

NNORC News

Volume 19, Number 3

May—June 2023

Gentle Tai Chi for Health—Wednesdays, May 3, 10, 17, 24 & June 14, 21 at 4 p.m. First Congregational Church, 405 Quail St.



Join us for an introduction to tai chi! Described as “meditation in motion,” this gentle martial art can yield so many benefits including improved balance, flexibility, fall prevention and muscle strength. This evidence-based program is endorsed by the Center for Disease Control and is accessible to all levels of physical ability. Featuring slow, controlled movements, tai chi is a relaxing and effective antidote to stress and anxiety.

No special clothes or equipment are needed for tai chi. Wear comfortable clothing that allows free movement (like what you might put on to take a walk) and comfortable, flat shoes (sneakers are fine; flip flops or high heels are not!).

Instructor Kate McKee lives in the NNORC neighborhood and has been a student of tai chi for 20 years. She is a Master Trainer for the Tai Chi for Health Institute and a partner at the Asian Arts Group Tai Chi Center in Albany.

There is a \$5 per person fee for each class.

Celebrate Older American Month with Ruth Pelham – Thursday, May 18 at 1 p.m. B’Nai Sholom Reform Congregation, 420 Whitehall Rd

Singer/songwriter Ruth Pelham will lead the NNORC community in a singing and hands-on activity workshop that surely will be filled with warmth, heart-felt conversation, laughter, optimism, and a harmony of good-will.

The program is in celebration of Older American’s Month whose 2023 theme is AGING UNBOUND. Along with singing a new song that Ruth will compose for the workshop, themes will focus on our diverse aging experiences, how communities can combat stereotypes, flexible thinking about aging, and how we all benefit when older adults remain engaged, independent and included.

About her experiences as a workshop presenter with NNORC, Ruth says: “My heart always soars from the camaraderie that fills the room when we sing and chat together. Our group intelligence and kindness creates an ambiance of belonging that is a delight.”



Let’s Talk Albany: Politics and Prohibition with guest speaker Maeve McEneny-Johnson Wednesday, June 28 at 1 p.m. APL’s Bach Branch, 455 New Scotland Ave

Join Maeve McEneny-Johnson from Discover Albany as she discusses "Politics and Prohibition."

This interactive lecture will dish out the juicy local gossip behind the secret speakeasies, the bootleggers who supplied them and the suspected politicians who perhaps had ulterior motives in keeping Albany a dry town. There may even be a dash of murder thrown into the mix.



To sign up for a program, contact us at nnorc@jfsneny.org or 518-516-1114 — please include your phone and email.



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NNORC is a Program of



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@Your Albany NNORC

May/June Programs

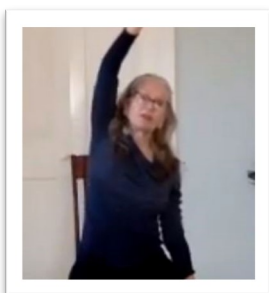
PLEASE NOTE: We are proud to offer our programs and services to all older adults who live in our unique neighborhood. Nearly all NNORC programs and services are free, and participation is voluntary for EVERY resident over 60 years old who resides in the NNORC. Unsure if you live in the NNORC? Please call us at 518-516-1114 or send an email to nnorc@jfsneny.org to find out.



Walk With Ease – Thursdays, May 4, 11, 18, 25 and June 1 at 10:30 Albany JCC, 340 Whitehall Rd

Join your neighbors for this evidence-based program developed by the Arthritis Foundation that helps people with arthritis or other related conditions reduce pain, improve balance and strength, increase walking pace, and enhance overall health. Whether you need relief from arthritis pain or just want to be active, this six-week program can teach you how to safely make physical activity part of your everyday life. Weather permitting, we will walk together outside, learn basic stretching and strengthening techniques, and discover ways to help you succeed. This program is designed for people at all fitness levels who can walk independently. This is an evidence-based program and participation in each session is critical to measuring progress. This series is led by Jody Ference, NNORC Coordinator of Community Health Programs. We encourage participants to attend every class.

Chair Yoga – Tuesdays, May 9 & 30, June 13 & 27 at 11 a.m.



St. Sophia Greek Orthodox Church, 440 Whitehall Rd

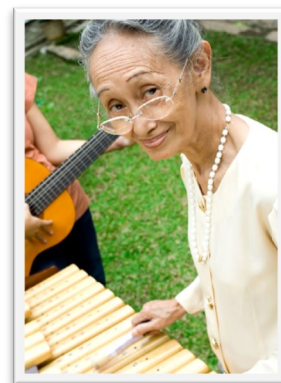
With the support of a chair, Yoga Judi you will be guided through poses and stretches that will help improve balance, build core strength, increase flexibility, promote mobility, reduce stress, and much more. The cost for non-NNORC residents is \$5 per class.

