

Healthy Ulster County Week 2019

May 3 – 12, 2019



Calendar of Special Local Promotions

"We are fortunate to have so many businesses and organizations who are offering wonderful promotions and events to our residents as we work to improve our health in Ulster County."

~ Acting Ulster County Executive Adele B.Reiter

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.



Acting County Executive Adele B. Reiter Invites You to Visit These Healthy Ulster County Week Participants:

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

Experience the great rock climbing in the Hudson Valley's Minnewaska State Park, 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 3 ½ 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. Please visit <https://alpine-endeavors.pike13.com/courses/103496> or call 877-486-5769 to enroll or for more information. Meet inside at Rock and Snow, 44 Main St, New Paltz, NY. **Sunday, 5/5, 9am - 12:30pm**

Bike Friendly Kingston: info@bikefriendlykingston.org

Join Bike Friendly Kingston for an easy bicycle ride around the City of Kingston. All abilities are welcome! Wear a helmet and comfortable clothing and be sure to bring water. If you need a bicycle to participate please call 845-334-3909 or email info@bikefriendlykingston.org Meet at the YMCA, 507 Broadway, Kingston, NY. **Thursday, 5/9, 6pm**

Binnewater Ice Compny: 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, 5/3 - 5/12**

The Bowery Dugout Restaurant: bowerydugout@aol.com

Cooking demonstration and discussion about alternative low fat seafood presentations. Dinner with ceviche or tomato salad appetizer, main course poached salmon with lemon tarragon, vinaigrette grilled veggies, steamed rice pilaf and glass of wine for \$35 per person. Minimum of 15 people for registration. For information contact Bruce at 845-331-7200, **Wednesday, 5/8, 6pm**

Bread Alone Bakery and Café: www.breadalone.com

Bread Alone is offering 15% off (up to two loaves per customer) 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 and Rhinebeck. Please note, 1 loaf per customer, per day. **During Healthy Ulster County Week, 5/3 - 5/12**

Buttermilk Falls Inn & Spa: www.buttermilkfallsinn.com

Offering a 20% discount off spa services which will include a complimentary juice. For information contact 845-632-7098 or visit spa@buttermilkfallsinn.com, 220 North Rd, Milton, NY, 845-795-4050. **During Healthy Ulster County Week, 5/3 - 5/12**

Caring Connections of Ulster County: caringconnectionsofuc@gmail.com

Free Annual Family Caregiver Conference: “A Laugh is a Smile that Bursts!” Join Caring Connections of Ulster County and RCAL at The Chateau, 240 Boulevard, Kingston, NY, as

they present Keynote Speaker Dr. Maggie Carpenter who will discuss and provide valuable information for anyone caring for an elderly or disabled loved one at home. In addition community resources and local vendors will be on hand with information about the services and supports they provide. This is a **Free** conference: **Registration is Required**. Contact 845-616-4727 or caringconnectionsofuc@gmail.com , Kingston, NY. **Friday, 5/3, 8am – 2:00pm**

Maurice D. Hinchey Catskills Visitor Center (formerly known as Catskill Interpretive Center): www.catskillinterpretivecenter.org

- **“I Love my Park Day”**: Show your love for the Catskills! Volunteers are invited and encouraged to participate in “I Love My Park Day” event held within the Catskill Forest Preserve at the Catskill Interpretive Center. Volunteers at this event will plant trees, 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 lunch, water and snacks. All ages are welcome. Pre-registration will open in April. For information contact 845-688-3369 or www.ptny.org/events/i-love-my-park-day **Saturday, 5/4, 9am - 2pm**
- **Evening Yoga and Trail Walk**: Join a 200-hour certified yoga instructor for a yoga/movement class and a short walk on the Catskills Visitor Center nature trail. A small number of mats will be provided, please bring your own if you have one! Beginner level yoga and hike. All ages are welcome, over 10years is recommended. For the **Healthy Ulster County Week**, we are also offering a 10% discount in the gift shop on hiking/outdoor guides, maps, and gear. Contact Olivia Bernard 845-688-3369. 5096 State Route 28, Mt. Tremper, NY. **Friday, 5/10, 5pm - 6pm**
- **Discovery Walk: Introduction to Outdoor Photography**: Bring your cameras for a lesson on the basics of outdoor photography and a walk to practice shooting. Digital SLRs and all types of cameras and smartphone cameras welcome! Over 10 years old suggested. Approximate walking distance: 1 mile. Contact Olivia Bernard 845-688-3369. 5096 State Route 28, Mt. Tremper, NY. **Saturday 5/11, 11am -12:30pm**

