



Town of Newburgh Recreation Department
Alice Desmond Center
for Community Enrichment
Spring/Summer 2026



ALICE DESMOND CENTER FOR COMMUNITY ENRICHMENT
6 ALBANY POST ROAD
NEWBURGH, NY 12550
Desmond-info@townofnewburgh.org
(845) 565-1326



ONLINE REGISTRATION

Please visit this site:

<https://townofnewburgh.recdesk.com/Community/Home>

Follow these steps:

SET UP YOUR INDIVIDUAL AND FAMILY PROFILE

1. Click Log In and then create a New account to begin process of entering your Profile then click Continue.
2. Fill out all fields and click Submit to complete the Profile setup process.
3. Be sure to do this for ALL FAMILY MEMBERS who will be registering for or paying for (Parents/Guardians) programs. New family members can be added by going to your profile page and clicking the Add Household Member link.

REGISTERING FOR PROGRAMS

1. Registrations can be initiated by either clicking on the Register button on the Program List page or while viewing the Program Detail.
2. This will display the Program Registration form. Choose the Family Member registering for the program (not the Parent/Guardian), the appropriate Fee Type and then answer any additional questions that may be required for the program.
3. The new Registration will be added to your Shopping Cart and is ready for Payment. At this point, you can add more registrations to the shopping cart or complete the registration(s) by going through the Payment/Checkout process.

CHECKOUT AND PAYMENTS

1. Registrations are NOT complete until you go through the Checkout process. If there are pending registrations in your cart, go to your Shopping Cart and click Checkout.
2. You will be directed to the Waiver page where you must click Accept to continue.
3. Fill out credit card information and click Continue. You will then be presented with a summary of the transaction. Click OK to complete the transaction or Cancel to go back.
4. If you clicked OK, your credit card will be processed and the registration process will be complete.

ART:



Watercolors

Instructor: Danielle Lafayette

In this class students will explore techniques of watercolor in a fun and supportive environment. Students will talk about color mixing and application while exploring different ways to make a composition ranging from abstract to realistic. Different techniques such as wet on wet,

dry brush, splatter and more will be explored. Come and join this creative class where your own personal mark will be appreciated!

6 sessions, beginning Wednesday, May 6, from 1:00 p.m.-3:30 p.m.

No class May 20th

Res: \$105/ Non-Res: \$110

Greeting Card Design Workshop

Instructor: Vicki-Lynn Schneider

Are you tired of seeing the same old cookie-cutter greeting cards at the store that don't quite say what you want to convey and look like they were designed by the same four people? Now you don't have to! Ignite your creative side and build beautiful, unique, and personalized cards with customized messages and literally an unending stream of design and color options. Not only is it easy, it's fun! Guided by professional card maker Vicki-Lynn Schneider (with over 20 years' experience), you'll learn techniques like cutting and layering paper, wet embossing, dry embossing, coloring with inks and paints, masking, and more! Regardless of your skills with papers and inks, you will be amazed at what you come up with! Give it a try - you won't be disappointed.

Session I- Flowers: Monday, May 18, from 1:00 p.m.-2:30 p.m.

Session II- Father's Day: Monday, June 8, from 1:00 p.m.-2:30 p.m.

Session III- Summer: Monday, July 13, from 1:00 p.m.-2:30 p.m.

Session IV- Beach: Monday, August 3, from 1:00 p.m.-2:30 p.m.

Res: \$30 / Non-Res: \$35

Pastel Pleinair at Chadwick Lake Summer

Instructor: Gayle Clark Fedigan

All levels, from beginning to advanced painters, are welcome to this landscape workshop in pastels in our beautiful Hudson Valley. Attendees should bring lunch. This program will be held at the Chadwick Lake Boathouse. Students should bring an easel and pastel supplies. This program

has two dates- please only select one date. The rain date for both programs will be Thursday, May 21st.

Session I: Tuesday, May 19

Session II: Wednesday, May 20

Classes are 9:00 a.m. until 3:00 p.m.

Res: \$70/ Non-Res: \$75

Air Dry Clay

Instructor: Hudson Valley Atelier

Come get clay-ze with Hudson Valley Atelier and leave with a beautiful air-dry clay project you make yourself. This class includes different project options: you can choose to make a wall pocket, trinket dish or coasters. There's something different to learn with each project, including the score and slip method, wall building, decoupage, bubble painting and more.

Thursday, July 9, from 10:00 a.m.-11:00 a.m.

Res: \$35/ Non-Res: \$40



Fundamentals of Drawing

Instructor: Donna Prizzi

Let's draw! If you've ever wanted to pursue painting or drawing but didn't know where to start, understanding the basic elements is the key, perspective, line, tone, proportions, shadow, and form. You'll draw from direct observation (and photos as an alternative option). We'll also explore compositional strategies through drawing exercises, simple still life and landscapes. There will be individual critiques during the class. No experience is necessary. **No class July 27.**

5 sessions, beginning Monday, July 13, from 10:00 a.m.-12:00 p.m.

Res: \$85/Non-Res: \$90

Mokume Gane

Instructor: Hudson Valley Atelier

Join the Hudson Valley Atelier and forge a piece of art together. Mokume Gane is a Japanese method of marbling metal. This is a stunning technique that gives a wood-grain look to metal. In this class, you will learn similar techniques and apply them to polymer clay to give a Mokume Gane like affect. These pieces can be used to create jewelry after baking.

Thursday, July 16, from 12:00 p.m.-3:00 p.m.

Res: \$40/ Non-Res: \$45

DIY Chunky Heart Pillow

Instructor: Cara Martinisi

Learn how to create a cozy, beautiful chunky heart pillow using the simple and relaxing technique of finger knitting. You'll be guided, step by step, on how to work with the soft, chunky yarn to form a plush heart shaped pillow. No needles or prior knitting experience required. Participants will learn the basics of finger knitting and how to shape and assemble the heart. You will leave with a handmade piece that's perfect for home decor, a heartfelt gift or a comforting keepsake.

Tuesday, July 21, from 10:00 a.m.-12:00 p.m.

Res: \$20/Non-Res: \$25



Kinusaiga

Instructor: Hudson Valley Atelier

Let's fabricate some art together with Hudson Valley Atelier. Kinusaiga is a resourceful art using your recycled fabric or throw away clothing to make tuck art. With this you can transform a simple line drawing into a unique, colorful fabric artwork.

Thursday, July 30, from 10:00 a.m.-12:00 p.m.

Res: \$30/ Non-Res: \$35

Book Folding

Instructor: Hudson Valley Atelier

You're bound to create something beautiful with Hudson Valley Atelier. Don't throw your old books away! Learn how to give old books a second life as a fun décor for your home. In this class, you'll practice basic paper folding techniques to turn your book into a sculpt art display.

Friday, July 31, from 10:00 a.m.-11:30 a.m.

Res: \$25/ Non-Res: \$30

Colored Pencils

Instructor: Paul Martin

Martin will cover the fundamentals of using colored pencils to create artwork, focusing on techniques like layering, blending, and color mixing. Students will learn how to apply colored pencils effectively, understand color theory and develop their drawing skills. The class will also explore techniques like layering, cross-hatching, blending, burnishing, and creating smooth gradients. We will learn how to apply drawing principles like

proportion, line weight, add shading to colored pencil work and specialized advanced techniques like creating textures, simulating different materials, like fur or glass, or combining colored pencils with other media like watercolor or markers. Finally, students will explore their own artistic voice and develop a personal style and unique approach to their artwork using colored pencils.

4 sessions, beginning Thursday, August 6, from 10:30 a.m.- 12:30 p.m.

Res: \$60/ Non-Res: \$65

Pebble Art

Instructor: Hudson Valley Atelier

The Hudson Valley Atelier is offering a sediment-ally fun and addicting art experience! For this class, you will arrange pebbles and small rocks into wall art. Whether it's a family portrait or an abstract design, your pebble creation will be a conversation piece.

Friday, August 14, from 10:00 a.m.-11:30 a.m.

Res: \$25/ Non-Res: \$30

Neurographic Art

Instructor: Hudson Valley Atelier

Relax and find your cere-brilliant side in this meditative art journey. In this class, you'll be going with the flow, using lines and circles to mimic the brain's neurons. Neurographic art has proven to be very therapeutic. Every piece becomes a unique and personal reflection.

Friday, August 21, from 10:00 a.m.-11:30 a.m.

