



ORANGE COUNTY OFFICE FOR THE AGING CAREGIVER PROGRAM

PRESENTS:

Steven M. Neuhaus

County Executive

Danielle Diana-Smith

Director

2026 SPRING WELLNESS SERIES

JOIN US EVERY TUESDAY STARTING APRIL 21st, 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
<p>CHAIR YOGA</p> <p>Presented by Kaylan Wojcik</p>	<p>April 21st</p> <p>11:30 A.M.—1 P.M.</p>	<p>Town of Crawford</p> <p>121 NY-302, Pine Bush, NY 12566</p> <p>Senior Services is located on the 2nd floor.</p>
<p>NUTRITIONAL EDUCATION CLASS</p> <p>Cornell Cooperative Extension Center</p>	<p>April 28th</p> <p>11:30 A.M.—1 P.M.</p>	<p>Mulberry House Senior Center</p> <p>60-70 West Main Street, Middletown, NY</p>
<p>MIND & MUSIC</p> <p>Presented by Debbie Major</p>	<p>May 5th</p> <p>12:30 P.M.—2 P.M.</p>	<p>Town of Chester</p> <p>81 Laroe Road, Chester, NY 10918</p>
<p>WALK IN THE PARK</p> <p>Presented by OFA</p>	<p>May 12th</p> <p>11:30 A.M.—1 P.M.</p>	<p>Thomas Bull Memorial Park</p> <p>211 NY-416, Montgomery, NY 12549</p> <p>Day Camp Area</p>

PLEASE CALL 845-615-3733 TO REGISTER.

In collaboration with