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 and heading to uptown Kingston. 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, 5/7, 2:30pm** (rain date – Wednesday, 5/8, 2:30pm)
- **“Waters with a Twist”**: at Cornell Cooperative Extension relatives as Parents Program. Infused waters, cucumber & mint, pineapple, citrus and watermelon.

Yummy, delicious and nutritious hydration. Recipe cards, taste-testing and alluring fun facts. We look forward to hydrating with you! For information contact Maria Cecilia Deferrari at 845-340-3990 ext. 347 or mcd242@cornell.edu **Tuesday, 5/7 at 3pm**

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 (845) 331-MEAL (6325) to order. **Healthy Ulster County Week** discount can be applied to any 4 weeks of meals delivered during the months of May/June 2019. **During Healthy Ulster County Week, 5/3 - 5/12**

Ellenville Regional Hospital: www.ellenvilleregional.org

The hospital will be offering healthy meals in the cafeteria during **Healthy Ulster Week, 5/3-5/12** and holding a contest to vote on 1 of 3 specialty salads to become the “Wawarsing Salad” with the hopes of local restaurants to include on their menus. The hospital is also hosting:

- **Farm-acy** which will provide **Free** fruits and vegetable to all community members **Thursday, 5/9 at 4pm – 6pm**
- **1 Mile Walk** each weekday starting at the hospital’s main entrance.
- **Couch to 5K Walk: Monday, 5/6, Wednesday, 5/8, Friday, 6/10 at 5pm**

Emerson Resort & Spa: www.emersonresort.com

Take a Guided Nature Walk. During the 2.5 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. This is open to the public, you do not need to be an overnight guest. For more information please call 845-688-2828. Located at 5340 Route 28, Mount Tremper, NY. **During Healthy Ulster County Week, 5/3 - 5/12, 9am & 4pm daily**

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

Essential Fitness is offering two weeks of Unlimited Class Pass. 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.” 188 Broadway, Port Ewen, NY. **For information contact Austin Benjamin 845-332-4212. During Healthy Ulster County Week, 5/3- 5/12**

Healthy Ulster Council: www.healthyulstercounty.org

The members of the Healthy Ulster Council will participate in an outdoor walk in honor of **Healthy Ulster Week** at their regular bi-monthly meeting during the movement break. Cornell Cooperative extension, 232 plaza Road, Kingston. Contact Melinda Herzog at 845-340-3990, **Thursday, 5/9 at 3pm**

Highland Public Library: cstever@highlandlibrary.org

- **Mixed Monday Yoga:** Class for those who wish to enjoy a moderate workout. Meant for those who already have a basic knowledge of yoga and want more than a gentle class but something different than a “power” class. Kripalu certified instructor Catherine Moore is an RN with over 30 years of mental health and substance abuse experience and has been teaching Hatha Yoga at Marist College for over 8 years. Students are required to bring their own mats. Cost is \$5 per person, drop in, no registration required. Highland Public Library, 14 Elting Place, Highland, NY. **For information contact Caitlyn Stever 845-691-2275 Monday, 5/6, 5:30pm.**
- **Gentle Yoga:** Yoga is mind, body practice combining postures, breathing exercises and relaxation. With regular practice yoga will help to restore flexibility, strength and stamina. Class is at a reduced rate of \$5 per class. You can register per class, for all classes or drop in. Please wear comfy clothes and bring your own mat. Highland Public Library, 14 Elting Place, Highland, NY. **For information contact Caitlyn Stever 845-691-2275 Saturday, 5/11, 10am**
- **Bike Safety Training:** Tom Polk, of the New York Bicycling Coalition will be providing bike safety education at the library. A portion of the parking lot will be cordoned off to provide hands-on training for children on bikes. Participants are encouraged to bring their own bikes, but there will be a limited number available to practice. There will also be free helmets for children who do not have their own. This is a **Free** event open to the public. Highland Public Library, 14 Elting Place, Highland, NY. **For information contact Caitlyn Stever 845-691-2275 Wednesday, 5/8 4:30pm-5:30pm**

