



January-February 2022

CONNECTIONS NEWSLETTER

of

SHENENDEHOWA NEIGHBORS CONNECTING

We are grateful for the many accomplishments in Science and Medicine during 2021 and welcome 2022 as we anticipate **Connections** with each of you in the New Year.

Our agenda for this year follows the dynamic events completed at the end of last year.



A program on Social Palliative Care named Senior Life Transitions was given by Phil DeSorbo (above left) and was well-attended on November 18th.

A **Holiday Stroll in Schenectady's Stockade** took place on December 15th narrated by a knowledgeable docent from the Schenectady County Historical Museum who described Christmas traditions from the area's past. Pictured above at the right is the group at the gift shop who also enjoyed the Festival of Trees.



Nineteen (19) SNC members were treated to Albany Pro Musica's, *Many Moods of Christmas*, orchestra and chorus performance December 19th (seen at left) at the Troy Music Hall. This was followed by dinner at McGreivey's Restaurant in Waterford.

It's Back! If you are a Coffee and Conversation fan-the group resumes in January! If you are an

SNC member but not signed up for these warm and cozy regular meetings, go to: <https://snc.clubexpress.com/> to sign up under *Special Interest Groups*.

Upcoming 2022 Programs:

February 1, 2022: “Thriving in all Seasons, Mindfulness Skills for Every Day”, 1:30 p.m.-2:30 p.m. Please join Shenendehowa Neighbors Connecting as Rev. Immanuel van Tonder, Pastor of Christ Community Reformed Church presents a virtual program on Mindfulness on Wednesday, February 1st at 1:30 p.m. via Zoom. Mindfulness makes us aware of



unique capabilities we already have.

These empowering counter-intuitive coping skills open a treasure chest of resources enabling us to live with and thrive in times of pain, aging, unease, frustrations, and the pandemic. Mindful presence connects us with an undercurrent of life leading to deep fulfillment. To register and receive a link to the Zoom program, go to the website of Shenendehowa Neighbors Connecting: <https://snc.clubexpress.com/>. If requested enter your name and email. Registration will be limited. Please do not share the Zoom link when you receive it.



February 15, 2022: the **20 year anniversary of the Village Movement**. To mark this important occasion the U.S. Congress will issue a proclamation in the House of Representatives declaring February 15th as National Village Day recognizing the positive impact Villages are having on the experience of aging.



On February 16, 2022 at 1:00p.m. Sarah Clowe, a staff member of the Albany Institute of History and Art will present a virtual tour entitled “The Hudson River School of American Landscape Paintings.” The Institute is one of the oldest museums in the country, and it holds a significant collection of the works by Thomas Cole, Frederic Church, Asher Durand, and other Hudson River School artists. The subject of this style of painting, which flourished in the mid-19th century, was America’s scenic grandeur.

This presentation will be held via Zoom at 1:00 p.m. with time for questions and answers. To receive a link to the Zoom program, you must register to attend on our website, <https://snc.clubexpress.com/>. This program is FREE to SNC members. If you are not a member of SNC, you are welcome to attend for an \$11 fee. Or you can choose to become a member of SNC for 2022 for a \$10 membership fee! Credit card payment is available on our website. .

March 16th: “Care Links Vendor Fair for Senior Services” to be held at Shenendehowa Methodist Church, 1:00 p.m.-3:00p.m. Shenendehowa Neighbors Connecting will be represented along with many other valuable contacts.

March 2022 Further information to come about:

A program about Peebles Island trails. This program will be via zoom and will include a question and answer period with the presenter. This will be followed up with a walk on those trails during warmer weather. The date of the program is to be announced.

Indoor Gardening in a Terrarium, details will be forthcoming.

April 21st 1:00 p.m-3:00 p.m. SNC's Annual Meeting via Zoom. Have you enjoyed some of SNC's programs and like the idea of connecting with other individuals that share in your interests? Consider serving on the Board of Directors of SNC and share your talents. The SNC Nominating Committee welcomes replacements to our current long-serving officers. Contact Loretta Parsons, SNC Secretary at parsonslor@gmail.com or (518) 371-7729 if interested.

News from Around the Capital Region Village Collaborative (CRVC):

Bethlehem Neighbors (serving residents in Albany County in the Town of Bethlehem), a partner in CRVC hosts a monthly garden lecture and discussion with one of their members who is a master gardener. SNC village members are welcome to join these Zoom meetings by computer or phone, if gardening is a topic of special interest.

Meetings will be held via zoom on the 2nd Tuesday of each month at 4 pm, starting in February.

No registration is needed for zoom meetings, but will be needed if/when garden tours are scheduled during that time period. To get more information including the zoom link (which will stay the same each month), or to learn more about the monthly topic, please email bethlehemneighbors@gmail.com. Please include in your email your name and your village affiliation.

REMINDER

It's that time of year to renew your annual membership to Shenendehowa Neighbors Connecting. SNC is a designated 501 (c) (3) charitable organization with a tax Id # 82-5128844 and as such would appreciate any monetary donations. The SNC website now includes a credit card option for payment of the \$10.00 membership fee. Go to: <https://snc.clubexpress.com/> to renew and keep on enjoying our programs and "connecting". As always, you may mail check for your \$10.00 annual dues fee to: Shenendehowa Neighbors Connecting, P.O. Box 4588, Halfmoon, New York 12065