Res: \$25/ Non-Res: \$30

Fiber Art: Macrame Plant Pods

Instructor: Hudson Valley Atelier

Are you fit to be tied with the ordinary, everyday experiences? Hang in there, the Hudson Valley Atelier is bringing macramé to the Desmond. In this class you will learn the art of knotting cord or string to create a sophisticated plant pod. Choose your colors and get started with the larks head. Continue on in a guided step-by-step process until your pod is complete. These plant pods can hold an air plant, dry flowers, succulents or fake topiary.

Thursday, August 27, 10:00 a.m.-12:00 p.m.

Res: \$30/ Non-Res: \$35

ART HISTORY:



Romare Bearden

Instructor: Laura Nicholls

Romare Bearden, a celebrated humanist and artist, was a man of many talents that included music, performing arts, history and literature. During the 1930's, Bearden joined the Harlem Artists Guild and embarked on lifelong study of art, gaining inspiration from the Renaissance masters as well as early 20th C moderns and traditional African art. After his US Army service on the European front during WW II, Bearden returned to Paris to study art history and philosophy. As an artist, Bearden celebrated the African-American experience through a modernist lens. After working for several decades primarily as a painter, Bearden found his own unique artistic voice and began to create collages made of cut and torn photographs found in popular magazines and reassembled them into visual representations of African-American life. Please join us as we trace the life and artistic legacy of Romare Bearden who's work mirrored, in a modernist sense, the African American community.

Weds., May 13, from 12:30 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

Norman Rockwell and the Spirit of America

Instructor: Laura Nicholls

Norman Rockwell, an American icon, painted his first cover for The Saturday Evening Post in 1916 and would go on to paint an additional 321 covers for the popular weekly magazine. In 1943, inspired by President Franklin Roosevelt's address to Congress, Rockwell painted the Four Freedoms - his personal interpretations of the Freedom of Speech, Freedom to Worship, Freedom from Want, and Freedom from Fear.

They proved to be enormously popular - and raised, through the sale of war bonds, more than \$130 million for the war effort. Join us as we look at the life of Norman Rockwell, an artist and spokesman for America. Through his



illustrative efforts, deepest concerns and interests including civil rights, America's war on poverty, and the exploration of space - Rockwell made imagery understandable in a visual language everyone could understand. Please register for only one lecture. These talks are being presented in advance of the Town of Newburgh Recreation Department's trip to the Norman Rockwell Museum on June 16th to see the exhibition '*Visions of a Nation: 250 Years from Revolution to Rockwell.*' Lunch at the Red Lion Inn to follow.

Session I: Weds., June 10, from 12:30 p.m.-2:30 p.m.

Session II: Thurs., June 11, from 12:30 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20



Celebrating America's Birth: Looking at America Through the Eyes of Its Artists
Instructor: Laura Nicholls

American visual arts has its earliest roots in Indigenous and Spanish Colonial cultures. During the Colonial era, leading

up to the American Revolution in 1776, painting styles reflected that of Europe and primarily featured portraits and landscapes that reflected land ownership. Post 1776, in the United States of America, the visual arts played a crucial role in establishing a new nation and creating a National Identity. Artwork focused once again on portraits - this time of the new nation's early leaders - but more importantly, reflected a collective historical background using artistic images that illustrated the narrative. Please join us as we celebrate the birth of our country by exploring America's earliest artists that helped to define and visually record our collective cultural history.

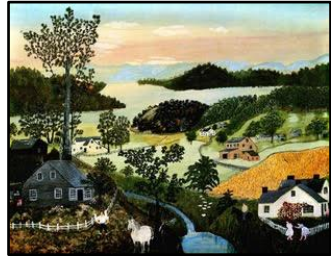
Weds., July 15, from 12:30 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

Grandma Moses and American Folk Art

Instructor: Laura Nicholls

Celebrated as one of America's most noted 'Folk Artists,' Anna Mary Robertson Moses, better known as Grandma Moses, began painting in earnest at the ripe age of 78, gaining popularity over the next two decades. In her 1961 obituary, *The New York Times* said: "The simple realism, nostalgic atmosphere and luminous color with which Grandma Moses portrayed simple farm life and the rural countryside won her a wide following. She was able to capture the excitement of winter's first snow, Thanksgiving preparations and the new, young green of oncoming spring ... In person, Grandma Moses charmed wherever she went. A tiny, lively woman with mischievous gray eyes and a quick wit, she could be sharp-tongued with a sycophant, and stern with an errant grandchild." American Folk Art is the creative expression of everyday Americans, mostly self-taught, that often served a practical or symbolic purpose and reflected cultural traditions and community identity. Folk Art is valued for its beauty and expressive power, linear forms, strong colors, and decorative imagery. Please join us as we explore the imagery of Grandma Moses - who, as part of the American Folk Art tradition, helped to identify a cultural identity that we, as Americans, all share.



Weds., August 12, from 12:30 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

FILMS:



Four Films: Laugh Out Loud

Instructor: Cynthia Topps

Everyone needs a good laugh! Join Instructor Cynthia Topps for a look at four comedies from both the Marx Brothers, Abbott and Costello, and Laurel and Hardy.

**4 Fridays, May 15, May 29, June 5, and July 24th,
from 10:00 a.m.-12:30 p.m.**

Res: \$40/Non-Res: \$45

Film Noir: A New War 1950 – ‘53

Instructor: Roxanne Patton

The Cold War and the fear that miscalculation could send it nuclear, the war in Korea, and the ensuing McCarthyism are the back drop for these Noir films. The peace that was promised at the conclusion of WWII has not fully materialized though nations of the West continue to rebuild from the war’s devastation. To most American lives, there is still a sense of anxiety; nothing has changed.

Series 6 (1951 – 1953)

I: Two Strangers on A Train- 1951

II: On Dangerous Ground- 1951

III: The Narrow Margin- 1952

IV: Pickup on South Street- 1953

4 Fridays, July 31, August 7, 14 & 21, from 12:00 p.m.- 2:00 p.m.

Res: \$40/Non-Res: \$45

LANGUAGE:

Conversational French

Instructor: Pamela LaLonde

This course is designed for people who have a working knowledge of French. Each class starts with a topic of conversation, and everyone is encouraged to participate in the discussion. There are listening comprehension exercises. Grammar is included as needed to help with understanding. We will be reading stories from a book called “Le Petit Nicolas” by Semp-Gosciny. This book is available on Amazon, Abe Books, or other websites.

7 sessions, beginning May 6, from 10:00 a.m. until 11:30 a.m.

Res: \$70/Non-Res: \$75

Beginning Japanese Part 2

Instructor: Susan Leach

This class is designed as a follow-up to the Japanese class that met in the winter-spring term of 2026. New students who have a little familiarity with the Japanese language are encouraged to join us as we are still working on the basics. We will focus on conversational skills, simple sentence patterns, and useful vocabulary while continuing to practice some writing and reading. The instructor recommends getting a copy of Japanese for Busy

People Book 1: Romanized: Revised 4th Edition to use in class and at home. We will use the Romanized version, not the Kana version. Also, look for the study book, not the workbook. We'll have fun learning the kinds of things that might be useful for those who want to visit Japan and have some familiarity with the written and spoken language that surrounds them.

5 sessions, beginning Wednesday, July 1, from 10:00 a.m. until 11:30 a.m.

Res: \$70/ Non-Res: \$75

SPEAKER SERIES:

1950s Quiz Show Scandals

Instructor: Rick Feingold

In 1956, the game show Twenty-One premiered and was played honestly but ended as a “dismal failure” when the contestants could not answer the questions correctly. As a result, Twenty-One became rigged with players being given answers in advance. When dominant long-running winner Herbert Stempel was ordered to lose he answered a key question incorrectly. Afterwards Stempel blew the whistle on the scam. Congressional hearings followed. Features the original Twenty-One episode of Stempel vs. Van Doren.

Thursday, May 7, from 12:30 p.m. until 2:00 p.m.

Res: \$15/Non-Res: \$20



The Coup d'Etat of JFK and its Shadowy Figures & The Warren Commission Report

Instructors: Greg Gaetano and Charles Ford

The Assassination of President John F. Kennedy took place over 62 years ago, but researchers still look for the truth of what actually took place before, during and after that fateful day of November 22, 1963. This presentation will lay out a mosaic of the shadowy figures that surround this case through the optic of a Criminal Investigator, a Criminologist, and a Critical Incident Case Manager. You will be given a tour through the hall of mirrors that involved the CIA, The Mob, Anti-Castro Cuban groups, Texas Businessmen, Military Personnel, Agents, Double Agents, Mercenaries and other individuals. Topics to be explored will connect the dots involving a list of persons who had motive, intent and opportunity. The presentation will lay out the moves on this chessboard of deceit, spy craft, hired gunmen, conspirators and coverup artists.

