



Dear Fellow Member:

An NNCC membership renewal notice was recently sent out by our software tool. We had wanted to precede this notice with a bit of information and reminders. However, technology will do what it is programmed to do, even if we humans aren't entirely sure of what that programming is.

I hope that everyone is staying healthy and managing the COVID restrictions in the best way possible. As you know, NNCC halted all in-person interactions in March but then we started to introduce some activities in early summer. These included in-person but safe activities like a walk on a nearby trail or bring your own picnic for a pleasant discussion with fellow members. We also resumed offering neighbor to neighbor help with outdoor chores and offered grocery delivery.

Additionally, for all members that had joined in the spring or fall of 2019, the NNCC Board chose to postpone membership renewal for four months. That's why the membership renewal has now gone out.

Although we are completely a volunteer organization, we have certain fixed costs. Membership fees help to cover liability insurance, background checks for volunteers, phone, website,

Our primary focus for this year is helping our members address social isolation which has been exacerbated by COVID. Even in winter, we think we can offer safe outdoor activities, provide interactions via Zoom, and connect people in other ways. We are also anxious for “neighbors” to help “neighbors” if a need can be addressed in a COVID safe manner. See the articles below for upcoming events and volunteer opportunities. If you have questions or suggestions, please don’t hesitate to contact us.

I'd like to close by letting you know that we appreciate our members, wish you all happy and safe holidays, and look forward to seeing you again in 2021!

Stay safe,
Karen McGraw, President
Neighbors of Northern Columbia County

Upcoming Events

NNCC invites you to meet friends old and new. Mark your calendars now, more details to come. All in-person events are socially distanced, masks required.

January 8 (snow date January 9) Group winter walk, location TBA.

January 12 Live Comedy Program. Join via ZOOM. We all need to laugh!

January 27 (snow date January 28) Bring your lunch to a Bonfire, hot chocolate provided.

announced.

February 9 Live Comedy Program. Join via ZOOM. Expect more laughs!

















Attend complimentary (Re)Vitalizing Classes in December, offered by Vitality Society

Join other Village members nationwide, from the comfort of your home, at sessions offered by Vitality Society. With sign up, through December, you'll be offered complimentary live fitness, wellness and enrichment (arts+) classes taught by top-tier coaches. These sessions are curated and designed specifically for people 60 and better.

Village members receive a discounted Vitality Society membership of \$19.99/month, and a free trial, if you enroll before December 31, 2020. The monthly fee rises to \$24.99/month if you enroll after January 1, 2021.

Members will be supported every step of the way including for tech needs. Learn more and sign up at: <https://bit.ly/vsvillagefreemonth> or contact the Concierge, Ana (ana@vitality-society.com) with any questions.

Vitality Society™ Weekly Schedule: Effective December 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre 9:15 am ET / 6:15 am PT 				Barefoot Therapy 11 am ET / 8 am PT 		
Get Hula Hooping 12 pm ET / 9 am PT 	Pilates 12 pm ET / 9 am PT 	Physical Therapy: Recover & Rebuild 2 pm ET / 11 am PT 	Gentle Yoga: Poses & Flows 11 am ET / 8 am PT 	Latin Dance 12 pm ET / 9 am PT 	Strength & Flexibility Training 11:30 am ET / 8:30 am PT 	Restorative Stretching & Strengthening 10:30 am ET / 7:30 am PT 
Nia Moving to Heal 5 pm ET / 2 pm PT 	Tai Chi/Qigong for the Brain & Body 7:30 pm ET / 4:30 pm PT 	Nia Dance Party NEW TIME 6 pm ET / 3 pm PT 	Meditation 7:30 pm ET / 4:30 pm PT 	Tea & Toast(masters) 4 pm ET / 1 pm PT 	Artist Galleries & Lessons 4:30 pm ET / 1:30 pm PT 	Virtual Travel & Dance 7 pm ET / 4 pm PT 

All classes are one hour except the Friday 4 pm ET class which is 1 hour and 15 minutes
Legend: Two colors above denote a combo class
Class Intensity Indicator
 Green - lowest intensity
 Red - highest intensity

Cardio Enrichment Mindfulness Rehabilitation Strengthening

execute our social activities and also seeks one person to organize and update our resource page of services for seniors. If you are interested, please call 518-392-0191.

Copyright © 2020, All rights reserved.

Neighbors of Northern Columbia County

Our website is:

northerncolumbia.helpfulvillage.com

Our phone number is:

518.392.0191

Our mailing address is:

PO Box 582, Valatie, NY 12184

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