If you still want to do chair yoga from home, tune into YouTube.com and search JFSNENY.

Music Circle – Tuesdays, May 9 & 23, June 13 & 27 at 2 p.m. — Buckingham Pond, Berkshire & Colonial

Let's Jam! The Music Circle is back. Do you play an instrument? Do you sing? Or do you just enjoy listening to music? We're gathering at Buckingham Pond where we'll take turns playing tunes and talking about music.

Please bring a lawn chair, instrument (or not), and your love of music! We'll meet at the benches near the parking lot.



Come and Play B-I-N-G-O! - Wednesdays, May 10 & June 14 at 10:30 a.m. — Albany JCC, 340 Whitehall Rd.

Join your neighbors for some fellowship, conversation, fun and prizes! Bring your friends and enjoy an opportunity to socialize while you play. Light refreshments will be served. If you want, stick around for lunch! The Albany JCC Sixty-Plus Dining Program offers kosher lunches to those 60+ years old, plus spouses of eligible individuals, regardless of their age. This program is supported by the Albany County Department for Aging. Participants are encouraged to contribute to the cost of the service. The suggested amount is \$3. No one will be denied due to an inability to contribute.

Knitting and Crocheting – Wednesdays, May 10 & 24, June 7 & 21 at 1 p.m. - APL's Bach Branch, 455 New Scotland Ave.

Are you working on a knitting or crocheting project or wanting to start a new one? Pack it up and bring it to the NNORC Knitting and Crocheting group. We get together, share our projects, get help from one another and chat up a storm! All skill levels are welcome.



One-on-One Computer Skills – Thursdays, May 11 & 25, June 8 & 29 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave.

Do you struggle using your tech gadgets? Do you want to become adept at using your computer and/or navigating your devices? Your fellow, tech savvy NNORC neighbors are here to help! They'll get you surfing the internet, sending text messages, browsing Facebook, emailing your family and yes, even taking and sending photos! Appointments are required. Please reserve your spot at 518-516-1114 or nnorc@jfsneny.org. On the day of the program, please bring your fully charged device (tablet, phone or laptop) along with any questions you may have.



All-Levels Yoga – Thursdays, May 11 & 25, June 8 & 22 at 5:30 p.m.—First Congregational Church, 405 Quail St.

In this traditional mat class, we will do a range of yoga poses, breathwork and a closing relaxation. Wear clothing that allows for ease of movement. Participants must be able to comfortably get up and down from the floor. Bring your own supplies: mat, yoga ties, props, and a bottle of water. This class is taught by Bailey Walz and is free of charge for NNORC residents. The cost for non-NNORC residents is \$5 per class.

Cook the Book – Rachael Ray – Wednesday, May 17 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave.

Our DIY cooking program is back again in-person at Bach. The May theme will focus on local chef, Rachael Ray. Her cookbooks are available at the library and recipes available online. What will you make? Chicken? Beef? Dips/Spreads? Dessert? We look forward to hearing (and maybe tasting) whatever you choose to make!



NNORC Resident Council – Wednesdays, May 31 and June 28 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd.

Join the NNORC Resident Council and have your voice heard on the issues that matter most to you and your community. Help us understand what services and supports are important to you and help brainstorm new programmatic offerings. This is an open meeting for all NNORC residents. You must notify us if you plan to attend.



Let's Talk Albany – Hometown Edition – Wednesday, May 31 at 1 p.m. - APL's Bach Branch, 455 New Scotland Ave.

Join two of our NNORC residents as they discuss growing up in their hometowns. One of our presenters was born in Mexico City, Mexico and the other in Watermill, Long Island. Their experiences were very different, and we can't wait to hear what they have to share. Please join us in supporting our NNORC neighbors as they speak about their experiences.



Spring Concert at Mater Christi – Wednesday, June 7 at 10:30 a.m.

The Parish of Mater Christi, 40 Hopewell St

Please join us for a Spring Concert for the Albany NNORC presented by students from Mater Christi School, featuring soloists, guest musicians and their *Grace Note Choir*. The concert will be half an hour in length and is open to the community. We will have refreshments in the gathering space following the concert. Please join us and bring a friend! Hope to see you there. Parking is available in the lot on Hurst Avenue.

