



January-February 2024

# 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.**



**Start the New Year off right with these upcoming SNC programs: Tuesday, January 10<sup>th</sup>: 11:30am-1:00pm, “Sound Bites-Tips and Hacks for Eating Well.”** Eating well can be challenging, and the reasons why are different for each person. Ellie Wilson is a Registered Dietitian-Nutritionist, Manager of Lifestyles and Wellness for Price Chopper/Market 32. She will offer insights, tips, and hacks to help attendees reduce stress around food information and food choices, and tweak shopping, cooking, and eating out to get the most enjoyment and benefit out of every bite! Certified in culinary nutrition coaching, Ellie knows no food is good for you if don’t want to eat it and ensures taste and truth can help you make a great plate! **This program will be presented at Prince of Peace Lutheran Church, 4 Northcrest Drive,**

**Clifton Park.** The program is free, open to the public and generously supported by a grant from Prince of Peace Lutheran Church. **Registration is appreciated to facilitate notification should a change need to be made due to inclement weather. Register on the SNC website: <https://snc.clubexpress.com/content.aspx> . All participants will be entered into a drawing for gift cards to local healthy food businesses.**

**Thursday, February 8th, 11:00am-1:00pm, “Candy-Making Fun at a Chocolate Lab.”**

Looking for a cure for the mid-winter blahs? How about making your own delicious chocolate candy at a local candy store! SNC is sponsoring a **Chocolate Lab event at The Park Avenue Confectionery, 223 Park Ave., Mechanicville.** We’ll make our chocolate treats from 11:00 to 12:00 and go next door to the End Zone Sports Pub for a pizza lunch from 12:00 to 1:00. Park Avenue provides all the candy-making fixings – pretzels, marshmallows, sprinkles, M&Ms, etc. - and we use melted chocolate to make our own candies. While we finish our pizza, the store staff will package our individual creations to take home. It’s fun and relaxing, and just in time for Valentine’s Day! **The cost for candy-making and pizza is \$25 per person, and attendance is limited to 16 people. This is a members-only event. You can pay by credit card on the website or mail a check to SNC, P.O. Box 4588, Halfmoon, NY 12065. Registration is required on the SNC website by Friday, February 2nd: <https://snc.clubexpress.com/>**



**Wednesday, February 21st, 1:00pm-3pm, “Get your Affairs in Order so your Kids Don’t Have To.”**

Taking care of our affairs is a gift we can give to our children. Our presenter will be Lynda Shrager, OTR, MSW, who is an experienced Aging in Place Specialist and a very engaging speaker. This workshop teaches how to organize your papers, your health data, and your home – before a crisis occurs. “Getting your ducks in a row” provides stress relief for you, and your family. This program will be held at St. Mary’s Church, Crescent, 86 Church Hill Road, Waterford. This event is free, open to the public and is generously supported by a grant from Prince of Peace Lutheran Church. Registration is appreciated and will be used to notify registrants should rescheduling be needed due to inclement weather. Register on the SNC website:

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

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.

**Thursday, March 14th:** SNC will co-sponsor “Hudson, the Story of a River” with the Friends of Peebles Island at the Peebles Island Visitor Center, 1 Delaware Ave. North, Cohoes, from 6:30pm-7:30pm. Scott Stoner from Naturelogues will bring us on a photo tour of the iconic 315-mile river to view the river’s wildlife and learn about the towns and cities that grew up along its shores. Scott will also discuss the Hudson’s River’s role in history, art, and transportation over the years. This program is free and open to the public. No registration is required.



**Saturday, April 13<sup>th</sup> 3:00pm-7pm, Care Links Annual Dinner Show and Fundraiser: “A Care Links Wedding”:** Join us honoring and celebrating the relationship between the Care Links Volunteers and Care Receivers at the most exciting Senior Services social event of the the year filled with laughter, fun, and a great deal of love! Dine and dance to the music of Maddalone Entertainment while mingling with your friends. Tickets are \$55.00 per person and reservations are required as seating is limited. **Registration begins February 13, 2024.** The event will be held 3:00pm-7:00pm at the Mohawk River Country Club, Rexford. Call 518-399-3262 for registration information.



**Tuesday, April 16<sup>th</sup> 12:00pm-2:30pm, “Small Space Gardening”** with Lauri Dittmer, Certified Master Gardener, Master Naturalist and Master Canner. Join us **at St. Edward’s Church, 569 Clifton Park Center Road, Clifton Park** for this informative program on how even in small spaces, fruits, vegetables, herbs and flowers can thrive to provide you with nourishment and beauty. Lauri Dittmer, Master Gardener, will spend time sharing her knowledge and then will be open for questions. Through her many travels as a military spouse, Lauri Dittmer fulfilled her passion for gardening by filling porches and driveway edges with pots of vegetables, herbs, and flowers. She is now settled in Clifton Park where



she has a small homestead, but still enjoys container gardening in addition to raised beds and multiple gardens. You will see Lauri around our community volunteering when she is not busy in her gardens, traveling with her husband and friends, or visiting family. She is President of the Southern Saratoga Garden Club and a weekly volunteer for Habitat for Humanity. Additionally, she is a very active member of Jonesville Volunteer Fire District as a Firefighter, EMT and driver. **This program is free and open to the public.**

### **SNC’s programs during November and December 2023:**

**November 8th: GOOD MOVE! Maintaining Flexibility, Balance, and Strength at any Age** was attended by approximately 40 participants who had fun while learning ways to remain active and get the most enjoyment while living lives of fulfillment.



**December 9th:** Nearly 20 SNC Theater Lovers enjoyed a humorous 90- minute escape from impending winter and went to see “Boca” a comedy with heart about life in a retirement community at Curtain Call Theater.



**December 17th: Albany Pro Musica's Many Moods of Christmas Concert** was attended by about half of the dinner crowd of 27 at Emma Jayne's Restaurant. There was an option to attend the concert and dinner or meet for dinner only. Whatever the combination of events that were chosen, a fun time was had by all.



**HAPPY NEW YEAR!**

