



## Healthy Ulster County Week

May 4-12, 2013

“Together we can make Ulster County the healthiest county in NYS!”  
- Ulster County Executive Mike Hein

Healthy Ulster County Week includes events to encourage Ulster County residents to eat better, exercise more, and increase awareness of their health. During Healthy Ulster County Week special promotions are being offered by local businesses and others that want to help keep Ulster County residents healthy.

County Executive Hein invites you to visit these Healthy Ulster County Week participants:

Women’s Health and Fitness Expo - <http://womenshealthexpo.com> –  
Healthy Ulster County Week Kick Off at 13<sup>th</sup> Annual Expo featuring over 100 booths and exhibits:

- Over 100 booths and exhibits
- Over 20 free health screenings
- Seminars, workshops and fitness demonstrations
- Healthy Food Court with cooking demos and samples from area chefs
- “The Doctor is In” booth featuring private consultations with specialists
- Book signings by noted authors
- Spa treatments
- And more! **Saturday, 5/4 from 8:30 AM to 4 PM**

Ascot Park Driving Range and Mini Golf in Kingston - <http://www.facebook.com/pages/Ascot-Park-Driving-RangeMiniature-Golf/323401949675> - Get a large basket of golf balls for \$8.00 when you mention **Healthy Ulster County Week, 5/19 – 5/28**

Bacchus - <http://bacchusnewpaltz.com/> - Healthy lunch & dinner specials as well as vegan and gluten free options being offered each day during **Healthy Ulster County Week, 5/4-5/12**

Barner Books in New Paltz - [www.bibliotique.us](http://www.bibliotique.us) - 20% off all health-related books during **Healthy Ulster County Week, 5/4-5/12**

Binnewater Ice Co. in Kingston - [www.binnewater.com](http://www.binnewater.com) - 10% off ice and water for walk in customers who mention **Healthy Ulster County Week, 5/4-5/12**

Bowery Dugout - [www.bowerydugout.com](http://www.bowerydugout.com) - Chef and proprietor Bruce Paley will be giving a heart healthy cooking demo during the Women's Health Expo at the Miller School on **Saturday, 5/4 from 11-12pm**

Center for Creative Education – [www.cce-kingston.org](http://www.cce-kingston.org) – Energy Dance Exercise during the Women's Health and Fitness Expo at the Miller School on **Saturday, 5/4 from 8:30 – 4pm**

Catskill Mountain Club - <http://www.catskillmountainclub.org> -

- Trail Maintenance Hike from Big Pond to Alder Lake, concentrating on blackberry bushes, putting up markers where needed and cleaning up. Bring tools and thick gloves, lunch or snacks. This moderately difficult trek is about 2.5 miles. Meet at the upper parking lot just past Big Pond. No dogs. Group size is limited to 20. Register with Ann Roberti at [annroberti@yahoo.com](mailto:annroberti@yahoo.com) or 845-676-3643 on **Friday, 5/10 at 9:30 AM**
- Annual Mother's Day Wildflower Hike at Kelly Hollow - Find and identify the beautiful Spring Ephemeral wildflowers which are so named because they appear above ground in early Spring when they flower and fruit and then die back into the ground, all in a short two-month period before the trees have had a chance to leaf out. Most hikers never see these flowers because they wait for summer to get into the woods. The trail is an easy to moderate loop of about 4 miles with a lean-to and privy at the top. Bring lunch and/or snacks to have at the lean-to. Dogs are welcome. This hike will be limited to 20 people. Meet at the Old Schoolhouse 2.2 miles west of Margaretville at 10:30 am or at the trail-head at 11:00 am. Contact [howardjraab@gmail.com](mailto:howardjraab@gmail.com) or (845) 586-3112 to register. **Sunday, 5/12 at 10:30 am**

**Ellenville Public Library & Museum in Ellenville - [845-647-5530](tel:845-647-5530)**

- Smart Bells Exercise Class is being given by Smart Bells creators Paul Widerman and Rita Harkins. Smart Bells is for everyone regardless of age, size and flexibility. \$5 fee for this class on **Monday, 5/6 from 10 – 11:15 am**
- ‘Swing into Spring’ Swing Dancing with Swing Dance instructor Anita Maria. Come on your own or bring a friend. Free on **Wednesday, 5/8 from 6:30-8pm**