2 Thursdays, May 14 & 21, from 10:00 a.m.-12:00 p.m.

Res: \$40/Non-Res: \$45

A Salute to Satchmo, Jazz Trumpet and Vocal Improviser Louis Armstrong

Instructor: Joshua E. Long, PhD

Join conductor, performer, researcher, teacher, and technician Joshua E. Long, PhD of Art & Music Emporium, Inc. for the lecture “A Salute to Satchmo, Jazz Trumpet and Vocal Improviser Louis Armstrong.” The presentation will focus on the life of Louis Armstrong, his music, performances, tours, and so on. The presentation will also take a large dive into Armstrong’s inventive trumpet and cornet performing, which shifted the focus of collective improvisation to solo performance. The rest of the presentation will illustrate Armstrong’s adored joyful image on and off stage as he was known to highly interact with the audience through joking during performances. Also, quickly identified for his rich, deep, raspy voice, Armstrong was a skillful scat singer and collectively with this trumpet musicianship, he appeared regularly on radio, film, and televisions broadcasts and was acknowledged as an international musical icon.

Wednesday, May 27, from 1:00 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

Molassacre: A Study of Destructive Non-water Floods

Instructor: David Topps

Catastrophic flooding does not necessarily involve swollen rivers, rampaging hurricanes or collapsing dams. Sometimes the danger baring down on its unsuspecting victims is beyond description. Relive with us some of the most frightening deluges on record. From the folks who brought you the Black Tom explosion, the Battle of Los Angeles and the Ghost Blimp, this is another journey along the “off-the-beaten-path” of history.

Monday, June 1, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

The World-Famous Mount Beacon Incline Railway

Instructor: Denise Doring VanBuren/ Beacon Historical Society

Billed as the Eighth Wonder of the World, the Mount Beacon Incline Railway operated from 1902 until 1978, ferrying more than 3 million people to the summit of Mount Beacon as the steepest inline railway in the world for a time. Atop the mountain, visitors enjoyed a hotel, casino and other amusements. Come join Denise Doring VanBuren as she discusses the

construction, popularity and demise of the Incline and the mountaintop retreat. VanBuren has co-authored three books about the history of Beacon and is leading the 400-member Beacon Historical Society for her ninth year.
Tuesday, June 2, from 10:00 a.m.- 11:30 a.m.
Res: \$15/Non-Res: \$20

History of the 1920s in America

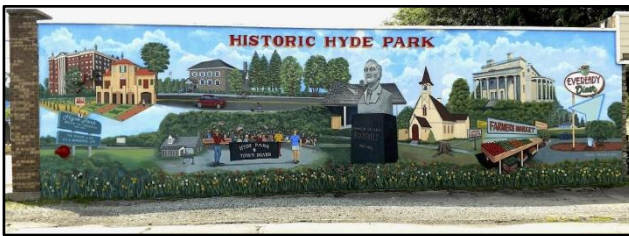
Instructor: Leon DiMartino

The 1920s was a colorful and interesting time in American history- the right of women to vote, to Prohibition, and wonderful new firsts such as the invention of radio broadcasts and the silent movie industry, all were developed during this decade. There were also political and Hollywood scandals, as well as four presidents who served in office. Learn the history of America in the 1920s.

4 sessions, beginning Tuesday June 2, from 12:30 p.m.-2:30 p.m.

No class June 9

Res: \$60/Non-Res: \$65



Murals of the Hudson Valley

Instructor: Franc Palaia

In the last 25 years, New York's Hudson Valley has become a

treasure trove of hundreds of public murals from Albany to Yonkers. This talk will cover the upsurge in traditional mural paintings as well as Street Art bringing color and excitement that transform drab and dull urban walls into explosions of creativity. Franc will discuss the first act of mural painting from 40,000 years ago by prehistoric cave dwellers to today's young dynamic muralists who are changing the urban landscape. Murals do many things, as FDR proclaimed with his WPA, New Deal programs, they create jobs, discourage graffiti, build pride, attract tourists, humanize depressed inner-city neighborhoods, they become landmarks and overall foster vibrant communities where people can enjoy their surroundings and murals prove the value of art and artists in our daily lives.

Wednesday, June 3, from 2:00 p.m.-3:00 p.m.

Res: \$15/Non-Res: \$20

Abraham Lincoln on the Moon

Instructor: David Topps

The Transcontinental Railroad was termed the Moon Shot of the 19th century. The Great Emancipator was actually instrumental in both technological triumphs. In another of our “off-the-beaten-path” histories, trace the serpentine route from Old Abe to Neil Armstrong and meet some of the famous- and infamous --- who contributed to that “one small step for mankind.”

Monday, June 8, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

King Edward VIII: Duke of Windsor

Instructor: Barbara Somers

King Edward VIII, later the Duke of Windsor, is often referred to as the “Traitor King” due to extensive evidence of his and her collaboration with Nazi Germany before and during WWII. While his 1936 abdication to marry American divorcee, Wallis Simpson, is his most famous act, historians have revealed a much more sinister legacy. Join instructor Barbara Somers for a look into the life of King Edward VIII: Duke of Windsor.

Thurs., June 11, from 10:30 a.m. until 12:00 p.m.

Res: \$15/Non-Res: \$20

American Revolution 250

Instructor: Tom DeStefano

The colonists cried “No Taxation without Representation” as King George of Britain imposed the Stamp Act, Tea Act, and a series of oppressive policies upon the colonies. The American Revolution was revolutionary as it replaced imperial rule with self-government. Topics include: Boston Massacre, Tea Party, Sons of Liberty, Declaration of Independence, the Treaty of Alliance with France, the battles, and founders George Washington, Thomas Jefferson, John Adams, and Benjamin Franklin.

Tuesday, July 14, from 11:00 a.m. until 12:30 p.m.

Res: \$15/Non-Res: \$20

Ted Williams-When America Was at War (1941-45 and 1952-53)

Instructor: Rick Feingold

In 1941 Ted Williams became the last player to bat over .400 in a baseball season. A few months later America entered World War II. Williams President George H.W. Bush trained to become a fighter pilot. Later Williams baseball career was interrupted a second time as he was called on to serve as a fighter pilot in the Korean War with future astronaut John Glenn. Join us as we look at his military service between two wars.

Tuesday, July 14, from 12:30 p.m. until 2:00 p.m.

Res: \$15/Non-Res: \$20

Travels in Morocco

Instructor: Barry Kass

Morocco is a North African Country filled with exotic cultures, cities and landscapes. Join Prof. Kass to explore, through his excellent photos, the historical cities of Marrakesh, Fez, Casablanca, Rabat, and Tangier. We will explore the fascinating souks (markets) of these cities, filled with beautiful handicrafts. These old cities also display the amazing architecture of the mosques and centuries-old buildings. A highlight of the program will be a camel ride across the sands of the Sahara Desert.

Thursday, July 23 from 12:00 p.m.-1:30 p.m.

Res: \$15/Non-Res: \$20



The African Storyteller

Instructor: Subomi Macaulay

Welcome, everyone, to The African Storyteller — a captivating performance by Subomi Macaulay, fondly known as the African Cultural Ambassador. Come gather not just to listen, but to journey. Through rhythm, folklore, wisdom, and laughter, Subomi invites us into the living heartbeat of African heritage. Her stories are bridges — connecting generations, cultures, and imaginations. Subomi Macaulay is The African Storyteller, having learned the sacred art of storytelling

at the feet of her maternal grandmother. For her, storytelling is more than entertainment — it is a vessel of identity, memory, and moral guidance. Through her voice, we discover how stories teach resilience, empathy, courage, and the values that guide us through life. Her performances are interactive, drawing the audience into the narrative until everyone feels like

a part of the story itself. Each tale becomes a shared experience — alive, communal, and unforgettable.

Tuesday, July 28, from 10:00 a.m.-11:30 p.m.

Res: \$15/Non-Res: \$20

America: Songs of Patriotism, Protest, and Praise

Instructor: Alex Prizgintas

America's democracy is based upon the freedoms of speech and religion as part of its cornerstone. This program presents Patriotism, Praise, and Protest as part of the vital fabric that weaves our differences into our distinct strength. Key hymns, noble anthems of patriotism, and tunes of solidarity as well as resistance make this a worthy program celebrating our union.

