

Healthy Ulster County Week 2018

May 4 – 13, 2018



Calendar of Special Local Promotions

"Together we can make Ulster County the healthiest County in New York State!" - Ulster County Executive Mike Hein

During Healthy Ulster County Week special promotions are being offered by local businesses and others that want to help keep and improve the overall health of Ulster County Residents. Healthy Ulster County Week includes events to encourage Ulster County residents to eat better, exercise more, and increase awareness of their health. There is no doubt that a healthy community is a desirable place to live, work, raise a family, and to grow a business.



County Executive Mike Hein Invites You To Visit These Healthy Ulster County Week Participants:

Alpine Endeavors: <http://alpineendeavors.com>

Experience the great rock climbing of the Mid-Hudson Valley in the renowned Gunks! This event is open to participants of all ability levels. Alpine Endeavors will provide professional instruction with New York State Licensed and AMGA Certified guides based on a 4:1 climber:guide ratio. Guides will take you climbing at a pace that suits your needs and will make the day as challenging as you desire. A typical half-day runs approximately four hours long. They will provide all the technical equipment needed - helmet, harness, rock shoes, rope, etc. You will need to bring personal gear and lunch, and purchase your own

climbing pass for the day (\$10 per person). \$75 enrollment fee. For more information visit <https://alpine-endeavors.pike13.com/courses/103496> or call 877-486-5769. Meet inside at Rock and Snow, 44 Main St, New Paltz, NY. **Sunday, 5/6, 9am- 12:30pm**

Barner Books: www.barnerbooks.com

Offering 20% off of Health related books during Healthy Ulster County Week. Customers must mention “Healthy Ulster County” to receive discount. 3 Church St., New Paltz, NY 845-255-2635. **During Healthy Ulster County Week, 5/4-5/13**

Binnewater Ice Co. in Kingston - www.binnewater.com

New customers who mention “Healthy Ulster County Week” will receive 5 free bottles and 1 free month of water cooler usage. (Requires a one year commitment and payment of refundable bottle deposit) 25 South Pine St., Kingston, NY, 845-331-0237. **During Healthy Ulster County Week, 5/4-5/13**

Bread Alone Bakery and Café: www.breadalone.com

Bread Alone is offering 15% off of their Whole Grain Health Bread or Whole Wheat Sourdough (Miche) Bread. This will be available at all 4 Cafe locations (Lake Katrine/Woodstock/Boiceville/Rhinebeck). Please note, 1 loaf per customer, per day. **During Healthy Ulster County Week, 5/4-5/13**

Buttermilk Falls Inn & Spa: www.buttermilkfallsinn.com

- **The Buttermilk Falls Inn & Spa** will be offering 50% off their aromatherapy enhancements. Book any 60 minute service and receive an aromatherapy add on for only \$10. The health benefits of aromatherapy are vast, it can help relieve anxiety and depression, boost energy levels and cognition, strengthen the immune system, reduce pain, improve digestion and increase circulation. spa@buttermilkfallsinn.com, 220 North Rd, Milton, NY, 845-795-4050. **During Healthy Ulster County Week, 5/4-5/13**
- **Henry’s at the Farm Restaurant** will be offering healthy menu items during the week which include a Healthy Ulster County Prix Fixe Dinner Menu which includes three courses – starter, entrée and dessert for \$40.00 per person plus tax and tip. Entrees offered include 12 oz. Grilled King Salmon or Millstone Farm Spring Risotto or Murray’s Farm Grilled Chicken Breast. 220 North Rd, Milton, NY, 845-795-1500. **During Healthy Ulster County Week, 5/4-5/13**

Caring Connections of Ulster County: <http://www.caringconnectionsofuc.com>

Annual Family Caregiver Conference “Caring for the Caregiver starring YOU!” – Join Caring Connections of Ulster County and RCAL as they present Keynote Speaker: Michelle Williams O’Donnell, Journalist (retired). There will also be information presented by the Veterans Association: Community Services Available; Legal Issues Panel: Elder Law

