

SPRINGWATER PARTY LINE

20 January 2022

by Katherine J. T. Humphrey

This snowy time may be a good one to take a few minutes each day to connect with people you know. Write someone a thinking of you card, or pick up that phone and call the person. Texting might even be a better idea if you are communicating with a young person. Face-to-face visiting seems to be what has diminished because of the pandemic; then again, these smart phones and computers are equipped with “Facetime”. A good old-fashioned tea sounds much more appealing; however, a long text or conversation on the phone works, too, especially if you make a cup of tea ahead of making that call or writing the text.

The Springwater Trail’s hike this past Sunday, January 16, 2022 was on the Genesee Valley Greenway. The hike began circa 2 PM at the Erie-Attica Trail parking area off of Routes 5 and 20 in Avon. The photos taken by John Larysz are here: [A Hike along the Genesee Valley Greenway Going North from Avon, NY \(larysz.com\)](#). Eighteen hikers enjoyed the long level path, taking in the beauty of the landscape. The social venue after the hike was changed to the Rising Storm Brewery on South Lima Road from the Lima Hotel due to the Brewery’s proximity. The hike this coming **Sunday, January 20**, will be a ski, snowshoe, hike on private property around Schribner Valley in Springwater. Our hosts will be Mark and Linda and they’ve planned some beautiful routes for the three different groups to follow, depending on skill level and our New York weather. Following the hike, we’ll gather around a bonfire for the social. Be sure to check the Springwater Trail’s website for details, or ask a regular hiker.

If you or someone you know is a caregiver, be sure to share the following e-mail from Lifespan, as every week there is helpful information to make life easier when caring for others: Lifespan's FLCI flcinewsletter@lifespan-roch.org This week’s newsletter had some excellent advice on coping with the Winter Blues characterized by excessive sleeping and struggling to get out of bed, extreme fatigue, low motivation and challenges in concentration. The suggestion was made to create a calendar with one thing to do that you enjoy doing each day. The calendar should be filled with things relatively easy to do and that can be exchanged if the item listed does not appeal to you that day, but might, for example, include making use of a gift received during the holidays.

Do check the Little Lakes Community Center activities. Find upcoming events at Little Lakes Community Center, 4705 S. Main Street, Hemlock NY , www.littlelakesny.org; 585-367-1046:

Meet the Author Night

Thursday, January 20, 2022

6:30 to 9:00 PM

Little Lakes Community Center

4705 S. Main Street, Hemlock

www.littlelakesny.org; 585-367-1046

This is a book event that the Little Lakes Community Association is proud to sponsor. Teresa Schreiber Werth’s new book, [Navigating the Pandemic: Stories of Hope and Resilience](#) is a

collection of poetry, stories and honest feelings about this transformational time. These are the voices of over 36 men and women from all over the world sharing their experiences. The author and our very good friend, Gloria Osborne, who was also involved in the book, will be present. Books will be available for purchase. The cost is \$16.00 and proceeds from the sale are being donated to the Society for Refugee Healthcare Providers.

Triyoga Class

with Carol Williams

Fridays, 9:30 to 11:30 AM

Little Lakes Community Center

4705 S. Main St., Hemlock

Rm. 25 (Yoga Bhoga)

Donations to LLCA accepted.

Class content, while following systematized sequencing, allows for modification options as needed for each participant. Up to date COVID Safety rules respected. Learn ways to elicit the relaxation response, strengthening, instilling fluidity within the body, mind, and spirit for self-care. Contact Carol at 585-727-2230 to secure a space held for you.

Rueda de Casino Dance Club

Fridays, 7:00 to 9:00 PM

\$12.00; pre-register at www.littlelakesny.org

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Rueda de Casino is a group Salsa dance from Cuba. Think Square Dancing meets Salsa. Couples are arranged in a circle (Rueda = wheel), dancing Cuban style Salsa (Casino), responding to a "caller" orchestrating the dance. The first 45 - 60 minutes is learning oriented, with frequent stops to learn the moves and to improve details. The next 30 - 45 minutes is "flow" oriented, only stopping between songs. The last 30 minutes is for socializing. A variety of Salsa, Bachata, and Merengue music is played for anyone's dancing pleasure.

Sacred Circle Dancing

with Kerri Vaughn

Tuesdays, 10:00 to 11:00 AM

Registration: \$5

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Sacred Circle Dancing draws on ancient cultural and modern dances from around the world. Each dance is presented in a step-by-step fashion and is appropriate for new dancers. The pace of the music will vary from slow and meditative to fast and energetic. Participants will be encouraged to listen to their bodies and participate only if comfortable.

Zumba Class

With Shanna Butler

Monday evenings from 6:00 – 7:00 PM starting January 31, 2022

Cost: \$25 per month (5 classes) or \$7 drop in.

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Shanna Butler ran her own studio for several years, is a certified instructor in both Zumba and Beach Body, and a choreographer. She completed a degree from the University of Buffalo in Theater and Dance. The Little Lakes Community Association is excited to have Shanna offering this class for those who are ready to dance, exercise, and have fun! This is a good time to sign up.

Little Lakes Book Club

Thursday, February 3, 6:30 to 7:30 PM

\$5.00 donation, refreshments included, masks mandatory.

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Cloud Cuckoo Land by Anthony Doerr is the book that will be discussed. Join the group for an evening of great conversation, including people's opinions concerning the books chosen. Next month's book discussion in March will be around The Great Alone by Kristin Hannah.

Batavia Downs Gaming and Holland Land Office Museum Tour

Tuesday, February 8, 8:30 AM to late afternoon

\$6.00 per person

Masks are a must. Lunch is on you.

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Come join us as we look at over 800 of the most in-demand games to play at the casino in Batavia, New York. It is one of the state's fun entertainment destinations and promises to be an outing that is worth attending. Arrive at the Little Lakes Community Center at 8:30 AM. After registration and our 50/50 raffle we will depart promptly at 9:00. At roughly 10:00 AM we will be registering at the Players Club inside the casino where we receive \$15.00 free players' credit and then on to play the slots and have some fun. The duration of time at the casino is about 2 hours. Main Street Pizza Company is expecting us to stop by for lunch. Try some of their old-fashioned pizza, a favorite of a Rochester radio celebrity, or share with a friend their 16oz. meatball. Everything on the menu is delicious. After lunch, we will stop at The Holland Land Office Museum on Main Street in Batavia. This is the Genesee County Museum and although small, has some interesting historical information and collections to share. For history buffs it should prove informative. Escape the "Winter Blahs" and come join us!

Happy Birthday to:

January 23 – Margaret Westurn

January 24 – Pastor Ray Shaw

January 25 – Bones Grey

January 26 – Ezra Lee Parker, Opal Fox

Happy Anniversary:

January 26 – Norris & Carol Rowley #60 Congratulations!