Classically trained, Alex Prizgintas employs non-classical tools like distortion, delay, and the iconic "wah-wah" guitar pedals symbolic of 1960s Rock n' Roll bands--all in conjunction with a looping station. Equally comfortable with intimate and stadium settings, Alex can craft his own wall-of-sound through his 1,000-watt amp. Accompanied by a narration that reveals some of the back stories of baroque, jazz, folk, and Rock n' Roll classics, he immerses his audience in a journey through musical history.

Wednesday, August 5, from 1:00 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

John Adams -The Colossus of Independence

Instructor: Tom DeStefano

John Adams is known for being the second U.S. President, a key Founding Father, a leader for American Independence, the first Vice President under Washington, and a crucial diplomat. He served on the Committee of Five drafting the Declaration of Independence. As President he led the Federalists and opposed the Jeffersonian Democratic-Republicans as political parties emerged in America. This includes the Alien & Sedition Acts, XYZ Affair and the Adams/Jefferson rivalry and eventual reconciliation.

Tuesday, August 11, from 11:00 a.m. until 12:30 p.m.

Res: \$15/Non-Res: \$20

Dick Clark's American Bandstand – At the Hop-The Dances – 1957-1964

Instructor: Rick Feingold

Kids raced home after school in the 1950s to watch Philadelphia teenagers dance on American Bandstand. First the high school students danced the Jitterbug. Then Chubby Checker introduced the Twist and dancing changed forever. Little Eva was next with the Loco-Motion dance craze. Features live Bandstand performances of At the Hop with Danny and the Juniors, Beyond the Sea by Bobby Darin, Rebel Rouser by Duane Eddy, De De Dinah by Frankie Avalon, Lonely Teardrops by Jackie Wilson, Chantilly Lace by The Big Bopper and more.

This is the Part 2 sequel to Dick Clark's American Bandstand – Philadelphia

Tuesday, August 11, from 12:30 p.m. until 2:30 p.m.

Res: \$15/Non-Res: \$20

The Price of Liberty is Eternal Vigilance

Instructor: Paul Martin

Join Instructor Paul Martin for a lecture discussing the research for his artwork titled “Eternal Vigilance,” that highlights the rich Revolutionary War history of Yorktown Heights, then known as Crompond or Hunt’s Tavern. The presentation will cite official records and first-person accounts of the “First and Second Battles of Crompond” and the burning of the First Presbyterian Church by the British in June of 1779. The program will feature slides and photos of the historical sites located throughout the town.

Thursday, August 20, from 12:30 p.m.-1:30 p.m.

Res: \$15/Non-Res: \$20

EXPLORE & EXPAND:

Improv 101 – When Was the Last Time You Surprised Yourself?

Instructor: Harrie Mule', Founder of The Creative Life

This improv workshop is all about play. Improv is a form of theater where nothing is planned or scripted – you make it up as you go. Through guided, interactive games, you’ll get out of your head and into the moment – responding, reacting, and creating on the spot. It’s a freeing experience that brings out spontaneity, laughter, and connection with others. Fun, easy to step into, and a great way to shake off stress and try something

different. No experience needed. Class size is limited, register early.

Thursday, May 7, from 5:00 p.m. – 7:00 p.m.

Res: \$25 / Non-Res: \$30

Celebrating the Sonnet

Instructor: Rebecca O'Herron

The sonnet is a poetic form that has survived the test of time, especially as it is short, rhythmic, musical and thoughtful. In this 4 week class we will read several sonnets from Petrarch and Shakespeare right up to the present time, when Billy Collins spoofs it in “American Sonnet”. We’ll look at poems from many poets, including John Milton, Percy Bysshe Shelley, John Keats, Christina Rossetti, Elizabeth Barrett Browning, W.H. Auden, G.M. Hopkins and Dylan Thomas. Please note...This course is meant to be informative, non-threatening and fun! Students will always try to connect the poems to modern life and try to see how these “little sounds” (sonnets) speak to us still!

4 Tuesdays, beginning May 19, from 10:00 a.m.-11:30 a.m.

Res: \$60/Non-Res: \$65

Body Lotion Workshop

Maritza Romero/ Heaven Scent Candle Co.

Join us for a hands-on workshop where you’ll create your own moisturizing body lotion using natural ingredients. Whether you’re looking for a healthier alternative or a fun DIY experience, this workshop is perfect for you! You’ll learn the benefits of natural ingredients for your skin, how to blend oils, butters and emulsifiers for the perfect lotion and tips for long lasting hydration.

Thursday, May 21, from 5:00 p.m. – 7:00 p.m.

Res: \$25 / Non-Res: \$30

Acting for the Non-Actor – What Does It Feel Like to Be an Actor?

Instructor: Harrie Mule', Founder of The Creative Life

For real people – not professionals. Ever thought about trying acting? This is your chance. This relaxed, in-person workshop lets you step into what it’s like to be an actor. You’ll try a few simple acting tools actors learn in their basic training, loosen up with fun, creative exercises, and then jump into a short scene with a partner. It’s a hands-on, guided experience – easy to step into, playful, and a chance to see what it feels like to be in a scene

without the pressure of performance. No experience needed. Class size is limited, register early.

4 sessions, Tuesdays and Thursdays, May 26 & 28 and June 2 & 4, from 5:00 p.m. – 7:00 p.m.

Res: \$100 / Non-Res: \$120



American Roots Music -From the Mississippi Delta to Memphis

Instructor: Bob Stump

The performance is a musical experience that highlights the blues and Appalachian folk music, moving on to cover popular bluegrass, country, jazz standards and rock music. Bob Stump singer songwriter on guitar -is an Americana musician raised in the suburbs of NYC. Although surrounded by urban rock music influences, Bob was always intrigued by the sounds of folk music. The artist resonated with the sounds of folk artists and began a musical career inspired by them. The troubadour performs solo and with his band at fairs, festivals, concerts, clubs and live shows. In his early days Bob won a few flatpick guitar contests and continues to burn it up on stage. Recently, his song, “The Rain Came Down,” won first place for the instrumental category in The New England Song Contest. Known for his authentic sound, Bob has garnered raving reviews for his performances.

Thursday, May 28, from 1:00 p.m.-2:00 p.m.

Res: \$15/Non-Res: \$20

Soap Making Workshop

Instructor: Martiza Romero

Participants will learn how to make gentle handcrafted soap using melt-and-pour techniques. Participants customize their soaps with colors, scents, and botanicals.

Friday, June 5, from 10:00 a.m.-12:00 p.m.

Res: \$25 / Non-Res: \$30

Body Butter Workshop

Instructor: Martiza Romero

Participants will create a luxurious body butter using nourishing butters and oils such as kokum butter and babassu oil. The workshop focuses on moisturizing skincare made with natural ingredients.

Friday, June 5, from 1:00 p.m.- 3:00 p.m.

Res: \$30/ Non-Res: \$35

Beard Care Workshop

Instructor: Martiza Romero

Participants will learn how to create beard balm or beard butter using nourishing oils and butters designed to soften and condition facial hair.

Friday, June 12, from 10:00 a.m.-12:00 p.m.

Res: \$30/ Non-Res: \$35

Natural Skincare Basics Workshop

Instructor: Martiza Romero

Participants will delve into an introduction to natural skincare ingredients and how to make simple products that are free from harsh chemicals.

Friday, June 12, from 1:00 p.m. - 3:00 p.m.

Res: \$15/ Non-Res: \$20



Secrets of Wall Street

Instructor: Richard Nathan

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying cars, buying insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard-earned money. There is an optional material fee of \$20 payable to the instructor.

Friday, June 12, from 10:00 a.m.-12:00 p.m.

Res: \$15/Non-Res: \$20



Skills of a Ba-Roasta

Instructor: Willie Needham

Come savor the flavor with local barista Willie Needham as he shares the brew-tiful science behind coffee from bean to cup. This lecture grinds through the diverse coffee origins and their characteristics, the processing methods and their effect on flavor, roasting methods, the chemical reactions that occur during roasting, and the craft behind different roasting levels. Two complimentary coffee samples will be offered as well as a step-by-step guide to roasting coffee and

some pro tips on brewing good coffee at home. Coffee will be available for purchase following the program.

