

Welcome to Screen-Free Week!

The international celebration where children, families, schools, and communities spend seven days turning OFF entertainment screen media* and turning ON life! It's a time to unplug and play, read, daydream, create, explore nature, and spend time with family and friends.

Before Screen-Free Week begins, check out www.screenfreeweek.org for even more resources and suggestions, including how to help your family process the experience and use what you learn going forward.

Don't worry if you slip. Screen-Free Week is about freeing ourselves to use technology without missing out on other important things in our lives. It is about choosing how we spend our time. We have the power to choose and start this important process again, every moment of every day.

LOCAL SCREEN FREE EVENTS YOU MAY ENJOY

MONDAY | APRIL 30th

 **4:00-5:00pm | Mindful Family Nature Walk | All Ages, (Children must be w/caregiver)**
West Point Foundry Preserve (parking lot) | 68 Kemble Ave Cold Spring, NY 10516 | <http://mountainriveryoga.com/>

3:30-6:00pm | Athletic Games

Haldane vs. Hastings (Varsity Boys Baseball) @ Haldane (Field across from Tots Park)

Haldane vs. Carmel (Junior Varsity Boys Lacrosse) @ Haldane (Haldane Field)

Haldane vs. Schecter (Varsity Girls Softball) @ Haldane (Haldane Field)

6:15-7:15pm | Basketball Skills & Drills | Grades 3-8

\$1 residents | \$3 non-residents Philipstown Community Center, 107 Glenclyffe Dr., Garrison 845.424.4618

TUESDAY | MAY 1st

4:00-4:45pm | Kid's Craft Hour

Free Admission | Desmond-Fish Library, 472 Route 403, Garrison

3:00-5:00 | Kid's Yoga and Creative Play | Cold Spring Yoga & Pilates | 1st-3rd Gr.

\$20 drop-in | Yoga, Mindfulness, Art and Theatre | Healthy Snack Included | <https://www.coldspringyoga.com/>

3:30-6:00pm | Athletic Games

Haldane vs. Briarcliff (JV Boys Lacrosse) @ Haldane (Haldane field)

Haldane vs. Pawling (Varsity Golf) @ Haldane (Garrison Golf Club)

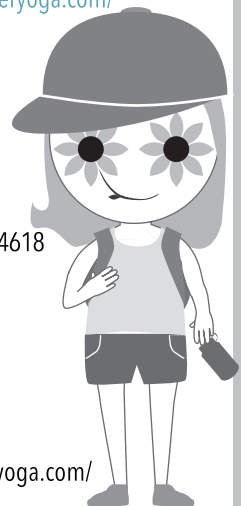
3:45-5:15pm | Family Farm Tour | Glynwood Farm

\$3 Ages 5-12 \$15 Adults -4 Free Admission | 362 Glynwood Road, Cold Spring | 845-265-3338 | glynwood.org

WEDNESDAY | MAY 2nd

4:30-5:15, 5:20-6:05 | Brazilian Jui Juitsu , Kids Martial Arts | Evolution Grappling Academy

Call ahead to register and find out more | Classes offered for all kids ages (2-4), (5-7), (8-11) (12-14)
(845) 214-8134 | 320 B Main Street, Beacon | <http://www.evolution-bjj.com/kids-martial-arts/>



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WEDNESDAY | MAY 2nd

3:30-4:30pm | DFL Kids Lego Club

Desmond-Fish Library, 472 Route 403, Garrison

3:00-4:30pm | Haldane HS History Club

Butterfield Library | Main Reading Room | Contact Michelle Cordaro at mcordaro@haldaneschool.org

6:00-7:45pm | Dungeons & Dragons

Butterfield Library | Middle School Led | Space is limited | Contact Maureen McGrath at jbl.libraryservices@gmail.com.

