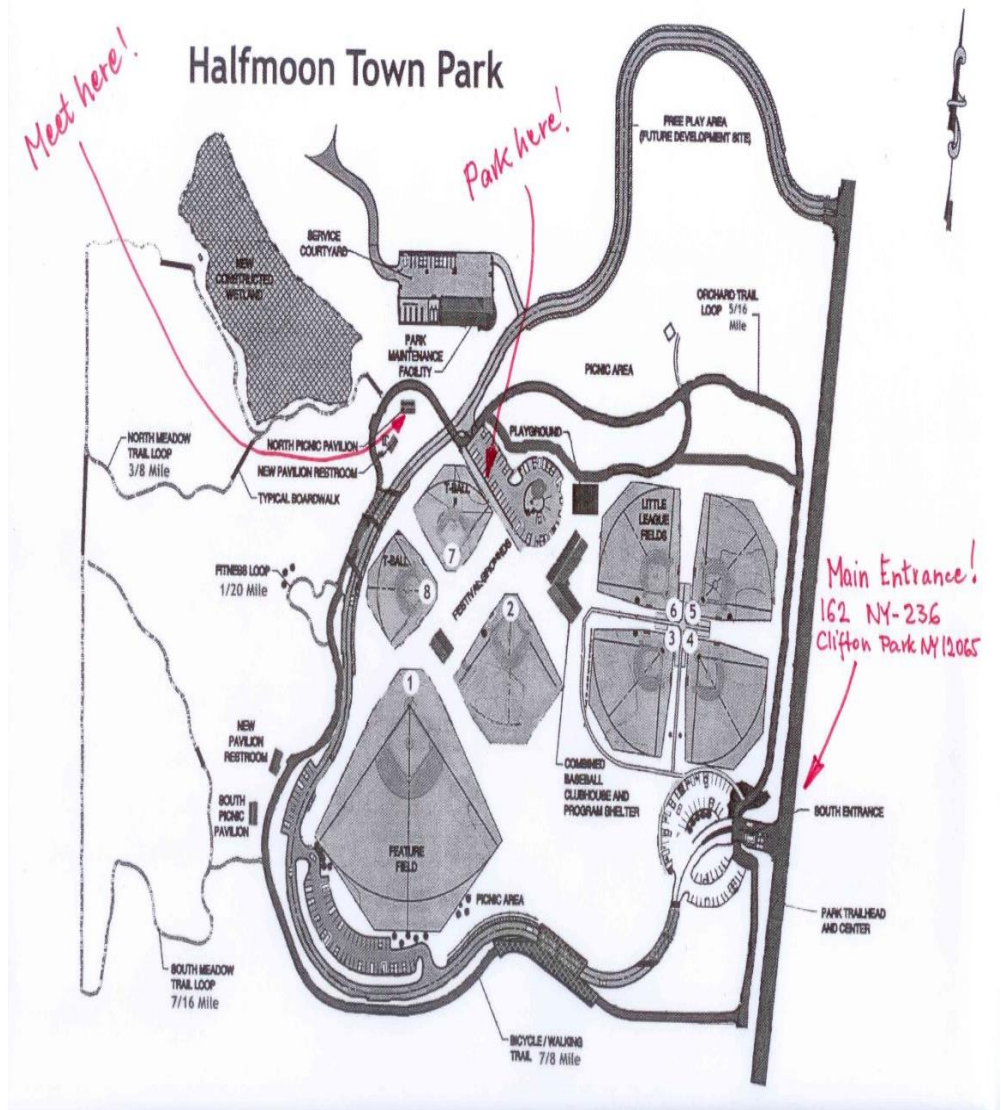
Come and join us for the second annual **End-of-Summer Pool Party at the Cromer's on August 15th** (rain date is August 17th). We will meet at **11:00 am (until 3:00 pm)** at Susan and Don Cromer's home to enjoy their heated pool.

Bring your own lunch and a shareable item. Our hosts will provide cold drinks such as iced tea and lemonade. If you would like to bring your own spirits, that is fine.

Chairs and changing spaces will be provided, but please bring your own towel. This event is for members only. Please register on the SNC website <https://snc.clubexpress.com/> by August 10th. The pool is at 8 Barley Court, Waterford, N.Y. Call Susan at (518) 810-9280 with any questions.

The **Picnic Special Interest Group** is planning a picnic at Peebles Island in late August. There will be a group walk in the park followed by a picnic or choose to only have the picnic lunch at the pavilion with the group. More details to come in early August!

September 6th Trail Walk and Picnic at the Town of Halfmoon Park. Meet at the North Picnic Pavilion at 11:00 am and take an enjoyable 35-minute walk on a wide trail composed of 2 short, connected trail loops. Bring your own lunch. **The rain date is September 8th.** Registration is recommended. At the right is a map of the Halfmoon Town Park





September 19th, 12:00 pm-1:30 pm. “Eating Well to Optimize Health” will be presented by Dr. Lorraine Del Rosso at Prince of Peace Lutheran Church, 4 Northcrest Dr., Clifton Park. Dr. Del Rosso graduated from New York Chiropractic College in 1984 and went on to receive her Master’s in clinical nutrition from the University of Bridgeport. She has practiced Chiropractic and Nutritional Counseling for over 25 years in the Capital District, and currently teaches Nutrition at Schenectady County Community College. This program is made possible by a generous grant from Prince of Peace Lutheran Church. This program is free and open to the public. Registration is appreciated at <https://snc.clubexpress.com/content.aspx>

October 3rd at 6:30 pm at the Peebles Island Visitors Center, Tiffany Windows of Troy will be presented by Michael Barrett of the Hudson-Mohawk Industrial Gateway. This program is co-sponsored by The Friends of Peebles Island. The talk is free and open to the public. More information to come.

October 18th Boscov’s Friends Helping Friends shopping day. SNC is registered to sell \$5.00 certificates which will entitle the owner of the certificate to an in-store discount on that one shopping day. For each \$5.00 certificate sold, SNC will keep the \$5.00 as a fundraiser. See an SNC Board member to get your savings certificate!

November 8th 1:00 pm-2:30pm Improving your Strength and Flexibility will be presented by Judy England at St. Mary’s Church Crescent. The presenter, Judy England will demonstrate easy-to-do exercises to improve balance and muscle tone. This program is free, open to the public and generously supported by a grant from Prince of Peace Lutheran church.

December 17th Albany Pro Musica’s The Many Moods of Christmas and Dinner at McGreivey’s Restaurant has become a favorite holiday tradition across the Capital Region. This concert is designed to inspire, celebrate, and unite us in the spirit of the season. More details to come.