Monday, June 15, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

Intro to Cheese

Instructor: Sarah O'Connell

Calling all Turophiles! An arrangement of cheese can be found at most gatherings, but what exactly makes them different from one another? We will cover four common cheeses you may encounter, including bloomy rinds, cheddar, alpine, and grana-style cheeses. Enjoy a selection of cheeses and accompaniments along with encouraged open discussion during this one-time class. Sarah is a cheesemonger and educator dedicated to sharing what the World of cheese has to offer in an approachable and community-oriented way. Their goal is to inspire and motivate others to ask questions, explore new tastes, and enjoy something new.

Monday, June 15, from 1:00 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

Perfume/Cologne Workshop

Maritza Romero/ Heaven Scent Candle Co.

Join our Perfume Making Workshop and learn how to create your own custom fragrance in a fun, easygoing setting. This beginner-friendly class introduces the basics of scent blending, including how to combine light, fresh, and deep notes to create a balanced perfume. You'll sample a variety of fragrance oils, discover what you're naturally drawn to, and be guided step-by-step as you mix your own unique scent. No experience is needed,

just bring your creativity. By the end of the workshop, you'll leave with a personalized perfume made by you along with simple tips you can use to continue exploring fragrance blending at home.

Tuesday, June 16, from 5:00 p.m. – 7:00 p.m.

Res: \$30 / Non-Res: \$35

Summer Cookie Decorating Workshop

Instructor: Karina Monegro

Join us for a hands-on, two-hour beginner-friendly workshop where you'll learn essential cookie decorating techniques in a fun, supportive setting. Practice piping skills on a worksheet before decorating six themed cookies with step-by-step guidance, perfect for beginners. All materials are provided, including tools, pre-baked cookies, icing, a box to take home your beautiful creations and a take-home guide. No prior experience is needed—just bring your creativity and enthusiasm! Whether you're looking for a new hobby or a fun outing, this class promises a delightful experience.

Session I- Beach: Wednesday, June 17, from 10:00 a.m.-12:00 p.m.

Session II- Americana: Wednesday, July 1, from 10:00 a.m.-12:00 p.m.

Res: \$50/Non-Res: \$55

Decoding Your Dreams

Instructor: Rebecca Golgoski

Dreams speak to us. Do you know what they are saying? In "Decoding Your Dreams," join Rebecca Golgoski, owner of Golden Motivation, to explore some fun dream facts, stages of sleep, why we dream, types of dreams (including lucid dreaming, nightmares and recurring dreams), as well as dream themes and topics (such as animals, colors, weather, transportation, being late, stairs, and rooms). This powerful workshop also includes tips and tools for better sleep and dream recall—including which crystals to use and how to use them—the importance of dream journals in dream recall and interpretation, plus easy steps to help you decode your own symbolic dreams!

Thursday, June 18, from 1:00 p.m.-3:00 p.m.

Res: \$15/Non-Res: \$20

How to Buy and Sell Real Estate Wisely

Instructor: Richard Nathan

The instructor, Rick Nathan, is a consumer advocate and not a real estate agent. He has been buying and selling real estate for twenty years. He will show you step by step various techniques to save money and how not to get

ripped off in real estate. You will be taught how to buy and sell your home, foreclosure property, raw land, condominium, co-op, multi-family, vacation home, timeshare, or retirement home with or without a realtor for the best possible price. Also, you will be taught how to buy investment properties. The instructor will show you various ways to protect your most valuable asset, your real estate. The following topics will be discussed: mortgage sources, rent with option to buy, screening potential buyers, buying for no money down, buying foreclosures, and how to sell your own home without a realtor. In this popular seminar, he will share his knowledge with others. He is not a realtor, but a consumer advocate who has taught this seminar in New York, New Jersey, Pennsylvania, Delaware, and Connecticut. There is an optional \$20 material fee payable to the instructor on the day of the class.
Monday, June 22, from 10:00 a.m.-12:00 p.m.
Res: \$15/Non-Res: \$20

Homeopathic Cell Salts & Travel Essentials

Instructor: Ann Marie Silvani

An introduction to Schussler 12 Tissue Salts. These “energized macro minerals”, also known as tissue salts, can gently help mend, strengthen the body and help maintain balance on a cellular level. Learn the basic function and understanding of how to handle common symptoms with these gentle remedies. We will also review some of the summer essentials to carry along while traveling with your family. Reference materials and charts will be shared along with supply sources, books and organizations.

Monday, June 22, from 11:00 a.m.-12:30 p.m.

Res: \$15/Non-Res: \$20



Living Art Designs with Succulents and Orchids

Instructor: Michele Luisi/ Green Thumb Concierge

Succulents and orchids are wonderful companions in living art designs! This class will teach you how this seemingly odd combination pairs well using different materials. Learn different types of succulents to use with phalanopsis orchids. Examples of designs in driftwood, Leca balls, vertical art will be presented.

Items will be available for purchase after the program.

Tuesday, June 23, from 2:00 p.m.- 3:30 p.m.

Res: \$15/Non-Res: \$20

Trail Walk at Chadwick Lake

Instructor: James Presutti CA,CNLP,CCPA

If you're new to tree identification or need a refresher, this class is for you. Come take a hike with Jim around Chadwick Lake. With a degree in Forestry and 44 years of experience, Jim will teach you how to identify trees such as oak, maple, cherry, and others. This class will help individuals learn how to recognize different tree species using various characteristics like leaves, bark, and overall form. Participants will leave class feeling more confident in their ability to identify regional trees. Learning to identify trees can deepen your appreciation for the natural world! This program will include a 1.5-2 mile walk over the duration of the class. Please wear appropriate footwear and bring a bottle of water.

Wednesday, June 24, from 10:00 a.m.-12:30 p.m.

Res: \$15/Non-Res: \$20

Where Science Fiction and Science Fact Converge

Instructor: John Fontana

We will discuss science fiction in literature and in film. As Isaac Asimov once wrote: "Today's science fiction is tomorrow's science fact." It is surprising how novels dating as far back as Mary Shelley's "Frankenstein," that are acknowledged as the first science fiction work. The genius of H.G. Wells and Jules Verne will be discussed. Films and television shows such as Star Trek and Star Wars will be included. Many of them were prophetic about the present technology and space travel. The presentation will cover how the Cold War shaped 1950s filmmaking and substituted aliens for Communism. Fear of the atomic bomb influenced movies such as Godzilla and other monster films.

Wednesday, June 24, from 11:30 a.m.-1:00 p.m.

Res: \$15/Non-Res: \$20

America's 250th and Jefferson's Music Library

Kenneth Korn and the Kemyndable Flute Trio

We all know from school that Jefferson was a man of many talents: A writer, statesman, architect, botanist, inventor, but also a great musician. He was one of the finest violinists in the colonies. He had an enormous collection of sheet music at his home in Monticello, which has been archived at the Library of Congress and the University of Virginia. For over 200 years Historians and Musicians have been able to see exactly what type of music Jefferson enjoyed. Not surprisingly he was a big fan of Haydn and Mozart, who were both alive in 1776, but there were other works in his collection that may surprise you. Jefferson was a philosopher.

Enlightenment thinkers such as John Locke greatly influenced the Declaration of Independence. Did they also influence his taste in music? In this special semiquincentennial program, the Kemyndable trio will play music that you might have heard at Monticello 250 years ago, as well as popular songs from the time of our Nation's Independence.

Friday, June 26, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20



BBQ Roots & Fire – A Hands-On Experience

Instructor: Bearded Boys BBQ

BBQ isn't just food—it's history, culture, and craft passed down through generations. Now you can experience it firsthand with Bearded Boys BBQ.

In this unique two-part class, you'll dive into the origins of traditional barbecue, learning how slow-cooking over wood fire became one of America's most beloved cooking styles. From early pit methods to modern smokers, we break down the evolution of true BBQ. Then—it's your turn to step up to the pit—hands-on smoker training and learn the art of smoking ribs, from start to finish. This isn't just a class—it's an experience that connects you to the roots of BBQ while giving you real skills you can use at home. The second session will include a meal for participants.

Two sessions, Tuesday, June 30 from 10:00 a.m. – 12:00 p.m. and July 7, from 10:00 a.m.- 12:30 p.m.

Res: \$85 / Non-Res: \$90

Citronella Candle Workshop

Instructor: Maritza Romero/ Heaven Scent Candle Co.