4:30-6:00pm | Athletic Games

Haldane vs. Beacon (Modified Softball) @ Garrison (Field)

4:15-5:45 | Clay Class | Solstice Feast | Beacon Craft Workshop | Ages 5-10

1st of a 4 -class package | Hand building and decorating creative wares for a summer solstice potluck |

Private/Family wheel lessons also available | Find out more: http://www.beaconcraftworkshop.com/classes_spring.html

THURSDAY | MAY 3rd

3:45pm - 5:00pm | Lego Little Bits & Robots Club | Ages 4+

Free to join | Howland Public Library, 313 Main St., Beacon 845.831.1134 | beaconlibrary.org

4:30-6:00pm | Athletic Games

Haldane vs. Edgemont (Varsity Boys Lacrosse) @ Haldane (Haldane field)

6:30-7:30pm & 8:00 | Aspiring Writers (Tweens & Teens)

Free to join | Desmond-Fish Library, 472 Route 403, Garrison

5:00 - 7:00 | Yarn Salon | Garrison Art Center

\$5 Members, \$10 General | Monthly gathering of knitters & crocheters (kids welcome)

6:00-9:00pm | Beetle & Fred | Bring Sewing, Knitting, embroidery & friends

Free to join | Sewing Machine Rental for \$10 | 171 Main Street, 845.440.8867 Beacon

<http://beetleandfred.com/>

FRIDAY | MAY 4th

Athletic Games

3:30 | Haldane vs. North Salem (VarsityGirlsSoftball) (Home)

4:15 | Haldane vs. Millbrook (VarsityBoysBaseball) (Home)

6:45 | Haldane vs. Millbrook (ModifiedBoysBaseball) (Home)

6:30 | Haldane vs. O'Neill (Varsity Boys Lacrosse) (Home)

6:00pm | Boat Tour of Bannerman Island | Mini Hike to the Summit

Beacon dock | 800.979.3370 | <http://bannermancastle.org/visit-the-island.html>

SATURDAY | MAY 5th

10:30am-3:00pm | Cold Spring Farmers' Market (Story Hour with Ms.Merry 11-12)

Cold Spring Farmer's Market, St Mary's Parish Hall, Chestnut St, Cold Spring

9:00am-12:00pm | Racing to Save Lives 5K & 10mi @ Long Dock Park

Long Dock Park, Beacon | More info: active.com/beacon-ny/running/distance-running-races/racing-to-save-lives-mount-beacon-10-miler-and-flat-scenic-5k-cancer-fundraiser-2018

11:00 am | West Point Foundry Preserve Tour | Scenic Hudson Learn about the Foundry's 100 year history

Free Admission | <http://www.scenichudson.org> | 80 Kemble Avenue, Cold Spring 845-473-4440



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SATURDAY | MAY 5th

11:00am-3:00pm | Stony Kill Foundation's Open Barn, Spring Celebration Plant Sale

All Ages Free | 79 Farmstead Ln, Wappingers Falls | Veggies, plants, sheep shearing, crafts, baby animals, wool demos

9:00-1:00 | I Love My Park Day (Clean Up)

All Ages Free | Walkway Over the Hudson, 61 Parker Ave, Poughkeepsie | <https://walkway.org/event/i-love-my-park-day-2/>

11:30-2:00pm | Beacon Sloop Club/ Riversweep Cleanup & Pete Seeger Birthday (2-6)

Beacon dock | BSC Clubhouse | 2 Flynn Dr. Info: Ken Miller (201) 376-1316

1:00pm-5:00pm | K104 Cupcake Festival | Cupcakes, vendors, family activities

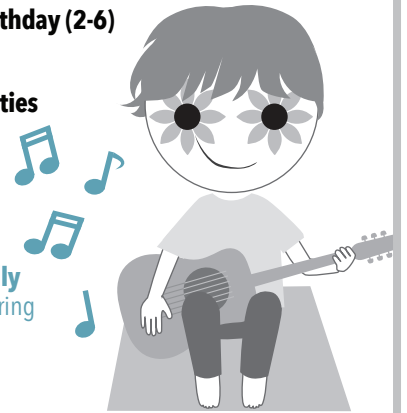
Free Admission | Main Street, Beacon, NY (bet Rt 52 & E. Main St) | k104online.com

3:00-4:30pm | Athletic Games

Haldane vs. O'Neill (Varsity Boys Lacrosse) @ Haldane (Haldane Field)

7:00pm | Beatles Sing-&Dance-Along w/ Dar Williams | All Ages Family Friendly

Come sing Beatles songs! All are welcome. St. Mary's Church, 1 Chestnut Street, Cold Spring