Attorney and Pre-Planning, Asset Protection, Medicaid-based Homecare Services; and Medication Management: tips for handling loved-ones' medication changes. In addition, local vendors will be on hand with information on community resources. This is a free conference; registration is required at the website above or by calling 845-901-5744 or email EF12401@aol.com. Continental breakfast, luncheon and afternoon snack included. Best Western Plus Hotel, 503 Washington Ave., Kingston, NY. **Friday, 5/18, 8:30am - 3:30pm**

Catskill Interpretive Center: www.catskillinterpretivecenter.org

- Offering 10% off of all outdoor guides and trail maps in the gift shop (in-store only). 5096 State Route 28, Mt. Tremper, NY. **During Healthy Ulster County Week, 5/4-5/13**
- I Love My Park Day at the Catskill Interpretive Center. Roll up your sleeves and get a great workout in a beautiful mountain setting, all while helping to preserve the Catskill Park. Volunteers at this event will plant trees, work in the rain garden, install riparian vegetation, help with the removal of invasive species, and partake in some light trail maintenance. Volunteers should wear appropriate clothing and footwear for planting activities and bring water, snacks, and garden gloves. All ages are welcome. Pre-register at <https://www.ptny.org/events/i-love-my-park-day> or for more information call 845-688-3369. 5096 State Route 28, Mt. Tremper, NY. **Saturday, 5/5, 9am-2pm**
- Saturday Saunter at the Catskill Interpretive Center. Enjoy a gentle nature immersion walk on fully accessible wooded trails, and learn more about the physical and mental health benefits of time spent in nature. 5096 State Route 28, Mt. Tremper, NY. **Saturday, 5/12, 10am-11am**

Center 4 Creative Education: <http://cce4me.org/>

Attend a Free DXF® - Dance Xross Fitness® class. This one hour fitness program mixing dance, kickboxing, strength training, and soul line dance. It is fun, effective and there is something in it for everyone! Discounted price \$10 per class (save \$5) - Just mention "Healthy Ulster County Week." Center for Creative Education, 15 Railroad Avenue, Kingston, 845-338-7664. Classes will be held on the following dates:

5/5, 8:30am & 9:30am	5/8, 7pm
5/6, 10am	5/10, 7pm
5/7, 6pm	5/12, 8:30am & 9:30am
	5/13, 10am

Christina's Restaurant: www.christinasrestaurant.net

Christina's Restaurant in Kingston will be offering healthy lunch and dinner specials. 812 Ulster Avenue, Kingston, NY (845)-339-7400. **During Healthy Ulster County Week 5/4-5/13**

Cornell Cooperative Extension Ulster County: www.ulster.cce.cornell.edu

- Walk for Wellness - CCEUC will be leading a short walk to promote walking as a worksite wellness activity starting at their office located in the Kingston Plaza, heading

to uptown Kingston via Westbrook Lane, passing the Ulster County Office Building on Main Street, following Wall Street to North Front Street and returning to the Kingston Plaza via Frog Alley to Schwenk Drive. Look for the red balloons! All are welcome to join in the walk. Meet at CCEUC in Kingston Plaza, 232 Plaza Rd., Kingston, NY. **Tuesday, 5/8, 2:30pm** (rain date – Wednesday, 5/9, 2:30pm)

- Join CCEUC for Waters with a Twist! Water can be delicious and nutritious while keeping us hydrated. There will be taste-testing, recipe cards and table prizes. Fun Fact: Wat-er you made of? Over 60% water! **Tuesday, 5/8, 3:30pm-4pm**
- Eat Smart NY will demonstrate an affordable and healthy recipe featuring foods available at the pantry. Catholic Charities, 6 Adams St., Kingston, NY. **Tuesday, 5/8, 12pm**
- Ellenville Junior Iron Chef Team will be learning about nutrition facts and working together to prepare a healthy vegetable recipe. Ellenville Library, 40 Center St., Ellenville, NY. **Wednesday, 5/9, 2:45pm**
- Eat Smart NY will demonstrate an affordable and healthy recipe featuring foods available at the pantry. SUNY Ulster Food Pantry, Vanderlyn Hall, 491 Coktckill Rd., Stone Ridge, NY. **Thursday, 5/10, 10am**