Join us at the Desmond Center for a creative candle making workshop where you'll learn to craft your own candle using natural citronella oil, coconut wax and beeswax. You will learn pouring, blending and wicking techniques. This hands-on experience is perfect for all beginners and enthusiasts alike, offering a blend of education and fun. By the end of the workshop, you'll leave with a personalized candle.

Tuesday, June 30, from 5:00pm – 7:00pm

Res: \$30 / Non-Res: \$35



Charcuterie Creations

Instructor: Corri Nicoletti

We know what you're bringing to the cookout! Each participant will receive an assortment of olives, crackers, cheeses, sliced meats and accompaniments to create their board. Guests will learn to create the

perfect appetizer along with the skills to create it again. We will walk through various display techniques like salami roses, color balancing, and various cutting and display options. This class is appropriate for all skill levels and will include three types of cheese, three types of charcuterie meat, and an assortment of fruit, nuts, and other pairings. You will be provided with a disposable bamboo platter to design on along with a box to be able to take your board home to enjoy later! Please Note: Nuts/products containing nuts will be served in this room. Due to the nature of the class, we cannot accommodate guests with allergies.

Thursday, July 2, from 10:00 a.m.-12:00 p.m.

Res: \$55/ Non-Res: \$60

Beginning Mah Jongg

Instructor: Barbara Gottlock

The basic rules and strategies of the game of Mah Jongg will be taught. Mah Jongg cards will be available for an additional fee of \$14, payable directly to the instructor on the first day of class.

4 Thursdays, starting July 9, from 10:00 a.m. until 12:00 p.m.

Res: \$45/Non-Res: \$50

Sugar Scrub Workshop

Instructor: Martiza Romero

Participants will create an exfoliating sugar scrub that helps soften and smooth the skin. Participants mix oils, sugar, and natural scents to make a personalized scrub.

Friday, July 10, from 10:00 a.m.-12:00 p.m.

Res: \$30/ Non-Res: \$35

Lip Balm Workshop

Instructor: Martiza Romero

Participants will learn how to make moisturizing lip balm using natural oils and waxes. Participants create their own flavored or scented lip balm to take home.

Friday, July 10, from 1:00 p.m. - 3:00 p.m.

Res: \$30/ Non-Res: \$35

The Secret Life of Snakes

Instructor: Hudson Highlands Nature Center

These slithering reptiles usually get a bad reputation, but what if they did more good than bad for our ecosystem? Join a Hudson Highlands Nature Center educator to gain an appreciation of how these slithering serpents navigate the natural world. We will take a closer look at this specialized group, and participants will leave this program with a newfound respect for this misunderstood animal. A live native snake ambassador may be present for this program.

Friday, July 17, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

Songs and Stories

Instructor: Derek Dempsey

Come for an afternoon of songs with Irish-born singer, songwriter and author, Derek Dempsey. Enjoy a mix of original and cover songs as Derek creatively draws connections between the songs he sings with excerpts from his novel, Anthony's Aria: The Story of a Working-Class Opera God. With a love for talking and sharing, Derek will hold a question and answer period after the performance.

Monday, July 20, from 1:00 p.m.-2:30 p.m.

Res: \$15/Non-Res: \$20

Reboot Your Health and Thrive

Instructor: Lorraine Cucci RN

Discover how you can reduce inflammation with RN Lorraine Cucci as she introduces simple and easy changes to your lifestyle. In this class, you will learn the difference between chronic and acute inflammation. You'll gain a better understanding of how inflammation affects the body. Finally, you'll learn simple and easy ways to support a healthy and effective inflammatory response.

Tuesday, July 21, from 12:00 p.m.-1:30 p.m.

Res: \$15/Non-Res: \$20

Body Scrub with Mango Butter Workshop

Maritza Romero/ Heaven Scent Candle Co.

Join us at the Desmond Center with Maritza Romero. In this workshop, you'll create an exfoliating sugar scrub that helps soften and smooth the skin. Participant will learn how to mix oils, sugar and natural scents. By

the end of the workshop, you'll leave with your own personalized scrub.

Thursday, July 23, from 5:00 p.m. – 7:00 p.m.

Res: \$25 / Non-Res: \$30

A Look at Therapeutic Horses

Instructor: Topfield Equestrian Center

Join the Alice Desmond Center in a special partnership with Topfield Equestrian Center for an informative lecture about specialized horseback riding lessons and horsemanship activities tailored for individuals with physical, cognitive, emotional, or behavioral disabilities. Come learn how horses can be therapeutic and have an opportunity to meet and groom a mini horse.



Monday, July 27, from 12:00 p.m.-1:30 p.m.

Res: \$20/Non-Res: \$25

Healing with Essential Oils

Instructor: Lorraine Cucci RN

Join RN Lorraine Cucci as she explains how you can use essential oils to heal many of your ailments. In this class, you will learn what essential oils are, how they work and why we should use them. Lorraine will discuss everyday uses for essential oils and how to incorporate them in our everyday lives.

Tuesday, August 4, from 12 p.m.- 1:30 p.m.

Res: \$15/Non-Res: \$20



How Animals Beat the Heat: Summertime Adaptations

Instructor: Hudson Highlands Nature Center

How do animals survive the dog days of summer? What adaptations do they have to help beat the heat?

Join a Hudson Highlands Nature Center educator to go over how animals both in our local area, and beyond to cool off during the summer months. We will be joined by a live animal ambassador to see and learn the many adaptations to beat the summer heat!

Friday, August 7, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20



Writers' Hub – Ever Thought About Writing, But Not Sure Where to Begin?

Instructor: Harrie Mule', Founder of The Creative Life

The Writers Hub is a lively, in-person workshop where you'll put words on the page and see where they take you. Using simple prompts and guided exercises, you'll write, follow your imagination, and, if you'd like, hear your words out loud in a relaxed group setting. It's a chance to experience what writing actually feels like — the beginnings of your own story – a personal narrative that could grow into something more. No experience needed. *If you'd like to take your writing further, this workshop pairs naturally with "Character Monologue," where you expand your story and bring it to life.* Class size is limited, register early.

Tuesday, August 11, from 5:00 p.m. – 7:00 p.m.

Res: \$25 / Non-Res: \$30

Magnesium Lotion Workshop

Maritza Romero/ Heaven Scent Candle Co.

Come join Maritza and create a nourishing magnesium lotion designed to support relaxation and sooth-tired muscles. In this hands-on class, you'll blend natural butters, oils, and magnesium into a smooth, fast-absorbing formula you can customize with your favorite scent – perfect for daily self-care.

Thursday, August 13, from 5:00 p.m. – 7:00 p.m.

Res: \$30 / Non-Res: \$35



Ink and Insight: Writing for Mental Health and Happiness

Instructor: Diane Lang

Journaling is an incredible tool for nurturing mental health and finding happiness. It allows us to reduce stress, release emotions, build mindfulness, and gain self-awareness—especially when it comes to identifying unhealthy patterns or habits. There are countless ways to approach journaling, each offering

its own unique benefits to support better mental well-being. In this workshop, we'll explore various journaling methods and delve into the specific advantages of each. Together, we'll even dedicate time to put pen to paper and experience the therapeutic power of journaling.

2 Tuesdays, August 18 & 25, from 1:00 p.m.-2:30 p.m.

Res: \$30/Non-Res: \$35

How to Write a Character Monologue and Perform It! – Have a Story You'd Like to Bring to Life?

Instructor: Harrie Mule', Founder of The Creative Life

In this guided workshop, you'll create a character and write a short monologue inspired by your own experiences or imagination. You'll learn what makes a monologue work, then use a few simple acting tools to bring your words off the page and into the room. Think of a moment like Rocky speaking about never giving up – personal, direct, and powerful. In the final session, there's an opportunity to share your monologue in a relaxed, supportive setting. Participation is always optional, and you're welcome to invite friends or family. No experience needed. Class size is limited.

Tuesdays and Thursdays, August 18, 20, 25, and 27 from 5:00 p.m. – 7:00 p.m.

Res: \$100 / Non-Res: \$120

The World of Insects

Instructor: Hudson Highlands Nature Center

Join a Hudson Highlands Nature Center educator to dive into the world of insects. Although they can be creepy and crawly, these invertebrates play many different vital roles in our ecosystem. From decomposers to pollinators, these animals keep life running on earth. In this class we will view examples of different pinned insects, and take a look at the biodiversity of this vast class of unique animals.