SUNDAY | MAY 6th

8:00am-12:00pm | Kids Fishing Day @ Cold Spring Reservoir

Free admission | Fishkill Road | Nelsonville Fish & Fur

8:00am-3:00pm | Beacon Flea Market | Antiques, vintage, collectibles, yard sale and hand made items

Free admission, free parking. 6 Henry St, Beacon | 845.202.0094 | beaconflea.blogspot.com

10:00am-1:00pm | Tots Park Spring Clean-up

4 High Street, Cold Spring | [Facebook.com/ColdSpringTotsPark](https://www.facebook.com/ColdSpringTotsPark)

10:30am-3:00pm | Beacon Farmers' Market

Veteran's Place (next to Post Office), between Main St. & Henry St., Beacon | beaconfarmersmarket.org

10:00-3:00pm | Annual Apple Blossom Festival | Music

Free admission | store, crafts, wagon rides, face painting See the beautiful blooms | <http://www.fishkillfarms.com/>

2:00pm - 5:00pm | Pete Seeger Festival @ Tompkins' Corner Cultural Center

729 Peekskill Hollow Road, Putnam Valley | tompkinscorners.org

2:00-4:00pm | Howland Cultural Center | Asian American Women Art Show

Free admission | Howland Cultural Center, 477 Main St, Beacon | howlandculturalcenter.org

SATURDAY & SUNDAY | LOCAL ARTS

10:00am-5:00pm | Garrison Art Center | An Opera of Canaries Riverside Galleries

Free admission | Garrison's Landing, Garrison | 845.424.3960 | <https://www.garrisonartcenter.org/showing-now>

12:00-5:00pm | Mattewan Gallery | Steve Rossi | Differential Ratio

Free admission | Works on Paper and Sculpture | 36 Main Street, Beacon | 845.440.7901 | info@matteawan.com

12:00am-6:00pm | Hudson Valley Center for Contemporary Art Regular Hours

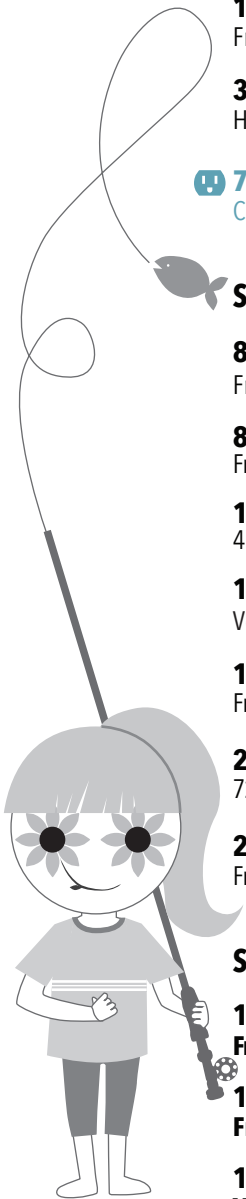
Varied admission \$10 or Under | 1701 Main Street Peekskill | 914.788.0100 | <http://www.hvcca.org>

11:00-6:00pm Dia Beacon | Closed Fri & Sat Open Sunday only / Free for Beacon Residents on Sunday)

\$15 adults, \$12 students, Children under 12 free | Tur at 1pm free w/admission | 3 Beekman St. Beacon | <http://www.diaart.org>

Beacon Performing Arts Center | The Little Mermaid Junior | The Theater at the Beacon HS

\$5 Student Tickets | Thursday & Friday 7:00PM - 8:15 PM | Saturday 2:00 PM - 3:15 PM & 6:00 PM - 7:15 PM



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**Some families choose to keep a journal throughout the week.
Consider jotting down your thoughts each day:**

What did I do today that I don't normally do?

What screen activities do I miss?

What was my favorite part of today?

What screen activities do I not miss?

At the end of the week we can assess how to return to screens, and if our week off has affected how we'll use screens in the future.

Feel free to contact the Philipstown Screen-Free Week Committee with thoughts about your experience and ideas for next year's Screen-Free Week.

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Thanks again.

We wish you a wonderful week and a joyful year!