Edible Independence: www.edibleindependence.com

Brought to you by Mountain Valley Manor Adult Care Home, buy 3 weeks of delivered prepared meals and get 1 week free! Mention “Healthy Ulster County Week” when calling to order. Only \$55 for 7 healthy, tasty, and convenient frozen pre-cooked meals including desserts, delivered to your door! *Seniors should call and check with their insurance provider because the meal delivery service may be free through your policy's MLTC provision coverage! Also discounts are available for Ulster County Veterans. Please call Jim Gordon at (845) 331-MEAL (6325) to order. Healthy Ulster County Week discount can be applied to any 4 week of meals delivered during the months of May/June 2018. **During Healthy Ulster County Week, 5/4 - 5/13**

Ellenville Regional Hospital: www.ellenvilleregional.org

Ellenville Regional Hospital will be offering a special menu of healthy foods in the cafeteria during Healthy Ulster County Week. Open to employees and the public. Located at 10 Healthy Way, Ellenville, NY. **During Healthy Ulster County Week, 5/4 - 5/13**

Emerson Resort & Spa: www.emersonresort.com

Take a Guided Nature Walk at the Emerson Resort & Spa. During the one-and-a-half mile guided walk of the Emerson grounds learn about the history and wildlife of the Catskills. Walks depart from the lobby at 9:00am and 4:00pm, 845-688-2828. Located at 5340 Route 28, Mount Tremper, NY. **During Healthy Ulster County Week, 5/4 - 5/13, 9am & 4pm daily**

Essential Fitness: <http://www.iloveessentialfitness.com>

Essential Fitness is offering two weeks of Unlimited Class Pass as well as 3 Personal Training one-on-one sessions that include: health assessment / evaluation. Classes include: Yoga, Bootcamp, Battlefit cardio boxing, DXF Pound, and Essential Fusion. And for the kids - 2 week pass to Moo Do Self Defense/ Taekwondo ages 5-15. Be sure to mention "Healthy Ulster County." 186 Broadway, Port Ewen, NY, 845-332-4212. **During Healthy Ulster County Week, 5/4 - 5/13**

Fitness Connection: <http://www.fit-connection.com/>

The Fitness Connection is offering free group fitness classes for non-members all week. They have a range of classes to choose from, such as: 30 Minutes to Fit; Bare Yoga, Boot Camp, and their newest addition, TFC Rowing. For a calendar of classes or to register for a class <http://www.fit-connection.com/class-schedule/> calendar of classes and mention "Healthy Ulster County Week" when attending. 618 Ulster Ave., Kingston, NY, (845) 481-3044, info@fit-connection.com. **During Healthy Ulster County Week, 5/4 - 5/13**

Gardiner Library: www.gardinerlibrary.org

- Take a Guided Bird Walk. Are you interested in birds or birdwatching? Join Nick Martin, Minnewaska State Park Educator, in this second installment of a two-part series. In this segment, take a birding walk on the trails near the library. Participants are encouraged to bring binoculars, a birding field guide or a smart device with a field guide installed. A few binoculars will be available for loan to participants who may not have their own binoculars. Pre-registration recommended - 845-255-1255. Gardiner Library, 133 Farmer's Turnpike, Gardiner, NY. **Friday, 5/4, 9am-10:30am**
- Medicare 101 – Presented by James Farnham, MBA, MS, Licensed Agent. Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you! Gardiner Library, Community Room, 133 Farmer's Turnpike, Gardiner, NY. **Saturday, 5/5, 12pm-2pm**
- Free Reiki Session - Members of the Hudson Valley Community Reiki group are providing 20-minute individual Reiki sessions, free of charge, on a first-come first-served basis. Reiki is both the energy of the Universe and the Japanese system of sharing this energy with others. Recipients sit in a chair or lie on a comfortable table, clothed, while the practitioner lightly places hands on or above the recipient. The effect is of peace and deep rest for the recipient. HVC Reiki group members are all seasoned practitioners from the community. They have been doing events like these in the region since 2010. Visit

www.HVCReiki.org to learn more. Gardiner Library, Community Room, 133 Farmer's Turnpike, Gardiner, NY. **Sunday, 5/6, 12pm-2pm**