Friday, August 28, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20



HEALTH & WELLNESS:

Introduction to Tai Chi Chih

Instructor: John Hunter

Come and learn the best kept secret for living life. Tai Chi Chih is a new form of Chi Kung discipline; that is, one that is concerned with the development, circulation, and balancing of the Vital Force (Chi). It can be called a moving meditation, a means of spiritual cultivation, and an aid to greater health and longevity. This course is designed for anyone new to T'ai Chi Chih or anyone who wants a refresher of the basics.

Session I: 7 sessions, beginning May 5, from 12:15 p.m.- 1:30 p.m.

Session II: 7 sessions, beginning July 14 from 12:15 p.m.- 1:30 p.m.

Res: \$75/Non-Res: \$80

Advanced Tai Chi Chih

Instructor: John Hunter

This class is designed to provide students who have already learned the 19 movements and one pose with ongoing practice and subtle refinements necessary to improve a person's individual T'ai Chi Chih practice. Further discussion about the six principles of how to move and a focus on some of the more complex movements will be included.

Session I: 7 sessions, beginning May 5, from 1:30 p.m.- 2:30 p.m.

Session II: 7 sessions, beginning July 14 from 1:30 p.m.- 2:30 p.m.

Res: \$70/Non-Res: \$75

Journey Dance with Cara

Instructor: Cara Martinisi

Journey Dance is an uplifting movement class that blends elements of yoga, free-form dance, and mindful practice into a fun, music-driven experience. Designed for all levels, this class invites you to explore your body through guided movement, rhythmic expression, and intentional breath. Each session weaves together gentle warm-ups, flowing sequences, and expressive dance to help build strength, flexibility, and body awareness. With an emphasis on mindfulness, participants are encouraged to stay present, release stress, and connect more deeply with themselves. Set to an energizing and diverse soundtrack, Journey Dance creates a supportive, judgment-free space where you can move freely, boost your mood, and

rediscover the joy of movement. No dance experience is needed, no movements to follow—just come as you are and enjoy the journey.

Session I: Thursday, May 14, from 1:00 p.m.-2:00 p.m.

Session II: Thursday, June 18, 1:00 p.m.-2:00 p.m.

Session III: Thursday, July 9, from 1:00 p.m.-2:00 p.m.

Session IV: Thursday, August 6, from 1:00 p.m.-2:00 p.m.

Res: \$15/Non-Res: \$20

Fun with TheraBands

Instructor: Wendy H. Lois, MS, NBC-HWC

Join Board-Certified Health & Wellness Coach and Certified Life Coach Wendy Lois as we increase flexibility and strength by exploring movements using a ‘Stretchy Band’. A TheraBand will be used but is not required for this activity; you may bring a Theraband or a hand towel, pillow, belt, scarf or similar object, or follow along without one, still greatly benefiting from the stretches. Try out and enjoy how these simple objects can really help you increase your energy, flexibility, strength and agility, decrease muscle tension, strengthen posture and invigorate your day. This program has two date options. Students are able to select the classes that work best for their schedule. In addition, students must supply their own medium resistance bands.

Session I: Wednesday, May 27, from 10:30 a.m.-11:30 a.m.

Session II: Wednesday, June 24, from 10:30 a.m.-11:30 a.m.

Session III: Wednesday, July 29, from 10:30 a.m.-11:30 a.m.

Session IV: Wednesday, August 19, from 10:30 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

Martial Motion for Seniors Self-Defense

Instructor: Anthony Quatrochi’s Martial Arts Institute

This class, taught by Anthony Quatrochi’s Martial Arts Institute, builds flexibility, strength and body control while also imparting important self-defense skills. Small movements can have large results, and being the strongest person is not what matters most when protecting yourself.

Building healthy conditioning and an understanding of smooth movements help you work our motions, whether seated or standing. Basic strikes and blocks, techniques to break holds and beginning self-defense locks will be covered. Methods to handle difficult situations will be discussed and questions are welcome in this important, yet fun, presentation.

Monday, June 22, from 10:00 a.m.-11:30 a.m.

Res: \$15 / Non-Res: \$20

Procrastination Wins! 5 Secrets to Using Procrastination to Reduce Stress While Energizing Your To-Do List

Instructor: Wendy H. Lois, MS, NBC-HWC of Best Health Now LLC

Do you feel guilty when you delay tasks? What if procrastination is not a character flaw, but a hidden signal that you are working on the wrong things, at the wrong time, in the wrong way? The Art of Productive Delay turns conventional productivity advice on its head. Instead of fighting your desire to resist, or putting something off, this workshop teaches you how to understand, manage, and use procrastination to your advantage! In this interactive session, participants each receive a “productivity delay” worksheet and a “productivity delay” action plan and learn to move away from panic-induced cramming and toward momentum, sparking creativity and energy.

Wednesday, June 24, from 11:30 a.m.-1:00 p.m.

Res: \$15 / Non-Res: \$20



Yoga - Flow and Let Go

Instructor: Brittany Davis

This summer yoga and mindfulness program offers a welcoming, beginner-friendly space for participants to build strength, flexibility, balance, and relaxation. Classes will incorporate gentle yoga postures, breathing techniques, and guided mindfulness to support physical

well-being, stress reduction, and emotional regulation. Sessions are designed to be accessible to all levels, with modifications and options provided to meet individual needs. Emphasis is placed on body awareness, movement, and calming practices that participants can carry into daily life. Participants are encouraged to bring any yoga props they may have, such as a mat, blocks, strap, or small blanket/towel to help you feel comfortable and supported throughout class.

Session I: Monday, July 13, from 10:00 a.m.-11:15 a.m.

Session II: Monday, July 20, from 10:00 a.m.-11:15 a.m.

Session III: Monday, August 3, from 10:00 a.m.-11:15 a.m.

Session IV: Monday, August 10, from 10:00 a.m.-11:15 a.m.

Session V: Monday, August 17, from 10:00 a.m.-11:15 a.m.

Session VI: Monday, August 24, from 10:00 a.m.-11:15 a.m.

Res: \$15 / Non-Res: \$20

Clear the Way: 5-Domains to De-Clutter for Lasting Change

Instructor: Wendy H. Lois, MS, NBC-HWC of Best Health Now LLC

Experience a hands-on workshop designed to help you reclaim space, relieve stress, and refresh your habits. Are you prepared to turn overwhelm into opportunity? Studies show that all forms of clutter—physical, environmental, digital, and mental—can elevate stress and make it harder to make healthy choices. In this interactive session, you will address five types of clutter and discover practical steps to open space for meaningful habit change. Guided activities and evidence-based strategies will help you lower stress and build routines that last. Let curiosity guide you toward clarity—join us and create room for your best self!

Wednesday, July 29, from 11:30 a.m.-1:00 p.m.

Res: \$15 / Non-Res: \$20



Women's Self Defense Course

Instructor: Anthony Quatrochi's Martial Arts Institute

This is a course for women only who want to learn how to defend themselves effectively against the bad elements that unfortunately exist around us. This interactive seminar will cover

danger awareness, threat prevention, safety tips, fun interactive role plays and scenarios, as well as basic escape strategies. Being experienced and prepared is essential to feeling ready to defend yourself; confidence comes from trying self-defense skills before you need them.

Monday, August 3, from 10:00 a.m.-11:30 a.m.

Res: \$15 / Non-Res: \$20

Weight No More!

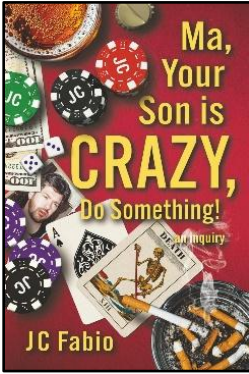
Instructor: Wendy H. Lois, MS, NBC-HWC of Best Health Now LLC

Does the idea of 'dieting' make you cringe a little? Trying to lose weight can be frustrating. You might be surprised to hear about alternate natural strategies that do not have anything to do with food! Experiment with these five non-food keys to losing weight and feeling great! We will focus on the things you may not realize are causing inflammation in your body, and ways our bodies hold onto extra weight and how to release it. Learn what to avoid and how to eat with simple and effective ways to ease into losing pounds. Experience eating and non-eating strategies in a whole new 'light'!

Wednesday, August 19, from 11:30 a.m.-1:00 p.m.

Res: \$15 / Non-Res: \$20

MEET THE AUTHOR:



Ma, Your Son Is CRAZY, Do Something!