Introduction to Meditation - Wednesday, June 14 at 1 p.m. - Albany JCC, 340 Whitehall Rd

Mindfulness is the practice of focusing on being aware of what you're sensing and feeling in the moment, without interpretation or judgment. Mindfulness practice often involves a focus on breathing, imagery, and relaxation and can help to reduce anxiety and stress, pain, depression and other health concerns. This program will provide information about the benefits of mindfulness and meditation for wellness and practical tips for starting your own personalized mindfulness practice.

Hayley Humiston, a clinical intern with JFS will facilitate this program. She is a third year Clinical Mental Health Counseling student at The College of Saint Rose.



Mediterranean Cooking with Cornell Cooperative Extension – Thursday, June 15 at 1 p.m. - First Congregational Church, 405 Quail St

We are joining forces with the talented staff at the Cornell Cooperative Extension to offer another hands-on cooking class. Learn some healthy cooking techniques using more olive oil, tasty vegetables and hearty whole grains for a heart healthy diet. It may even help us live a longer, healthier life! This class includes food preparation and sampling! The cost of this program is \$5.

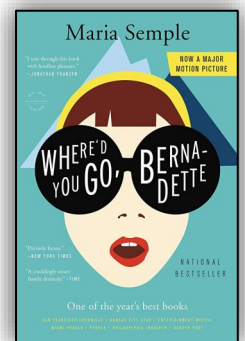
A Walk at the Pond – Tuesday, June 20 at 10 a.m. — Buckingham Pond, Berkshire/Colonial

As the weather warms up, we cannot wait to do more activities with our NNORC neighbors. Join us for a walk at Buckingham Pond and catch up with your friends. Please plan to wear comfortable shoes and weather-appropriate clothing. We will be meeting by the playground.

Novel NNORC Book Club – Monday, June 26 at 1 p.m. — St. Sophia Greek Orthodox Church, 440 Whitehall Rd.

This month we are reading *Where'd You Go, Bernadette* by Maria Semple. Here is the synopsis: When her daughter Bee claims a family trip to Antarctica as a reward for perfect grades, her mother Bernadette, a fiercely intelligent shut-in, throws herself into preparations for the trip. But worn down by years of trying to live the Seattle life she never wanted, Bernadette is on the brink of a meltdown. After a school fundraiser goes disastrously awry at her hands, she disappears, leaving her family to pick up the pieces— which is exactly what Bee does, weaving together an elaborate web of emails, invoices, and school memos that reveals a secret past Bernadette has been hiding for decades.

Where'd You Go Bernadette is an ingenious and unabashedly entertaining novel about a family coming to terms with who they are and the power of a daughter's love for her mother.



To sign up for a program, contact us at nnorc@jfsneny.org or 518-516-1114 — please include your phone and email. For your safety, please refrain from attending a program if you are feeling ill.

Thank you 2022 NNORC Residents and Supporters

If you are new to Albany NNORC, you may not know that the New York State Office for the Aging (NYSOFA) funds 75 percent of our operating costs. The remaining 25 percent is covered by our sponsoring agency, Jewish Family Services of Northeastern New York (JFS). Although 25 percent doesn't sound like a large percentage, the amount that they contribute is significant as Albany NNORC doesn't generate any revenue for the agency – most every NNORC service and program is free and voluntary. This is why we rely on donations from NNORC residents to ease the financial burden from JFS.



In 2022, Albany NNORC residents and supporters contributed \$5,800! This is up from \$4,360 from 2021. We want to thank all of you who contributed to this important program!

Contributions of any amount are greatly appreciated throughout the year. If you would like to make a tax-deductible contribution to Albany NNORC, please send a check payable to Jewish Family Services to 184 Washington Ave. Extension, Albany, NY 12203. Please be sure to write Albany NNORC in the memo line so that it gets counted for our program.

Thank you! We can't run this program without your support!

Your NNORC Team

How Safe is Your Home?

National Home Safety Awareness Month, part of National Safety Month, is celebrated in June. It's a time for people to focus on how they can keep their homes safe and free from danger.

Home safety applies to everyone at every age. NNORC is here to help you make safety in your home a priority by raising awareness of preventable injuries and accidents that can happen right in your home. There are many tips for keeping your home safe and accessible. Here are just a few:

- ⇒ Make sure there are working smoke alarms on every level of your home, inside bedrooms and near sleeping areas. Test alarms every month and change batteries every six months.
- ⇒ Keep current fire extinguishers in common areas like the kitchen, near the fireplace and near other sources of heat.
- ⇒ Install carbon monoxide (CO) alarms and test alarms every month. In a CO emergency, leave your home immediately.
- ⇒ Secure or remove rugs to prevent tripping and remove unnecessary items that may cause falls.
- ⇒ Ensure proper lighting throughout the home.
- ⇒ Keep the floors dry to prevent any slipping, especially in the kitchen and bathrooms.
- ⇒ Have a first aid kit available.
- ⇒ Make sure your flashlight have new batteries .