- Attend a Slow Burn Yoga class that challenges your body and mind in this slower paced Hatha Class. This class focuses on alignment and refinement of asanas. Incorporating breath, strength, integrity and spirit, expect to hold postures for extended time, moving slowly and deliberately from pose to pose. For adults ages 16 and older. Victoria Gagne is the instructor and the class is free, donations are welcome which will benefit Gardiner Library Children's Programs. Gardiner Library, Community Room, 133 Farmer's Turnpike, Gardiner, NY. **Monday, 5/7, 3:30pm-4:30pm**
- Healthy Living for your Brain & Body: Presented by the Hudson Valley Chapter of the Alzheimer's Association. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, exercise, diet and nutrition, and social engagement. They will discuss what they know, drawing on current research, and talk about what can be done now to improve or maintain our overall health. Pre-registration required. Please call 255-1255 to register. Gardiner Library, Community Room, 133 Farmer's Turnpike, Gardiner, NY. **Wednesday, 5/9, 1pm-2pm**
- Hearing Loss Group Meeting – Situational Awareness Speaker - Jackie Emsile. Situational Awareness is exactly what it sounds like - being aware of your surroundings and any potential threats to your safety. Whether in your home, in your vehicle or out and about, different situations require different preparations and techniques for maintaining your safety while living your life to its fullest. Learning to detect and avoid danger is key. For more information email or call Alice Tenuto at atenuto@optonline.net, 845-489-7008 or Florence Butler at florencebutler@gmail.com. 845-255-6128. Gardiner Library, Community Room, 133 Farmer's Turnpike, Gardiner, NY. **Thursday, 5/10, 1:30pm-2:30pm**
- Tree Identification Walk with Minnewaska State Park Educator Nick Martin. Join Park Educator, Nick Martin, for an introductory tree walk at the Gardiner Library. Late winter is an interesting time to look at trees, giving a unique glimpse at them as they start to wake up from their winter slumber and get ready for the upcoming spring. In this program, we will take a tree walk on the trails near the Gardiner Library. Along the way, we will explore ways to identify trees without leaves, including using tree bark and buds. Participants are encouraged to bring a notepad or sketch pad and pencil, a tree field guide or a smart device with a field guide installed. Pre-registration recommended 845-255-1255. Gardiner Library, 133 Farmer's Turnpike, Gardiner, NY. **Friday, 5/11, 10am-11:30am**

Healthy Ulster Council: www.healthyulstercounty.org

The Healthy Ulster Council meeting at the Ulster County Department of Health and Mental Health will participate in a Healthy 10 minute outdoor walk as part of their meeting. All are welcome to join in the walk. Golden Hill Office Building, 296 Golden Hill Lane, Kingston, NY. **Thursday, 5/10, 2:45pm**

High Falls Café: www.highfallscafe.com

High Falls Café is offering 10% off any salad during Healthy Ulster County Week. Try one of their popular salads such as: the Wedge Salad, a wedge of iceberg topped with crumbled bacon and bleu cheese, tomato, drizzled with creamy house made bleu cheese dressing; or their B&B Salad with fresh spinach, pickled beets, bleu cheese and walnuts tossed in their own strawberry vinaigrette. They use fresh ingredients and make their own salad dressings! 12 Stone Dock Rd., High Falls, NY. **During Healthy Ulster County Week, 5/4 - 5/13**

Highland Public Library: <http://www.highlandlibrary.org>

- Women and Stress – Attend this educational program by Sharon Highman who is a health/life coach as well as a registered RN for over 40 years. This program is aimed at women who are balancing busy lives and feel the pressure of stress. She will address healthy ways in which women can feel and look better without over-dieting and over-exercising. 14 Elting Place, Highland, NY. **Tuesday, 5/8, 6:30pm**
- Visit the library which will have a book display related to healthy living. 14 Elting Place, Highland, NY. **During Healthy Ulster County Week, 5/4 - 5/13**
- The library recently became a pick-up location for Field Goods, which delivers produce from small farms to community sites weekly. Contact the library for more information.