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 (845) 687-2699. **During Healthy Ulster County Week, 5/3 - 5/12**

Hudson Dermatology: www.hudsondermatology.com

- Offering a 25% discount on cosmetic procedures, including facial, peel, Botox, fillers, and more when you mention “Healthy Ulster County Week.” Please call 845-338-3200 for an appointment. 40 Hurley Avenue, 3rd Floor, Kingston, NY. Hours: Monday 10am-6pm, Tuesday-Friday 8:30am-4:30pm. **During Healthy Ulster County Week.**
- Complimentary skin screening. Must **pre-register** at hello@hudsondermatology.com 40 Hurley Avenue, 3rd Floor, Kingston, NY. **Saturday, 5/11 10am-1pm**

Ignite Fitness: www.ignite-fitness.com

Ignite Fitness is offering unlimited access to their gym for all Ulster County residents with proof of residency during Healthy Ulster County Week. Classes are included. Available to ages 16 and older; 16-17 must have a parent present to sign required paperwork. 845-255-9355, 246 Main Street (Cherry Hill Plaza), Suite 14, New Paltz, NY. **During Healthy Ulster County Week 5/3 - 5/12**

Kingston Athletics: www.kingstonathletics.com

If you're on the hunt for a new CrossFit gym in Kingston, your search ends here. Kingston Athletics provides a variety of membership packages for you to choose from, including boot camp and specialty classes to personal training and group sessions.

- Beginner’s Group Fitness: Monday and Wednesday 6:30pm-7:30pm or Friday’s 5:30pm-6:30PM
- Express Group Fitness: Monday and Wednesday 3:45pm-4:15pm
- Bootcamp: Tuesday and Thursday 6:30pm-7:30pm.

Sample our Free classes at 82 Boices Lane, Building #33, Kingston, NY during Healthy Ulster County Week, 5/3-5/12

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

Participate in a 20-mile bicycle through the Rondout Valley. Enjoy an easy 10-12mph average pace ride for fitness and pleasure. This will be a “no-drop” ride. Cue sheets will be provided for those who would like to ride faster. Bring water and bike helmet. For questions and concerns please email or call Bill Miller at wvmillerjr@yahoo.com or 845-332-5922. <https://ridewithgps.com/routes/29552251> The ride will begin and end at RidgeWell Fitness Gym, 3555 Main St., (Rt. 209), Stone Ridge, NY 12484. **Saturday, 5/4, 10am**

Mike Artega's Health and Fitness Center: martega234@gmail.com

Waiving membership fee to those who join as new members during **Healthy Ulster County Week 5/3 - 5/12** located at 3425, Route 9W, Highland, NY

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

- **Homeschoolers at Minnewaska:** Come join other homeschoolers to learn about geological forces that formed the unique features of the Shawangunk Mountains. This program will include a 90-minute hike out to Compass Rock and Lyon's Road area to see features first hand. This program is recommended for children between the ages of 7 to 12 years old, accompanied by a parent or guardian over the age of 18. Meet at the Park Office in the Peter Kill's Area 5080 Route 44/55, Gardiner. For information contact 2355-0752, 1pm, **Thursday 5/2**
- **Vaune Sherin's "Pastel Landscapes of Sam's Point and the Hudson Valley"**
A reception will be held to meet the artist, Vaune Sherin and enjoy refreshments. On display are pastel paintings from the trails at Sam's Point along with landscapes of other Hudson Valley sites. A portion of the proceeds from painting sales will go to the Sam's Point Visitor Center. No registration required. **Sunday, 5/5 3 - 5pm**