**Ellenville Regional Hospital - [www.EllenvilleRegional.org](http://www.EllenvilleRegional.org)** - The cafeteria is serving a Healthy Lunch Special, open to employees and the public, every weekday **during Healthy Ulster County Week**

**Hospice, Inc. - [www.hospice.org](http://www.hospice.org)** - Hospice will be hosting an information table in the County Office Building on Fair Street in Kingston with information about hospice services **on Monday, 5/6 from 12-3pm**

**Hudson Coffee Traders in Kingston - [www.hudsoncoffeetraders.com](http://www.hudsoncoffeetraders.com)** - Healthy Ulster Special of the Week: Paleo Salad with fresh roasted chicken breast, vegetables and walnuts tossed in balsamic vinaigrette during **Healthy Ulster County Week, 5/4-5/12**

**I Love My Park Day - <http://www.ptny.org/ilovemypark/>** - A statewide volunteer effort to help clean and beautify New York State’s parks and historical sites **on Saturday, 5/4**

**Institute for Family Health’s Healthy Start Program in Ulster County - [www.HealthyFamiliesNewYork.org](http://www.HealthyFamiliesNewYork.org) and [www.institute2000.org](http://www.institute2000.org)**

- Free home visit services are available to expecting families and new parents in order to support bonding and attachment; promote optimal health, development, and safety; decrease stressors and improve coping skills; and increase self sufficiency during **Healthy Ulster County Week, 5/4-5/12**

**Jenny Thayer ZUMBA & ZUMBATOMIC classes in Saugerties and Kingston -**

- Free ZUMBA class at St. Mary of the Snow Hall - 25 Cedar Street in Saugerties on **Monday, 5/6 at 4:45 pm**
- Free ZUMBA class the PIT at 516 Broadway in Kingston on **Thursday 5/9 at 7:00pm**

- Bring a friend with you and you each receive the class for FREE!
- Email Jthayer11@yahoo.com for details

### Kingston Farmers' Markets in Kingston -

[www.kingstonfarmersmarket.org](http://www.kingstonfarmersmarket.org) are held every Saturday in Uptown Kingston and every Tuesday in Midtown, rain or shine, Memorial Weekend through November. Events and music combine to give the Kingston Farmers' Market a joyful and festive atmosphere **on Saturday, 5/25 and Tuesday, 5/28**

### March for Babies on Walkway over the Hudson -

[www.marchforbabies.org](http://www.marchforbabies.org) - The March of Dimes is hosting a Walk for Babies on the Walkway over the Hudson. When you walk you support healthy babies, raise awareness and help bring an end to premature birth **on Saturday, 5/4 registration at 9am, walk at 10am**

Maternal Infant Services Network, Inc. - [www.misn-ny.org](http://www.misn-ny.org) - Maternal Infant services Network will be hosting an information table at the Hudson Valley Mall in Kingston to provide information about health insurance, healthy babies, birth and breastfeeding **on Friday, 5/10 from 11-4pm**

Meet-the-Riders Dinner - <https://www.bikereg.com/Net/18962> - A dinner will be held to celebrate the riders in the Women's Woodstock Cycling Grand Prix and those that helped make the event possible. The dinner will take place at the Garden Plaza Hotel in Kingston **on Saturday, 5/11 from 5-8pm**

Mohonk Preserve's Rock the Ridge - <http://www.rocktheridge50.org> - A 50-mile endurance challenge set in the natural beauty of the Mohonk Preserve, a vast, non-profit nature preserve situated in the mid-Hudson Valley of New York State. The goal is to traverse a 50-mile course within 24 hours by walking, running, or any combination thereof. The course winds along carriage trails and paths, through the forests and ridgelines of the Preserve, lands which The Nature Conservancy has described as one of Earth's last great places, **on Saturday, 5/4**

### Mountain Valley Manor Assisted Living Home in Kingston -

[www.mountainvalleymanor.com](http://www.mountainvalleymanor.com) - Spring Move In Special - \$1000 off your first month on a private suite when you mention Healthy Ulster County Week during **the month of May 2013**