Ignite Fitness: www.ignite-fitness.com

Ignite Fitness is offering a Free Week Pass to Ulster County residents during Healthy Ulster County Week. Classes are included. 246 Main Street (Cherry Hill Plaza), Suite 14, New Paltz, NY. **During Healthy Ulster County Week 5/4 - 5/13**

ILoveKickboxing.com – Saugerties: www.ilovekickboxing.com

Offering a 50% off discount which includes 3 classes and a pair of boxing gloves (originally \$19.99), now \$9.99. Visit the website to sign up for the web special and use the code “HealthyUC” at checkout. Route 9W, 6 Twin Maples Plaza, Saugerties, NY 845-246-5425. **During Healthy Ulster County Week, 5/4-5/13**

I Paddle New York: www.ipaddlenewyork.com

Take a guided kayak tour and hike on the Esopus Creek and Esopus Bend Nature Preserve. Weather and water conditions permitting, safety first! Fee of \$40. For additional information please visit www.ipaddlenewyork.com. Reservations are required, please call 845-532-7797. 61 S. Partition St., Saugerties, NY. **5/5, 5/6, 5/9 & 5/13, 10am**

Kingston Farmers Market: www.kingstonfarmersmarket.org

It is opening day for the outdoor Kingston Farmers Market! On May 12th the market will welcome its largest selection of vendors to date - 42 vendors will participate to kick-off the

19th farmer's market season. The market will feature a huge array of local food vendors, live music, face painting, cooking demonstrations and more. Come see the best of the Hudson Valley's growers and producers and taste something amazing! Wall Street, (in front of the Old Dutch Church - between John St. and Main St.), Kingston, NY. **Saturday, 5/12, 9am to 2pm**

Marlboro Free Library: www.marlbtorlibrary.org/

The Marlboro Free Library will have a display set up within the Library that will provide patrons with information on how to live a healthier lifestyle. Books will be selected for this display that focus on healthy eating and how to maintain an active lifestyle. In addition to these books, this display will also include takeaways on healthy living and information on local hiking trails and parks. 1251 Route 9W, Marlboro, NY. **During Healthy Ulster County Week 5/4 - 5/13**

Mental Health Association in Ulster County: www.mhainulster.com

- MHA in Ulster County will be hosting a screening of the movie "Silver Linings Playbook" followed by a discussion about Mental Illness and how it is portrayed in the media vs. everyday life. Healthy snacks will be served! MHA's Clifford Beers Center, 300 Aaron Court, Kingston, NY. **Friday, 5/11, 2pm -5pm**
- The Community is invited to attend the on-going Open Drop-in Support Groups which include : CoEd Yoga, Women's Yoga, Empower Hour: A Women's Support Group, Coping with Anxiety & Depression, and PeaceWork. For more information call 845-339-9090 or visit www.mhainulster.com. 300 Aaron Court, Kingston, NY. **Monday - Friday, 5/7 -5/11**

Mid Hudson Bicycle Club: <http://midhudsonbicycleclub.com>

Participate in a 30 mile bicycle ride from SUNY Ulster Campus in Stone Ridge along back country roads to the Ashokan Reservoir. The riders will stay together as a group. Helmets must be worn by all. Bring water and a snack. Meet at the far right parking lot near the tennis courts and ball field. SUNY Ulster Campus, 491 Cottekill Road, Stone Ridge, New York. **Saturday, 5/12, 10am.**

Minnewaska State Park Preserve: <https://parks.ny.gov/parks/127>

- **Early Morning Birders.** Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers. Participants will meet at the Minnewaska main entrance and should come prepared with binoculars. Outing destinations will be determined the day of the program. Minnewaska Main Entrance, 5281 Route 44-55, Kerhonkson, NY. **Tuesday, 5/8, 8am**
- **Tuesday Trek: Jenny Lane Loop Hike at Minnewaska.** Join Stefan Ramirez, Student Conservation Association/AmeriCorps Educator, for a hike along the Jenny Lane section

of the Shawangunk Ridge Trail and the Blueberry Run Footpath, through a section of forest that was burned during the 2008 forest fire. Our route will begin with a one mile hike on the Wawarsing Turnpike Footpath, a section of the toll road built in the 1850s that crossed the Shawangunk Ridge. We conclude our hike along the verdant Mossy Glen Footpath, which follows along the edge of the Peter's Kill stream. This five-mile-long hike includes some hilly sections, two stream crossings and lots of walking on exposed bedrock. The fee for parking is \$10 per vehicle or a valid Empire Pass may be used. Pre-registration is required by calling Minnewaska at 845-255-0752. Meet in the Awosting Parking Area, 5281 Route 44-55, Kerhonkson, NY. **Tuesday, 5/8, 9:30am–1:30pm**