Mohonk Preserve: www.mohonkpreserve.org

Mohonk Preserve's Healthy Ulster County Spring 2019 offers a **Free** one month membership to Ulster County residents. Visitors with proof of residency may obtain their passes at the preserve Visitor Center from 10am-8pm **on Friday, April 26th** and at the Visitor Center and Spring Farm Trailhead from 10am-4pm, **Saturday, April 27th** and **Sunday, April 28th**. The membership passes will be valid through May 19, 2019. Passes must be picked up in person, with the exception of minors, whose parents or guardians may pick up on their behalf. For information call 845-255-0919 or visit www.mohonkpreserve.org/events

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: **Tuesday 5/7 1 - 3pm, Saturday 5/11, 1pm - 3pm**

Mountain Valley Manor Assisted Living Home: <http://mountainvalleymanor.com>

New residents can take \$1,000 off (couples will receive \$1,500 off) their first month's rent during the months of May/June 2019 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 5/3 - 5/12**

People's Place: www.peoplesplaceuc.org

In honor of **Healthy Ulster County Week**, 'Opening Day' of the People's Place Farm Stand is **May 7th** at approximately **8:30am** and goes until **noon or until produce runs out**, whichever is first. No ID is required for this program. Please bring your own bags. This program is in conjunction with Local Economies Project, Community Foundation of the Hudson Valley and the Regional Food Bank of North Eastern New York. Located at 17 Saint James St. Kingston, NY.

Rock and Snow: www.rockandsnow.com

Offering a 20% discount on footwear and clothing (excluding items that are already marked-down and items at the Annex). 44 Main St., New Paltz, NY. For information call (845) 255-1311 **During Healthy Ulster County Week, 5/3- 5/12**

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. They are offering 10% off facials and massages using their organic product line that is made in Saugerties, NY. Please mention "Healthy Ulster County Week" for discount. 845-247-3758, 114 Partition St., Saugerties, NY. **During Healthy Ulster County Week 5/3 - 5/12**

ShopRite of Kingston: <https://events.shoprite.com>

Early Bird Mile Walk: Did you know that walking briskly for as little as 10 minutes a day can be beneficial to your health? Join in-store dietician Jenna Guadagna, RD, CDN. For a one mile walk all throughout your ShopRite of Kingston store. The walk begins inside the store at the Dietician's nook, located across from the pharmacy. Learn something new from each food group at every lap throughout the store while getting your steps in! Enjoy the Hydration Station and Protein Power Up after the walk. RSVP to this event -10 people maximum. 801 Miron Lane, Kingston. Contact Jenna at 845-336-7800 ext. 3 or at Jenna.guadagna@wakefern.com **Saturday, 5/4 8am - 8:45am**

The Hot Spot – Bikram and Hot Yoga <http://hotspotkingston.com>

First Class Free - 15% discount off all class packages during **Healthy Ulster County Week**. 218 Plaza Road, Kingston for information call 845-331-5755 or visit hoptspotkingston.com **During Ulster County Week 5/3 - 5/12**

Ulster Cycling-Woodstock Women's Cycling Grand Prix:

www.wommenswoodstockcycling.com

Traveling through Woodstock, Saugerties, Shandaken and Hurley, there is no beating the location of this 3-day bicycle race. As you ascend and descend the hills

of the Catskill Park, one truly appreciates this impeccably routed course; take in the scenery, but watch your speed. The course begins and ends in Woodstock, rich in culture and musical history; which has given birth to a beautiful and bustling town of art galleries, shops and eateries. The WWCGP is a display of feminine sportsmanship and athleticism, covering over 60 miles of demanding terrain while touching and inspiring communities all over. Throughout illustrating the wonderment of bicycling. Invite your friends and family to share in the spirit of this epic event at the finish line of the 6th Annual Women's Woodstock Cycling Grand Prix! The 3-day event kicks off with a Community Dinner taking place at the Woodstock Fire Department, 242 Tinker St, Woodstock at 6:30pm, Friday, 5/3. Event #1-Friday, 5/3, Individual Time Trials (6 miles) in Phoenicia 9am, Event #2 Saturday, 5/4, Circuit Race (2.2 miles per lap) in Saugerties at 2PM, and Event #3- Sunday, 5/5, Road Race in Woodstock (62 miles) at 8am. **For information Martin Ernst Bruhn at 845-612-1672**

