

SPRINGWATER PARTY LINE

22 April 2021

by Katherine J. T. Humphrey

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The place to be this Thursday evening is the Spaghetti Dinner by donation at Webster's Crossing United Methodist Church on Route 15 N out of Springwater. The time is between 4:30 and 7 PM to pick up a meal of Spaghetti, Meat balls, Sauce, Tossed Salad, Dressing, Roll, and Cupcake. Water and utensils are optional. We look forward to seeing you.

Celebrate Earth Day (April 22, 2021) or Arbor Day (April 30, 2021) by planting trees. The Little Lakes Community Association is giving away free Trees to celebrate these days on Saturday, April 24 between 10:00 AM and 2:00 PM at the Little Lakes Community Center, 4705 S. Main St., in Hemlock. Just give a call or register on line. Pick up your order of free trees LLCA ordered from the Livingston Co. Soil and Water Conservation District! To order deciduous or evergreen trees, shrubs and ground covers by noon on April 22 by calling 585-367-1046. Suggested limit: 3 plant specimens. Additional orders may be requested, and will be distributed at the discretion of LLCA. Donations for the plants and workshop are welcomed! Join them for a free tree-planting workshop on April 24th from 11:00 AM to noon on the grounds of LLCC with Robert Stryker, the director of the Soil and Water Conservation District. Sign up in advance if you would like to attend. Limit: 20 participants.

The Fifth Annual "Take Pride in Hemlock Day" on Saturday, April 17 at the Little Lakes Community Center, 4705 S. Main St., Hemlock, NY was a huge success as observed by the huge pile of trash and recyclable materials picked up and collected in front of the Center building.

"Six hikers walked with Springwater Trails Hiking Group on Sunday April 18, 2021. The hike was part of the Finger Lakes Trail series of hikes from map 8 Access 1 and was an out-and-back hike. We met at 2146 Fox Hill Rd. off of County Route 24 in Dalton and went downhill and turned around after 50 minutes and allowed a bit more than an hour to return to the cars. It rained on our way back. The trail is blazed the entire way. Dalton is a hamlet in southwestern Livingston County along NY State Route 70. The hike featured a lovely gorge with rippling stream and waterfalls. The forest was beautiful with many trees in bud and green plants peeking up through the leaves." Many thanks go to Linda Hopkins for providing this information as well as the following, as she is our Springwater representative to the Livingston County Office for the Aging.

Livingston County Office for the Aging is part of a pilot for a VIRTUAL SENIOR CENTER. Those participating will have unlimited access to programs online to make new friends, learn and discuss new things. Those participating will have unlimited live, interactive discussions on art, history, current news, exercise, music, wellbeing, and more. There is no cost. All participants must have some type of smart device, access to the internet and a willingness to use the program. The program is easy to use and there is assistance, as needed. To learn more please contact the Livingston Office for the Aging, 585-243-7520 or ofta@co.livingston.ny.us.

Cpovid-19 VACCINE IS AVAILABLE through the Livingston County Health Department. For more information call the Office for the Aging at: 585-243-7520.

Lifespan's Finger Lakes CAREGIVER INSTITUTE offers wellness and education series for caregivers of those living with memory loss. All classes are online over zoom. Registration is required for all classes. Contact wfambro@lifespanrochester.org or 585-287-6430.

TAI CHI FOR MEMORY: A class for people with memory concerns or those who care for them. These are on Fridays, April 2 through April 30; 11:00-11:30 AM.

The program BALANCING OUR LIVES includes simple balance exercises, both seated and standing. A great warm-up for the day! This is an ongoing program where you can attend one, some or all sessions every Monday & Wednesday; 10:00-10:30 AM.

QUIGONG ONLINE is an introductory program focusing on the cultivation of Qi-life-force energy through mindful breathing, postures and gentle movement. It is an ancient practice now widely acknowledged among U.S. health practitioners for its many benefits to mind-body/spirit. The program is on Fridays through May 2021 from 10:00 -10:30 AM for adults and caregivers.

POWERFUL TOOLS FOR CAREGIVERS is a 6-week educational program helping family caregivers develop a variety of self-care tools to reduce personal stress, communicate more effectively in challenging situations, make tough care-giving decisions, and more. To register contact Eve at 585-244-8400 x213 or register online at www.lifespanrochester.org/new-events/ Dates: Tuesdays, April 6, 13, 20, 27, May 4 & 11 from 4:00 to 5:30 PM or Wednesdays, May 5, 12, 19, 26, Jun 2 & 9; 1:30 to 3:00 PM

CAREGIVER EDUCATION AND WELLNESS WEBINARS :To Register: Contact Mara at 585-244-8400 239 or www.lifespanrochester.org/new-events/

The program IMPROVING SLEEP FOR PEOPLE WITH DEMENTIA & THEIR CAREGIVERS is on Tuesday, April 13; 10:00-11:00 AM. Differential Dementia Diagnoses with Dr. Gill.

UNLOCKING JOY IN DEMENTIA CAREGIVING: Four-Week caregiver education series: Explore your role as a caregiver, re-think ways to enhance your connection with the person you are caring for, craft strategies to expand circles of care and create a new path for dementia caregiving that unlocks moments of joy. Thursdays, April 29; May 6,13 & 20; 10:00-11:30 AM. To register:Contact Celia at 585-244-8400 x135 or cbrown@lifespanrochester.org, or www.lifespanrochester.org/new-events/

Do log into the Little Lakes Community Center activities at <https://www.facebook.com/littlelakesNY/> as there is something to do everyday of the week at 4705 S. Main St. in Hemlock. Find upcoming events at the Little Lakes Community Center, 4705 South Main Street, in Hemlock, website www.littlelakesny.org, and phone (585) 367-1046 like this one about the Tulips for Mother's Day, May 9, 2021

A limited amount of tulip bouquets will be available and sold until gone. You can guarantee your bouquet's by ordering them directly on line. Note pick up day is the day before Mother's Day between 10 AM and 2 PM at the Little Lakes Community Center in Hemlock. Go to the www.littlelakesNY.org Home page and click the tulip filled graphic at the top. It will take you to our Gift Shop and Box Office online ordering space. If you do not already have an account with us, simply create one for us to make sure we can contact you regarding the order for any reason. WE DO NOT use it for any other reason unless you give us permission. We, and our store software, respect your privacy. IF YOU would rather call in your order over the phone or stop by and place it in-person, call 585-367-1046 and one of our volunteers will answer or return your call. Gift Shop Box Office hours are: Tuesday, Wednesday, Thursday, and Saturdays 10am-2pm and Sundays 1-3pm.

Happy Birthday to:

April 22 – Craig Stevens, Aaron Motzer

April 23 – Barbara Carney

April 24 –Crista Sanders, Millie Deak

April 28 – Jim Moore, Pat Sheedy, Joe Bogdon, Nick Van Scooter, and Sue Strassner

April 29 – Linda Martindale

April 30 – Bryanna Swift

Anniversaries:

April 25 – Keith & Karen Schnetzer #34

April 25 – Roger & Jamie Schnetzer #52

April 28 – Jerry & Ann Jobson #37

April 30 – Sean & Samantha Irwin #33