- **Birding Basics: Warbler Search at Minnewaska.** Join Park Educator, Nick Martin, to explore the trails looking for new spring bird arrivals, such as the many species of wood warbler that migrate to Minnewaska for the breeding season. Participants will take an approximately two-mile walk through the fields and forests of a former golf course at Minnewaska, which has been re-naturalized. Participants who have their own binoculars and field guides are encouraged to bring them. A few pairs of binoculars will be available for participants to borrow if they do not have their own. The fee for parking is \$10 per vehicle or a valid Empire Pass may be used. Pre-registration is required by calling Minnewaska at 845-255-0752. Meet at the Minnewaska Nature Center, 5281 Route 44-55, Kerhonkson, NY. **Saturday, 5/12, 9:30am–12pm**
- **Citizen Science Plant Hike at Sam's Point.** When do the flowers bloom? When do the leaves fall? We are very curious to find out! In this program, you will learn all about phenology, the study of how plants and animals change throughout the seasons, while working as a citizen scientist to collect information about the plants in the park. The Park will be offering this hike once a month at Sam's Point to monitor seasonal changes in plants along the Loop Road. Along this carriage road, you will encounter a variety of flowers, ferns, shrubs, and trees which change as you move up in elevation. This program is recommended for children at least eight years old, accompanied by a parent or guardian over the age of 18, but everyone is welcome. The fee for parking is \$10 per vehicle or a valid Empire Pass may be used. Pre-registration is required by calling Sam's Point at 845-647-7989. Meet at the Sam's Point Visitor Center, 400 Sam's Point Road, Cragmoor, NY. **Saturday, 5/12, 2pm–4:30pm**
- **Mother's Day Loop Walk around the Lake for Families at Sam's Point.** Participate in a three-mile loop walk to view magnificent Lake Maratanza. On our way to the lake, we will stop at the Sam's Point Overlook, where on a clear day there is a great view of the Wallkill Valley, the Catskills, and much more. Children must be accompanied by a parent or guardian over the age of 18. The fee for parking is \$10 per vehicle or a valid Empire Pass may be used. This program is being offered at the Sam's Point Area in Cragmoor. Pre-registration is recommended by calling 845-647-7989. Meet at the Sam's Point Visitor Center, 400 Sam's Point Road, Cragmoor, NY. **Sunday, 5/13, 10am–12pm and 1pm–3pm**

- **Millbrook Mountain Hike at Minnewaska.** Join Laura Conner, Environmental Educator, for this challenging five-mile loop hike along the Millbrook Mountain Footpath and Carriage Road. This hike includes steep hills, slippery rock surfaces and a stream crossing. The destination is Millbrook Mountain, a white cliff offering expansive views of the surrounding hills and valleys. The fee for parking is \$10 per vehicle or a valid Empire Pass may be used. Pre-registration is required by calling Minnewaska at 845-255-0752. Meet at the Minnewaska Nature Center, 5281 Route 44-55, Kerhonkson, NY. **Sunday, 5/13, 10:30am–3pm**

Mohonk Preserve: www.mohonkpreserve.org

In addition to the monthly passes Mohonk Preserve offered for their *Healthy Ulster Spring at Mohonk Preserve*, where residents had the opportunity to pick up passes in April to use through May 20th, they are also offering the following:

- **Early Morning Bird Walks** - Join Mohonk Preserve Conservation Science staff on an early morning bird walk. No experience necessary, beginners welcome. Bring binoculars if you own a pair (a few pairs will be available on a first come first served basis). This program includes a 1-2 mile walk. Free for Mohonk Preserve members. Non-members receive a complimentary day pass at their first walk. Non-members are welcome to join for the series but will be required to purchase a day pass (\$15) or membership thereafter. Space is limited, Registration is required at <http://www.mohonkpreserve.org/events/may-bird-walk>. Mohonk Preserve Spring Farm Lot, Uper 27 Knolls Rd., High Falls, New York. **Saturday, 5/5, 7am-8:30am**
- **“Rock The Ridge”** - A 50-mile endurance challenge and environmental fundraiser set in the natural beauty of Mohonk Preserve, New York’s largest non-profit nature preserve. The goal is to traverse a 50-mile course within 24 hours by walking, running, or any combination thereof, as part of a relay team, or by covering the full distance as an individual or a team. For more information, fees and fundraising requirements, and to register please visit <http://www.mohonkpreserve.org/rock-the-ridge>. **Saturday, 5/19**

