



Let's Get Physical

NNCC is pleased to offer two upcoming activities for our members and volunteers. Both will be held in open air, safe environments with appropriate social distancing, but attendees are asked to wear masks until the activities are underway.

Friday Walks: Ooms Conservation Area

When: Friday,
September 4 at
11:00 am

Where: Ooms Pond
Conservation Area,
430 Rock City Road,
Chatham



Who: The walk will be led by NNCC member Sumaya Conners. Please contact her with any questions at sumayaconners@gmail.com or 518-755-7133. She will notify participants at 10:30 on the morning of the 4th, should there be weather-related concerns. NOTE: there is no rain date for this walk.

What: A leisurely two-hour walk around this beautiful Columbia Land Conservancy property, with time out for a water and/or lunch break. The walk is rated a level 2, since it includes gradual uphill and downhill grades. Wear sneakers or comfortable walking shoes. We will meet at the CLC Ooms Conservation Area main parking area at 11:00.



In addition: A second walk is planned for Friday September 11, also at 11:00. This one will be a level 1 stroll around the CLC Siegel Klinekill property at 452 County Rte 21, Ghent NY.

Chair Exercise Class

When: Tuesday, September 15 at 11:00am

Where: PS21, Route 66, Chatham

Who: The class will be taught by NNCC Volunteer Jennifer Lawrence, owner of The Firm Exercise Studio in Chatham and a fitness instructor for over 30 years. Please contact her with any questions about this class at jensterl@aol.com (NOTE: this is a lower case "l" and not a "1") or 518-794-0932.



What: Utilizing a chair as both a prop and aid, this gentle workout will leave you feeling stretched and strengthened, while bringing in elements of balance and core awareness. Chairs will be provided. Participants are welcome to bring their own weights, but they are not necessary in order to get a good workout. *Limited to 15 people.* Advance registration by September 14 is encouraged by calling NNCC at 518-392-0191 or emailing us at nncc1info@gmail.com.

Holiday Treasures



NNCC will be holding its first-ever fundraiser from November 10-20, in time for the upcoming holidays. In addition to providing a great shopping opportunity for one-of-a-kind items and services, this online event is fun, easy and helps support NNCC.

While more information will be upcoming in future newsletters, here are the particulars: We will be looking for donated items or services that are worth a minimum of \$25.00 (though we hope many will be of higher value). Take a picture of what you are donating, provide a 1-3 sentence description and price, and send it to our webmaster at nncc1help@gmail.com. As the date of the fundraiser draws nearer, arrangements will be made either for pick-up or drop-off. If you need help getting information and photos online, please call us at 518-392-0191. During the fundraiser dates, buyers purchase their desired items online by paying the specific price listed. There is no bidding!!

Stay tuned for more information, but in the meantime, put on your thinking caps and look around your homes to find items that are of a sufficiently high quality, and that you think others will want to own. This should be fun!!!

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Neighbors of Northern Columbia County

Our website is:

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