

MARCH 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Weekday Walkers Strength Training	2 Tai Chi	3	4
						
5	6 Weekday Walkers	7	8 Weekday Walkers Strength Training	9 Farm-acy Tai Chi	10	11
12	13 Weekday Walkers	14	15 Weekday Walkers Strength Training	16 Tai Chi Yoga Family/ Community Workshop	17 Family Interval Training 	18
19	20 Weekday Walkers Spring into a Healthier Lifestyle Workshop 	21	22 Weekday Walkers Strength Training Parent/Child Cooking Class Virtual Cooking Class	23 Farm-acy Tai Chi Yoga	24 Family Interval Training	25
26	27 Weekday Walkers	28 New Horizons Gardening Class	29 Weekday Walkers Strength Training Parent/Child Cooking Class	30 Tai Chi Yoga	31 Family Interval Training	



Gardening Workshop with CCEU (Cornell Cooperative Extension)

Tuesday, March 28th from 2:00 PM - 4:00 PM. Garden with us! Join us for a day of seed starting with Cornell Cooperative Extension and their Master Gardeners! This program will take place INDOORS at Ellenville Regional hospital (meet in the main lobby) *please wear a mask*. Those who participate are eligible to take home a grow light kit! Please register with us to ensure spots are available. To register, please contact: vdaragona@erhny.org or 845-647-6400 ext.247

Healthy Cooking Class with CCEU

Wednesday, March 22nd at 6:00 PM, via zoom. Join us with CCEU for the February Healthy Cooking Series, "Sheet Pan Dinner." To register for this free program please visit: www.ulster.cce.cornell.edu/events

Family/Community Workshop - "Plenty of Produce" with CCEU

Thursday, March 16th from 6:00 PM to 7:00 PM at Ellenville Jr./Sr. High School Media Room. Join us for a workshop on how to achieve a balanced diet on a budget. To register, please contact: vdaragona@erhny.org or call 845-647-6400 ext.247

Farm-acy:

Taking place on Thursday, March 9th and 23rd at 4:00 PM (until supplies lasts). This is a drive-thru program where all are welcome to come pick up a bag of FREE healthy fruits and vegetables! You must be in a car and must be wearing a mask. Please drive down past the hospital and Shoprite to Airport Road. Cars can line up near the employee parking lot behind the hospital. Walk-ins are accepted after 4:30 PM

Parent & Child Cooking Classes with CCEU

Beginning on Wednesday, March 22nd. Join Cornell Cooperative Extension's EFNEP Family Wellness Program for a free 7-week series of cooking workshops. These workshops are for SNAP/WIC-eligible families. Those who participate in 6 or more lessons graduate and receive a certificate of completion, an EFNEP cookbook, and a small kitchen appliance! To register, please contact Mary at Brimmer at mmb335@cornell.edu, call 845-340-3990 ext.326 or visit their website at: www.ulster.cce.cornell.edu

Strength Training:

Every Wednesday at 4:30 PM in the Specialty Services Area Lobby of the hospital. This class includes exercises that are designed to improve strength and endurance with the use of free weights and resistance bands. All ages and fitness levels are welcome!

Tai Chi:

Thursday's at 4:30 PM in the Specialty Services Area lobby. This is a practice that involves a series of gentle movements, postures, controlled breathing, and an overall meditative state. All ages and fitness levels are welcome!

Yoga

Thursday's, at the Ellenville Public Library beginning on March 16th from 11 AM-12:00 PM. Join us for yoga - a class that connects the body, breath, and mind. Please B.Y.O.M. (bring your own mat) All ages and fitness levels are welcome!

Family Interval Training

Friday's at 4:30 PM starting March 17th in the Physical Therapy Department at Ellenville Regional Hospital. Join us for a **FREE**, fun, high-intensity conditioning 30 minute exercise class with bouts of active recovery to improve strength, posture and cardiovascular capacity, performed with playfulness. All ages and fitness levels are welcome!

Weekday Walkers:

Every Monday and Wednesday at 3:00 PM (weather permitting). Join us for a walk down airport road! All are welcome. Feel free to walk at your own pace and distance. Please meet ERH staff in the back of the hospital near the community garden. We will not be walking in the rain, snow, or if the temperature falls below 40 degrees Fahrenheit.

New Horizon's

Tuesday, March 28th from 1-2 PM in the Ellenville Senior Housing Community Room. New Horizon's is a healthy living program for seniors that takes place monthly featuring different health and wellness topics. Join us at New Horizons with MVP representative Ana Lopez-Brown for an afternoon of MVP Wellness Wheel Trivia and a Medicare Basics Presentation! For more information, or to register, please contact: oingalsbe@erhny.org or call 845-647-6400 ext. 281

Spring into a Healthier Lifestyle Workshop

Monday, March 20th at 4:30PM in the Specialty Services Area Lobby. Kick off spring with healthy lifestyle goals! Our physical health educator will help you to set achievable and actionable health goals that are appropriate for you and your lifestyle. For more information, or to register, please contact: 845-647-6400 ext. 215

**For more information or any questions,
please contact us at:
845-647-6400 ext. 215 or scan
the QR code here to register!**