Mother Earth’s Storehouse: www.motherearthstorehouse.com

Stop in Mother Earth’s Storehouse for Cooking Demonstrations with information on preparing healthy, affordable meals with samples and recipes. 300 Kings Mall Ct., Kingston, NY. Demonstrations will be held on the following dates: **Saturday 5/5, Tuesday 5/8, Saturday 5/12 (1pm-3pm)**

Mountain Valley Manor Assisted Living Home: www.mountainvalleymanor.com

New residents can take \$1,000 off (couples will receive \$1,500 off) their first month’s rent during the month of May/June 2018 by mentioning “Healthy Ulster County Week!” “In our home, you are on your own, but never alone!” For more information call (845)-331-1254, 397 Wilbur Avenue, Kingston, NY. **During Healthy Ulster County Week 5/4 - 5/13**

Mudita Yoga Lab: <https://muditayogalab.com>

Offering a discount on all yoga classes on their regular schedule (\$5/class). Just mention "Healthy Ulster County Week." Please visit the website for schedule or call 845-481-3108. 243 Fair Street, 3rd Floor, Kingston, NY. **During Healthy Ulster County Week, 5/4 - 5/13**

Olive Free Library: <http://olivefreelibrary.org>

Join the Olive Free Library for their grand opening of the "Lend-a-Pole Program." Starting that day you can borrow fishing poles from the library! Learn about their new program and enjoy refreshments, family fishing classes and have some fun! This program is co-sponsored by the Bushkill Rod & Gun Club and Trout Unlimited. 4033 Rte. 28A, West Shokan, NY, 845-657-2482. **Saturday, 5/5, 11:30am**

Peace Nation Café: <https://www.peacenationcafe.com/>

Peace Nation Café will be offering a special Ulster Health Week Menu which will feature foods: low in cholesterol and rich in good fats, including plant based options, gluten free options, superfoods, and immunity boosting food choices. 636 Broadway, Kingston, NY. **During Healthy Ulster County Week, 5/4 - 5/13**

People's Place: www.peoplesplaceuc.org

Visit People's Place for various health related activities. 17 St. James St., Kingston, NY.

- Free Apple Distribution. **Friday, 5/4, 10am-1pm**
- Free Farm Stand. **Tuesday, 5/8, 8:30am-10:30am**
- Free Car Seat Safety Check. **Wednesday, 5/9, 2pm-5pm**
- Stop by People's Place where there will be a daily special guest with healthy lifestyle information. **Monday-Friday 5/7-5/11, 10am-1pm**

Rock and Snow: www.rockandsnow.com

Offering a 20% discount on footwear and clothing (excluding items that are already marked-down). 44 Main St., New Paltz, NY. **During Healthy Ulster County Week, 5/4 - 5/13**

Savor Beauty & Spa: www.savorspa.com

Savor Beauty & Spa is a boutique spa that makes an award winning organic skincare line, Savor Beauty, in their Saugerties Spa. Consult with one of their specialists to help you with your skincare needs as well as makeup touchups for your evening out. 114 Partition St., Saugerties, NY. **Friday, 5/4, 4pm-6pm**

Scenic Hudson: www.scenichudson.org

Visit one of the many Scenic Hudson Parks in Ulster County which are free and open to the public. Scenic Hudson will be promoting their parks throughout the week encouraging

residents to get active and enjoy the great outdoors: Franny Reese State Park, Illinois Mountain, Bob Shephard Highland Landing Park, Black Creek Preserve, Shaupeneak Ridge, Esopus Meadows Preserve, High Banks Preserve, Sleightsburgh Park, Falling Waters Preserve. **During Healthy Ulster County Week, 5/4 - 5/13**

The Hot Spot (Bikram/Hot Yoga): <http://hotspotkingston.com>

Take a Bikram Yoga class at The Hot Spot. First class is free; 10% off class packages during Healthy Ulster County Week. 218 Plaza Road, Kingston Plaza, Kingston, NY. **During Healthy Ulster County Week, 5/4 - 5/13**