Author: JC Fabio

Join local author JC Fabio, for a special author talk surrounding his new book, **Ma, Your Son Is CRAZY, Do Something!** Fabio will talk about the process of researching and writing his self-published book and how it relates to current events, specifically organized crime, gambling and professional athletes and provide real life examples from my book. Books will be available for purchase.

Thursday, June 4, from 6:00 p.m.-7:30 p.m.

Res: \$15/Non-Res: \$20

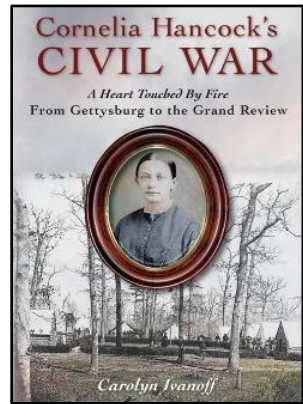
Cornelia Hancock's Civil War

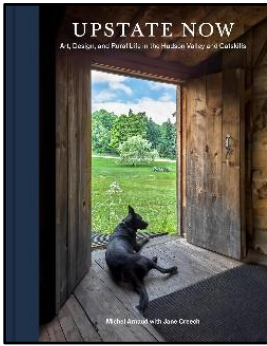
Author: Carolyn Ivanoff

In 1863 Cornelia Hancock was a 23-year-old Quaker girl who wrote "After my only brother and every other male relative and friend that we possessed had gone to War, I deliberately came to the conclusion that I, too, would go and serve my country." Two days after the great battle of Gettysburg she was the first woman to reach the 2nd Corps Hospital. She would nurse heroically throughout the war. Well known during the war, she is little remembered today because she never publicized her contributions or her service. The book is based on her letters, some of the most fascinating firsthand correspondence of the war. This book is a tribute to her, and all the women of the Civil War years who sacrificed and served. Her story is told through her words and annotated letters. This program highlights the events and tragedies of Civil War from a woman's point of view.

Tuesday, June 9, from 10:30 a.m.-12:00 p.m.

Res: \$15/Non-Res: \$20





Upstate Now: Art, Design and Rural Life in the Hudson Valley and Catskills

Author: Michel Arnaud + Jane Creech

Photographer Michel Arnaud and writer Jane Creech present a visual talk based on their recently published book, *Upstate Now*. Organized around the themes A Sense of Place, Art, Design, Food, Flowers, and Farms, the presentation explores today's Hudson Valley and Catskill Mountains—home to both former city dwellers embracing small-town life and longtime residents launching

new ventures. Together, they bring fresh perspectives that redefine tradition and create vibrant new spaces. *Upstate Now* is both a portrait of place and a story of resilience and new beginnings. Discover how tradition and innovation coexist in Upstate New York, and how creativity thrives beyond urban life.

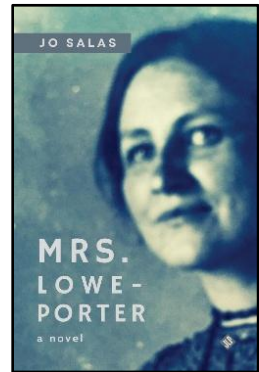
Thursday, June 25, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

Mrs. Lowe-Porter

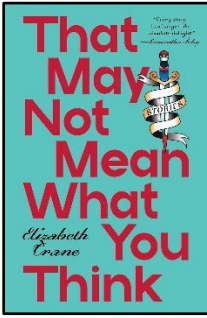
Author: Jo Salas

Helen Tracy Lowe-Porter fought for her own voice as a writer while overshadowed by the two male luminaries in her life: Thomas Mann, the Nobel Prize-winning German novelist whose work she translates, and her philandering husband Elias. Jo Salas's novel *Mrs. Lowe-Porter* (published in 2024 with a full-page feature in the New York Times), imagines the life of this brilliant but overlooked woman. In this one-time presentation, Jo will read excerpts and share her experience creating fiction based on real-life characters, including family members. Questions from readers, writers, and translators are welcome! Jo Salas (www.josalas.com) is a New Zealand-born writer living in the Mid Hudson Valley. *Mrs. Lowe-Porter* is her second novel and she's now at work on a third.



Wednesday, July 22, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20



That May Not Mean What You Think

Author: Elizabeth Crane

Come meet local author, Elizabeth Crane, as she presents her latest collection, *That May Not Mean What You Think*. Elizabeth explores themes of aging and youth, gender and discrimination, and sex and love. Across her delightfully weird and disarmingly truthful stories, American culture is refracted through humor and heart, asking readers to consider their complicity and to imagine new possibilities of

participating in a better future. In this talk, Elizabeth will read from her debut collection and discuss her path to being a writer.

Wednesday, August 5, from 10:00 a.m.-11:30 a.m.

Res: \$15/Non-Res: \$20

TOWN OF NEWBURGH RECREATION DEPARTMENT

REFUND POLICY

We understand that illness, injuries and other conflicts may come up to force you to cancel. Please find below the refund policies for our programs, classes and rentals.

CLASSES AND PROGRAMS

We will grant full refunds for requests made ten (10) calendar days prior to the start of the program minus a \$5.00 processing fee. If cancelling LESS THAN ten (10) calendar days prior to the class/program a refund minus a \$5.00 processing fee will be granted ONLY IF a replacement can be found from the waitlist, if a waitlist exists.

Refunds due to medical reasons will be given on a pro-rated basis (if applicable) and only when accompanied by a signed doctor's note certifying an inability to participate.

TRIPS

A full refund minus a \$5.00 processing fee will be granted for trips that are canceled at least thirty (30) days prior to the date of the trip. If cancelling LESS THAN thirty (30) days prior to the trip date a refund minus a \$5.00 processing fee will be granted ONLY IF a replacement can be found from the waitlist, if a waitlist exists.

PARK

Yearly or daily Park permits and boat rental sales are all FINAL.

PAVILION RENTALS

Cancelling thirty (30) days prior to your reserved rental date you will receive a full refund minus a \$5.00 processing fee. Pavilion rentals are rain or shine. If the park is closed by order of the Town Board or Recreation Department Commissioner due to safety concerns including severe weather conditions you will receive a full refund.

DIAL-A-BUS

(845) 564-6084

This program is run by State, County and Local Funds. It is open-to-the public and you are required to call at least 48 hours in advance but typically you need to call further ahead because the service is on a first-come, first served basis and the schedule can fill up quickly. This is not a taxi service but rather a prearranged curb-to-curb service. The schedule changes daily and specific pick up and drop off times cannot be guaranteed. The operator will accommodate you the best that they can. Buses have video surveillance and are wheelchair lift equipped. This service is open to the public to and from any point in the Town of Newburgh.

The Town of Newburgh Dial-A-Bus is available during the following hours:

Monday - Friday, 8:30 a.m. to 3:30 p.m.
(*Last scheduled ride 3:00pm)

Fare: \$1.00 one way

Half Fare: \$.50 one way for **Senior/Disabled Citizens & Medicare**

Cardholders Free: Children under 6 years of age ride must be accompanied by a responsible adult with a car seat.

All children under sixteen (16) years of age must be accompanied by a responsible adult.

Dispatching:

Monday-Friday
8:00 a.m. – 12:00 p.m.

To schedule rides, please call:

(845)564-6084

In the event of inclement weather bus services will follow the closings and delays of the Newburgh Enlarged City School District.



Alice Desmond Center for Community Enrichment

6 Albany Post Road Newburgh, NY 12550

Phone: 845-565-1326

Fax: 845-565-1386

Hours of Operation: Monday - Friday 8:30 a.m. - 4:30 p.m.

Recreation Center

311 Route 32 Newburgh, NY 12550

Phone: 845-564-7815

Fax: 845-564-7827

Hours of Operation: Monday - Friday 8:30 a.m. - 4:30 p.m.

Chadwick Lake Park

1702 Route 300 Newburgh, NY 12550

Ranger Station: 845-564-0608

Contact Us

Commissioner of Parks & Recreation-

Assistant to the Commissioner

Recreation Director-

Administrative Assistant-

Recreation Coordinator-

Recreation Attendant-

Recreation Aide-

Recreation Aide-

Recreation Aide-

Dial-A-Bus Dispatcher/Clerk-

Clerk-

James Presutti

Sheri Drivanos

Jason Szeli

Donna Burgess

Amanda Alberti

Shannon Goddard

Rebecca D'Addio

Kerry Dowling

Rebecca Williams

Dawn Thompson

Bella Cruz