

Located next to the Rev Phil Food Pantry at 839 Albany Street Schenectady, NY 12307

February Programs

Sandra and John Reschovsky Community Kitchen

30 Minute Meals Mondays 4pm-6pm (02/06, 02/20)

- Share in preparing a meal that is quick and delicious with Tom Schofield

Schenectady Urban Farms Preservation Series Tuesdays 3pm-6pm (02/07, 02/21)

- Preserve locally sourced produce with Schenectady Urban Farms farmers Leah, Suzanne, and Melissa

Healthful Cooking Wednesdays 4pm-6pm (02/08, 02/22)

- Learn how to fuel your body healthfully with Jeremiah Lenox and Ellis Medicine Dieticians

St. Joseph's Place (Monday, Wednesday, Thursday, Friday 9am-11:30am)

- Hospitality, coffee, tea, and good conversation hosted by the Sisters of St. Joseph's of Carondelet

Patty's Place (Tuesdays, 12:30pm-2pm)

- Hospitality services for women by the YWCA

Ellis Medicine Walk-In Clinic (Fridays, 9am-11am)

- No appointment necessary and all ages welcome

Monkeypox (MPV) and COVID 19 Vaccine Clinic (Fridays 2pm-4pm)

- No appointment necessary, COVID 19 Vaccines available for ages 5+, new booster available

Pearl's Closet (Tuesdays 9 am-12 pm and the second Saturday of the month 9 am-12 pm)

- Free clothing and household goods available to those in need, *will be cancelled for snow/rain*

Mom's Care Group of Schenectady (Tuesdays, 10am-11:30am, Starting 01/10)

- Women's group for mothers, grandmothers and caregivers, refreshments provided, children welcome

Craft and Crochet (Thursdays, 5pm-6pm, Starting 01/12)

- Knitting and crocheting meet up, no experience required and supplies provided

February Caregiver Retreat

Preventative and Supportive Nutrition for Alzheimer's Class (Wednesday, 02/22, 2pm-3pm)

- Learn why our brains need nutritious foods to stay healthy

Caregiver Support Group (Wednesday, 02/22, 3pm-4pm)

- Support group for caregivers of those with Alzheimer's or dementia

**Contact Mel to Sign Up
or Learn More**

Phone: (518) 374- 2683 x. 109

Email: vista@sicm.us

Website: www.sicm.us



REV PHIL FOOD PANTRY

Located at 839 Albany Street Schenectady, NY 12307

The Rev Phil Food Pantry provides easy to access groceries and produce at multiple locations throughout Schenectady city and county.

Pantry Hours:

Monday, Wednesday, Thursday, and Friday
9am- 11:30am

Mobile pantries

If you are interested in picking up groceries at our mobile pantry sites, please contact Kelvin at (518) 346-4445 x. 120 or via email at kelving@sicm.us

Home Deliveries

If you need a SiCM grocery package delivered to your home, please call
(518) 458-1167

Contact Tom for More Information

Phone: (518) 346-4445 x. 121

Email: toms@sicm.us

Website: www.sicm.us/about-us/food-program/

SCHENECTADY URBAN FARMS

Schenectady Urban Farms is a year round community farming initiative where farmers work alongside community members to farm communal plots. To become a member all you have to do is volunteer an average of 2 hours per week at the farms.

Farm Activities Include:

- Growing vegetables, fruits, nuts, flowers and herbs
- Raising small livestock, egg-laying chickens and rabbits
- Tending to beehives
- Working in the Community Kitchen in winter months (SUF Preservation Series)



Farm Locations:

Vale Farm (Located at Vale Cemetery through the Brandywine St entrance)

Hulett St. Farm (333 Hulett St)

Fehr Ave Farm (49 Fehr Ave)

Contact Schenectady Urban Farms for More Information

Phone: (518) 346-4445 x. 118

Email: farms@sicm.us