



# ORANGE COUNTY OFFICE FOR THE AGING CAREGIVER PROGRAM

**PRESENTS:**

Steven M. Neuhaus

*County Executive*

Danielle Diana-Smith

*Director*

## 2025 SPRING WELLNESS SERIES

JOIN US EVERY TUESDAY STARTING APRIL 15TH, AS WE EXPLORE ALTERNATE FORMS OF SELF CARE AND WELLNESS.  
Light snacks and drinks are included at every weekly session. All sessions are open and free to the public.  
Preregistration is required as space is limited.

EVENT	DATE	LOCATION
<b>ALZHEIMER'S RESEARCH UPDATE</b>  FOLLOWED BY <b>GENTLE YOGA</b> Presented by Alzheimer's Association & DCCEW	<b>April 15th</b>  11:30 A.M.—1 P.M.	<b>Mount Saint Mary College</b> 330 Powell Ave., Newburgh, NY Guzman Hall– Multipurpose Room
<b>GARDENING CLASS</b> Cornell Cooperative Extension Center	<b>April 22nd</b>  11:30 A.M.—1 P.M.	<b>Mulberry House Senior Center</b> 60-70 West Main Street, Middletown, NY
<b>SELF EXPRESSION AS SELF-CARE:</b>  <b>A WRITING WORKSHOP</b> Presented by English Department at MSMC & DCCEW	<b>April 29th</b>  11:30 A.M.— 1 P.M.	<b>Mount Saint Mary College</b> 330 Powell Ave., Newburgh, NY Guzman Hall– Multipurpose Room
<b>PAINT N' SIP</b> Presented by SWH by Molina Healthcare	<b>May 6th</b>  11:30 A.M.—1 P.M.	<b>Town of Crawford</b> 121 NY-302, Pine Bush, NY 12566 Senior Services is located on the 2nd floor.
<b>WALK IN THE PARK</b> Presented by OFA– Senior Games	<b>May 13th</b>  11:30 A.M.—1 P.M.	<b>Thomas Bull County Park</b> 211 NY-416, Montgomery, NY 12549 Day Camp Area

**PLEASE CALL 845-615-3733 TO REGISTER.**

**In collaboration with**



Cornell University  
Cooperative Extension  
Orange County