### Mountain View Studio in Woodstock - [www.mtnviewstudio.com](http://www.mtnviewstudio.com) -

Mention Healthy Ulster County Week for:

- free boxing conditioning classes for kids ages 9-15 on **Monday, 5/6 from 5:30-6:30 pm**

- 1 free class of your choice during **Healthy Ulster County Week 5/4-5/12**. A schedule of classes can be found at [www.mtnviewstudio.com](http://www.mtnviewstudio.com)

**Mudita Yoga Center in Kingston - [www.muditayogacenter.com](http://www.muditayogacenter.com) - 50% off all classes during Healthy Ulster County Week, 5/4-5/12**

**Phillies Bridge Farm in New Paltz/Gardiner - <http://philliesbridge.org> - Spring Open House with farm tours, children's activities, guided nature trail walks, meet the farm animals, garden plant sale, and food for purchase. Event is free and open to the public on Saturday, 5/18 from 11-2pm**

**Plant a Tree with Your Mother Day - <http://www.scenichudson.org/events> - Come spend some time outdoors with your mother while helping mother earth at Black Creek Preserve on Sunday, 5/12 anytime from 10-1pm**

**Police Athletic League of Kingston - [www.kingstonpal.com](http://www.kingstonpal.com) - (845) 594-3231 - The Kingston Pal Boxing Club will offer a free month of boxing lessons during Healthy Ulster County Week, 5/4-5/12 until 5pm**

**Rochester Hollow Stream Walk- [www.ashokanstreams.org](http://www.ashokanstreams.org) - Staff from Cornell Cooperative Extension of Ulster County are organizing a three-hour hike along Rochester Hollow in Shandaken with several stops will be made to discuss how the stream works and evaluate its condition. Please call or email Brent Gotsch at 845-688-3047 ext. 3 or [bwg37@cornell.edu](mailto:bwg37@cornell.edu) to register by 5/1 to reserve your spot. The hike will take place on 5/4 from 10-1pm**

**Rosendale Theatre in Rosendale - [www.rosendaletheatre.org](http://www.rosendaletheatre.org) - Special showing of the documentary "A Place at the Table," which investigates hunger in America and proposed solutions to the problem on 5/8 at 7:15pm**

**Rusty Plough Farm- Organic & Local - [www.rustyplooughfarm.com](http://www.rustyplooughfarm.com) - Call or email to join Rusty Plough Farm's Community Supported Agriculture, Rondout Valley Organics, and new members get \$10.00 off the annual membership fee of \$50.00 during Healthy Ulster County Week**

**Scenic Hudson Parks in Highland, Ulster Park and Esopus - <https://www.facebook.com/ScenicHudson> - Scenic Hudson urges community members to get outside, connect with nature and enjoy some exercise in these beautiful Ulster County public parks. The parks are free, open every day and a great way to feel energized and inspired by the beauty of the Hudson River.**

- Franny Reese State Park in Highland

- Black Creek Preserve in Esopus
- Esopus Meadows Preserve in Ulster Park
- Shaupeneak Ridge in Esopus

**Sunflower Natural Foods Market - [www.sunflowernatural.com](http://www.sunflowernatural.com) –**

- Aqua Vitea Raw Kombucha Tasting on 5/3 from 3:30 – 6:30 PM
- Sow Good Bakery Treats Tasting on 5/4 from 2 – 4 PM
- Organic Produce Tasting on 5/5 and 5/6
- Veria ID Natural Skin Care Samples on 5/7 from 11 – 2 PM
- Plantfusion - Plant Protein Samples on 5/8 from 11 – 2 PM
- Tierra Farm Organic Raw & Roasted Nut Samples on 5/9 from 1 – 3 PM
- John Master's Natural Skin Care Samples – on 5/10 from 11 – 2 PM
- Honey Girl Organics Skin Care Samples from Hawaii's Rich Beehive Harvest on 5/10 from 2 – 4 PM
- Medicinal Herb Demo w/ Aemen Bell of Pinecone Apothecary on 5/11 and 5/12
- Visit the Sunflower website for more event listings during **Healthy Ulster County Week**

**Total Tennis in Saugerties - [www.totaltennis.com](http://www.totaltennis.com) -** Total Tennis is offering a 25% discount on private or group lessons. Private lessons are \$60 less \$15 discount and semi-private group lessons are \$80 less a \$20 discount during **Healthy Ulster County Week, 5/4-5/12**. Please call (845) 247-9177 to schedule.