TRT Bicycles: www.trtbicycles.com

TRT Bicycles is offering a 15% discount on clothing and accessories with the mention of "Healthy Ulster County Week." 1066 Rt 32, Rosendale, NY. **During Healthy Ulster County Week, 5/4 – 5/13**

West Hurley Public Library: www.westhurleylibrary.org

Attend a fun filled workshop with Del Orloske, a graduate of the Institute for Integrative Nutrition who will share some of his favorite smoothies and show you how you can add healthy plant base nutrition into your life quickly and easily. Green smoothies are helping people to reclaim their health and by adding one green smoothie to your diet ever day it is possible to lose weight, increase energy, improve digestion, alkalize the body and feel amazing! 42 Clover St., West Hurley, NY. **Tuesday, 5/8, 6:30pm-7:30pm**

Women's Woodstock Cycling Grand Prix: <http://www.womenswoodstockcycling.com>

The Women's Woodstock Cycling Grand Prix is one-of-a-kind as the only women's single day, out-and-back race course in the United States.

- **On Friday, May 4th**, the hamlet of Phoenicia will host a 6.8-mile individual time trial on a perfectly flat road course, with the first racer starting at **3:30pm**. The course is located along the Old Plank Road, freshly paved with the bicycle race in mind, and will parallel the Esopus Creek. 109 Main St., Phoenicia, NY. **Friday, 5/4 3:30pm**
- **On Saturday, May 5th**, starting at **8:00am**, on Rock City Road in Woodstock, professional and amateur racers will tackle a world class course that includes ascending the infamous Meads Mountain Road, aka Overlook Mountain. The race begins and ends on Rock City Road in Woodstock and encompasses the best roads in the townships of Woodstock, Phoenicia, Hurley, and Saugerties. The course highlights what Ulster County has to offer to both the recreational and competitive bicyclist. The Pro 1/2/3 riders get the added bonus of traversing Ohayo Mountain, Seven Sisters, named for seven steep and tight turns, and a visit through the lovely town of Phoenicia. Community Center, 56 Rock City Rd., Woodstock, NY. **Saturday, 5/5, 8am (registration & number pick-up 6:30am – 7:30am)**

Woodstock Land Conservancy: www.woodstocklandconservancy.org

Join the Woodstock Land Conservancy for a Morning Trail Run at the Israel Wittman Sanctuary. Enjoy a two mile trail run at the beautiful; gently graded Israel Wittman Sanctuary trails. Open to all levels of trail runners! Whether you prefer a gentle jog through the woods or a brisk run, this is a great way to start your day. For more information, check out www.woodstocklandconservancy.org/land-protection/wittman-sanctuary. RSVP to kateb.wlc@gmail.com. **Wednesday, 5/9, 8am (Please carpool from the Zena Music Lab at 7:45am.)**

YMCA of Kingston and Ulster County: www.ymcaulster.org

Attend a Group Fitness Class or two for \$5 (discounted from \$10) which includes access to the building for the day. See YMCA website for class schedule. 507 Broadway, Kingston, NY. **During Healthy Ulster County Week, 5/4 – 5/13**

Take a Walk or Ride your Bike – Ulster County is home to many wonderful places that you can walk and/or bike at any time, including but not limited to:

- Belleayre Mountain in Highmount www.belleayre.com
- Catskill Forest Preserve <http://www.dec.ny.gov>
- D & H Canal Heritage Corridor www.dandhcorridor.org
- Hudson Valley Rail Trail in Highland www.hudsonvalleyrailtrail.net
- Hurley Rail Trail
- Minnewaska State Park Preserve in New Paltz www.nysparks.state.ny.us
- Overlook Mountain Fire Tower in Woodstock www.catskillcenter.org/towers
- Sam's Point Preserve in Cragsmoor www.nature.org
- Town of Shawangunk Rail Trail
- Walkway Over the Hudson in Highland www.walkway.org
- Wallkill Valley Rail Trail in New Paltz <http://www.wvrta.org>
- Scenic Hudson Parks <https://www.scenichudson.org/parks>

