



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



MONTHLY MEMO | MARCH 2025

The Office for Community Wellness (OCW), for the Town of New Paltz, is amping up community events with new programming, along with the New Paltz Department of Parks and Recreation.

Last Saturday we held our first Karaoke Cafe at the New Paltz Community Center and what a great success it was!

Community, ages 7 to 70, gathered, shared snacks and conversation, and best of all, SONG!

I, for one, had a blast. The event was just what I needed to escape the humdrum and cold, grey winter.

And, although I'd met many of the people who showed up, it was different somehow... It's hard to explain. It was a feeling.

It seemed being in an intimate setting with community, with the only thing expected was having fun, brought the experience to a different level.

People introduced themselves to each other, hugged, shared their desires and fears for wanting to get up to sing, and many finding their strength and joining each other to sing in groups and, at times, the entire audience broke out in singalongs. It was awesome!



AND, YOU'RE IN LUCK, THERE'S ANOTHER
FREE KARAOKE CAFE ON SATURDAY, MARCH 22ND
(CLICK HERE OR SEE PAGE 2)

Don't Miss Out

**FREE MOVIE/ FREE ORGANIC
POPCORN!**

What: *Wonka* (PG 2023;
Family/Fantasy · 1h 56m)

When: Saturday, March 8th, 7:00pm
to 9:00pm

Where: New Paltz Community
Center, 3 Veterans Drive, New Paltz

Come One, Come All!

Sponsored by: the Office for
Community Wellness and
Parks & Recreation Department



Saturday, March 8th
7:00pm - 9:00pm
New Paltz Community Center

POPCORN AND ASSORTED BEVERAGES (COFFEE)
COMMUNITY PROGRAM IS SP

FREE FOOD, FREE FUN!

Community Events...

New programming for 2025!

Karaoke Cafe

SATURDAY, MARCH 22
7:00PM TO 9:00PM

at the New Paltz Community Center
with DJ Jay Smooth

WITH FREE COFFEE, TEA, ALCOHOL-FREE BEVERAGES, DESSERTS, AND SNACKS.

THIS FREE COMMUNITY PROGRAM IS OPEN TO ALL.

BROUGHT TO YOU BY: THE OFFICE FOR COMMUNITY WELLNESS AND
PARKS & RECREATION DEPARTMENT
TOWN OF NEW PALTZ.



WHAT'S MORE FUN THAN SINGING YOUR HEART OUT WITH
FRIENDS AND NEIGHBORS?

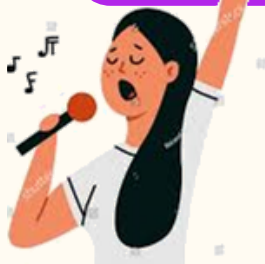
PERHAPS
WATCHING AND LISTENING TO YOUR
FRIENDS AND NEIGHBORS SINGING THEIR HEARTS OUT?

WHATEVER YOUR PREFERENCE...

Be part of the FUN

Saturday, March 22nd

AT OUR 2ND FREE KARAOKE EVENT!



MARCH 1ST IS SELF-INJURY AWARENESS DAY (SIAD)...

March is Self-Injury Awareness Month



SIAD originated in the late 1990s as grassroots movements began to highlight the need for more awareness and resources around self-harm. Over the years, it has grown into a global observance, gathering support from numerous organizations, communities, and individuals. Its evolution reflects society's growing commitment to address mental health issues openly and with compassion.

Look for OCW Resource Cards in offices and businesses around town

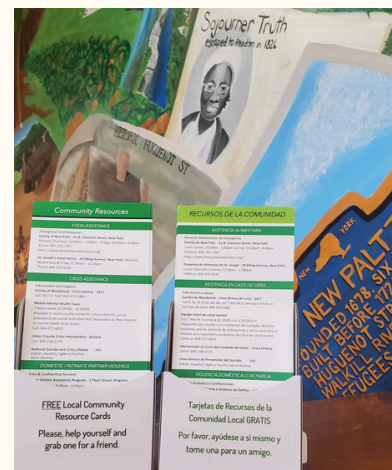
Life can be challenging...

BUT NEW PALTZ IS TOUGH AND WE GOT THIS...

Education is key:

Know what's available to you, your friends and your family. Reach out to the Office for Community Wellness (OCW) for resources and guidance to assist with your unique needs. We understand the complexities of life situations and circumstances and are here to help.

Call Phoenix at (845) 275-5413 or visit our website nptrivingtogether.org for more information and local resources.



(click on the image above for more info.)

For immediate assistance please contact any of the following crisis support lines ...

- Family of Woodstock's 24-Hour Helpline: (call or text) 845-679-2485
- Family's 24-Hour Domestic Crisis Hotline: 845-338-2370
- Ulster County's Mobile Mental Health Team: 7 days a week from 9am to 10pm 844-277-4820
- National Suicide & Crisis Lifeline: CALL 988

~ EVERYONE NEEDS HELP NOW AND THEN ~



FREE Counseling for children, adolescents, parents & families call the NPYP today
(845) 255-5140

click the image above for the youth program's website

Your Local library has something for everyone!

Partner Spotlight



Click on the images below for Elting Memorial Library's calendar of events

READ ACROSS AMERICA PARTY
SUNDAY, MARCH 2, 12-4PM
STEINBERG READING ROOM
CELEBRATE NATIONAL READING MONTH AND READ ACROSS AMERICA WITH ELTING MEMORIAL LIBRARY!

Kat Cohn Lorraine Hartin-Gelardi

Crafting 12:30-1:30 Storytelling 2:00-2:45 Pop-up Bookstore 12:00-4:00

Knitting Club

SCRIBBLE YOUR HEART OUT
CRAFT TIME
MARCH 27, 5:30PM

Celebrate National Scribble Day with Elting Memorial Library! Come to the library to coloring masterpiece, and take home some art supplies with you!

IPHONE BASICS CLASS
LEARN TO USE YOUR IPHONE

- This 45-minute class will cover basic iPhone concepts such as text messages, phone calls, email, and taking and sharing photos.
- Class limited to one learner. Register for one session and indicate what you would like to focus on.
- Please bring your iPhone and something to take notes with.
- More classes may be added based on public interest.

Thursdays at 1:00 and 2:00
Class taught by Elena Burg, a dedicated and tech-savvy volunteer.

REGISTER ONLINE OR CALL 845-255-5030

Get Involved Today

HAVE ANY QUESTIONS ABOUT HOW YOU CAN MAKE A DIFFERENCE?

Click [HERE](#) to learn about



LET'S CHAT!
(845) 275-5413