Wood'n Wheel Family Fun Center: info@woodnwheel.com

Get moving with our VIP wristband for just \$22 that includes: Roller skating with skate rentals or inline skates, rock climbing, bungee trampolines, laser tag, and our outdoor adventures inflatable area "Leaps and Bounds, "Cliff Climb Slide" and "Cliff Jump Jr". Then finish it off with a spin on our bumper cars and 10 token in our arcade. Located at 365 Broadway, Ulster Park, for information contact Bob Sorbello at 845-331-9680. **11pm - 5pm, Saturday 5/4 and 5/1.**

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

- Spring has sprung it's time to run! Join us for our 23rd Annual Kids Classic on **Saturday, 5/4, 1pm - 4pm** at Dietz Stadium in Kingston where every child is a winner. All proceeds benefit the YMCA Strong Kids Foundation which helps send kids to camp, our afterschool programs and attend swim lessons. Any child who comes the day of the race and mentions Health Ulster County Week will receive a discounted admission.
- **Wednesday, 5/8, 5:30pm - 7:30pm**-Bike Safety Fair, co-sponsored with the Highland Public Library. Tom Polk, of the New York Bicycling Coalition will be providing bike safety education at the library. A portion of the parking lot will be cordoned off to provide hands-on training for children on bikes. Participants are encouraged to bring their own bikes, but there will be a limited number available to practice. There will also be free helmets for children who do not have their own. This is a Free event open to the public. Highland Public Library, 14 Elting Place, Highland, NY. **For information contact Caitlyn Stever 845-691-2275 Wednesday, 5/8 4:30pm - 5:30pm**

- **Thursday, 5/9, 6:00pm - 8:00pm** experience “Bike Friendly Slow-Ride”. The ride begins and finishes at the YMCA, 507 Broadway, Kingston.
- **Thursday, 5/9:** “Try the Y”. All Group Exercise and Group Aquatic Exercise classes are free to the community to try on this day. Check out the website for class schedule details.
- **Friday, 5/10, 10am - 11am:** “Tai-Chi for Seniors”. This class is also open to non-members.
- **Friday, 5/10:** “Learn to Kayak” with Scott Johnson. 6 people at one time must register. 1 hour classes starting at **11:30am - 12:30pm, 12:45pm - 1:45pm** and one in the evening at **6:30pm - 7:30pm.**
- **Friday, 5/10, 4:30pm - 5:30pm:** “Family Yoga” This class is family friendly and open to non-members.
- **Saturday, 5/11:** “Kingston Community Ride” Is part of the City of Kingston’s Earth Fair at Forsyth Park, Lucas Ave., Kingston, **9:30am - 12:30pm.** This event is open to the public, and we will be participating with our youth “Bike It” group.
- **Saturday, 5/11:** “Swim Jamboree” family fun open swim from **2:30pm - 3:30pm**
- **Sunday, 5/12:** Mother’s Day. Members can bring mom for free.

For more information contact the YMCA at 845-338-3810 or visit ymcaulster.org 507 Broadway, Kingston, NY. During Healthy Ulster County Week, 5/3 – 5/12

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

Offering a discount on all yoga classes on their regular schedule (\$10/class). Yoga Lab offers Yoga, Meditation, Pilates and Qigong. Our approach is mindfulness-based and breath-centered. Everyone is welcome. Just mention **Healthy Ulster County Week.**” For information contact 845-481-3108 or visit Kingstonyogalab.com. 243 Fair Street, 3rd Floor, Kingston, NY. **During Healthy Ulster County Week, 5/3 - 5/12**