For many of us, just a few changes could make your home easier and safer to live in and help you continue to live independently.

The NNORC will be offering personal home safety evaluations during the month of June. Contact the NNORC at 518-516-1114 or by email at nnorc@jfsneny.org to schedule yours!

St. Sophia 2023 Greek Festival

Celebrating Over 50 years of Albany Going Greek!

Friday, May 19th, 6 - 10pm

Saturday, May 20th, 12 noon – 10pm

Sunday, May 21st, 12 noon – 6pm

St. Sophia Greek Orthodox Church, 440 Whitehall Rd

St. Sophia Greek Festival kicks off Friday, May 19th at 6 p.m. and runs through Sunday, May 21st 6 p.m. Come and enjoy continuous live Greek Music and Greek dancers in traditional costumes, authentic homemade Greek Foods and Pastry, souvenir and jewelry shops, and church tours.

There is free parking and shuttle service from Center for the Disability Services on 314 South Manning Blvd. All festivities are held under a large tent. Visit our website to learn more visit stsophialbany.org/albany-greek-fest.

Evening Dance/Exercise Group—OPA-cize

Have you heard of OPA-cize? It's a fun, weekly Greek Zumba exercise class to Greek music held at St. Sophia Greek Orthodox Church hall in Albany every Wednesday at 6:30 pm. OPA-cize is open to the public and no Greek dancing experience is needed! The Summer session runs from May 31st - August 9th. The class is \$7 per week, and there is no need to RSVP — just come and join the party. Proceeds are donated to numerous local charities. We hope to see you at OPA-cize.



APL's Bach Branch – Novels at Noon

Novels After Noon book discussion. It's scheduled for Thursday, May 18th at 2 p.m. We're reading the short story collection, *Dear Life* by Alice Munro. On June 15th at 2 p.m we are reading *The Paying Guest* by Sarah Waters.

Library Links

The NNORC has partnered with APL's Bach Branch to offer home-delivered library books. If you live within the NNORC boundaries, and have difficulty going out, please let us know. We have NNORC residents who have volunteered to pick up books at the library, deliver them to your front door, and then pick them up to return. Please contact NNORC at 518-516-1114 if you are interested.

Albany JCC

The Capital Region Jewish Genealogical Society will be hosting three genealogy programs at the Jewish Community Center, 340 Whitehall Rd, Albany, NY 12208.

The sessions will take place on Wednesdays May 3, May 10 and May 17, from 10:30 am to 12:30 pm. The May 3rd program, "Jump Starting Your Family Tree", will provide an overview of resources and tips for building your tree. The May 10 and 17 sessions will be individual hands-on workshops, providing assistance in solving family search issues. Workshops will be by 30-minute appointment only. Appointments are limited. Please contact Lisa Morlitz, Jewish Cultural and Community Program Coordinator, at lisam@albanyjcc.org for more information.



In the Hood

NNORC Events Calendar: May - June 2023

Please call 518-516-1114 or email us at NNORC@jfsneny.org to sign up.
Be sure to include your phone and email address. We look forward to seeing you!

EVENT	DATE, TIME & PLACE
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Music Circle	Tuesdays, May 9 & 23, June 13 & 27 at 2 p.m. Buckingham Pond, Berkshire & Colonial
Let's Play BINGO (and stay for lunch!)	Wednesdays, May 10 & June 14 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
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Let's Talk Albany: Politics & Prohibition Special Guest: Maeve McEneny-Johnson	Wednesday, June 28 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave

Albany NNORC Office Hours

Monday—Thursday, 9 a.m. to 5 p.m. We will respond to your messages at our first opportunity.
Our offices will be closed Monday, May 29th in observance of Memorial Day.



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Albany, NY 12203

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nnorc@jfsneny.org
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Here's How JFS Can Help NNORC Residents







- Guidance with aging in place: information assistance, resources & referrals
- Grocery shopping and kosher home delivered meals
- Counseling. **We accept Medicare**
- Specialized activities for homebound individuals
- Chaplaincy support

Contact us for information:
info@jfsneny.org | 518-482-8856

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Get Connected for Our Latest News & Updates

-  Weekly program reminders
-  Shared online resources and tools
-  Information about NNORC services
-  Access to a local, digital community



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