**Tour de Kingston - <http://tourdeulster.com/> -** The tour de Kingston 8<sup>th</sup> annual event scheduled for 6/23, will offer group rides for road or rail, as well as a free basic bicycle maintenance class during **Health Ulster County Week, 5/4-5/12**

**Ulster County REConnect - <http://co.ulster.ny.us/recreation/> -** Explore Ulster County with Ulster County REConnect, an interactive online map that includes all of the publicly accessible land and waters available for recreation in Ulster County. This resource is **available all-year-long**

Ulster County Library Association - <http://uclib.org> - As part of Healthy Ulster County Week, the Ulster County Library Association will be purchasing a core collection of medical print and ebooks for small member libraries, and upgrading the medical collections of larger libraries because it is essential that libraries keep medical books as current as possible and withdraw old publications. In addition to the basic core health collection for smaller libraries, larger libraries will be choosing and developing subject specialties for each library within the broad category of health categories. And the Library Association will distribute to member libraries a list of reputable online health resources for the public.

Women's Woodstock Cycling Grand Prix -

<https://www.bikereg.com/Net/18962> - Three women's-only competitive races will be held on a national caliber course starting at the Woodstock Day School in Saugerties **on Sunday, 5/12**. Register online by **5pm on Wednesday, 5/8**. A dinner will be held to meet the riders and those that made the event possible **on Saturday, 5/11 from 5-8pm** at the Garden Plaza Hotel in Kingston.

Van Kleck's Tire in Kingston – [www.vanklecks.com](http://www.vanklecks.com) – Free Inspection of tire tread depth, tire pressure, and brakes to help ensure safety **on 5/19 – 5/25 from 7:30-5 pm and 5/26 from 7:30-12 pm**

YMCA - [www.ymcaulster.org](http://www.ymcaulster.org) - The YMCA is offering a Group Fitness Class for only \$5 per day. You can take one or more classes on our GROUP FITNESS SCHEDULE in one day (regular price \$10). Participants will also receive a free week pass to the YMCA. See schedule on our website under HEALTH & FITNESS / GROUP FITNESS during **Healthy Ulster County Week, 5/4-5/12**

511NY Rideshare - [www.511nyrideshare.org](http://www.511nyrideshare.org) - Go green- share a ride! Watch your money (and flowers) grow. Complete a ridematch application at <http://www.surveymonkey.com/s/XVFTKYR> and receive a free seed packet during **Healthy Ulster County Week**

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

- Sam's Point Preserve in Cragmoor [www.nature.org](http://www.nature.org)
- Minnewaska State Park Preserve in New Paltz [www.nysparks.state.ny.us](http://www.nysparks.state.ny.us)
- Wallkill Valley Rail Trail in New Paltz [www.gorailtrail.org](http://www.gorailtrail.org)
- Town of Shawangunk Rail Trail
- Walkway Over the Hudson in Highland [www.walkway.org](http://www.walkway.org)
- Hudson Valley Rail Trail in Highland [www.hudsonvalleyrailtrail.net](http://www.hudsonvalleyrailtrail.net)
- D & H Canal Heritage Corridor [www.dandhcorridor.org](http://www.dandhcorridor.org)
- Overlook Mountain Fire Tower in Woodstock [www.catskillcenter.org/towers](http://www.catskillcenter.org/towers)
- Belleayre Mountain in Highmount [www.belleayre.com](http://www.belleayre.com)
- Catskill Forest Preserve [www.dec.state.ny.us](http://www.dec.state.ny.us)

- Hurley Rail Trail
- Byrdcliff Arts Colony

[http://www.woodstockguild.org/images/stories/byrdcliffe\\_walkingtour.jpg](http://www.woodstockguild.org/images/stories/byrdcliffe_walkingtour.jpg)