



CONNECTIONS NEWSLETTER

of

Shenendehowa Neighbors Connecting, Inc.

May is Older Americans Month and the theme this year is “Communities of Strength”. To celebrate Older Americans Month, on May 13 at 12:00 noon we will be offering a program in conjunction with the Clifton Park Senior Center, **“Eat to Stay Young: Nutrition for Seniors”**.

What we eat and how active we are has a big influence on our health, especially as we grow older. This program will discuss healthy diet patterns, including the Mediterranean Diet, antioxidants and “Super Foods”, what are they, what they do and how to get them from your food? We will also discuss the need for supplements, and the importance of hydration. Last, but not least, we will look at the types and amount of physical activity recommended to keep your heart and brain healthy, and you feeling young.

This program will be presented by Diane Whitten, MS, Nutrition Educator for Cornell Cooperative Extension Saratoga County. Diane has worked for CCE for over 20 years teaching nutrition and cooking programs for community groups. She is a statewide expert on food preservation education.

It is possible to attend this program in person at the Clifton Park Senior Center or to watch the program on Zoom. **If you wish to attend the program in person, you will have to contact the Center at 518-383-1343 to reserve a spot. In person attendance is limited to 30 people. Masks are required and social distancing guidelines will be observed.**

If you wish to watch the program on Zoom the link is <https://us02web.zoom.us/j/84243932434?pwd=TW5meWgvZUxtNXJmNWtxdHN1WVFN4Zz09>

The Zoom link will also be on our webpage, snc.clubexpress.com, .

YOU'RE INVITED! Shenendehowa Neighbors Connecting will be having our **Annual Meeting on Thursday, May 27, 2021 at 1 P.M.** Location: Collins Park, 525 Moe Rd., Clifton Park, N.Y. 12065. Please join us for light refreshments under the pavilion on site. Learn about Shenendehowa Neighbors Connecting and meet new friends. Social Distancing and masking will be observed.

UPCOMING PROGRAM: JUNE 2021

Please join us to learn about one of the most famous man-made bodies of water in the world- the Erie Canal. Hear from Chris Callaghan and his children, Mary and John about canal history. This revolutionary idea of its time was designed, financed, built, operated, and maintained by the people of New York. The canal was one of the



Grain-Boat on the Erie Canal.

May-June 2021

largest public works projects ever attempted anywhere in the world when the first shovel of earth was turned near Rome, New York, on July 4, 1817.

Men with talent and vision (but little training in engineering) charted the 363-mile course of the canal between Albany and Buffalo. Thousands of laborers dug the ditch itself and built massive reservoirs to ensure the canal was constantly supplied with water. When it was completed in 1825, the Erie Canal connected the port of New York City on the Atlantic Ocean with the Great Lakes, dramatically transforming trade, industry, and communication in the region and across the country.

Topics will be a short history of the canal itself and Waterford's role in canal business; current harbor festivals and the weekly farmers' market; and a description of canal traffic and today's boaters, who come from all over the world. There will be a slide show. Details regarding registration will be available soon....Don't miss it!

SNC's Committees are working on setting up opportunities for in person events outdoors over the summer.

FUN FACTS:



Did you know that when the Canal opened in 1825 travel from Albany to Buffalo was reduced to 5 days?

Before that it had taken by 2 weeks by stagecoach.

The song, "Low Bridge, Everybody Down" was written by songwriter Thomas Allen in 1905 and published in 1913.

Chorus:

Low bridge, everybody down
Low bridge for we're coming to a town
And you'll always know your neighbor
And you'll always know your pal
If you've ever navigated on the Erie Canal

WE HOPE TO SEE AT OUR ANNUAL MEETING

MAY 27TH, 1:00 P.M.-3:00 P.M.

IN

COLLINS PARK

525 Moe Road, Clifton Park, New York

