



Week of 2/3/2026

Winter Wellness - Maple Syrup Production Tuesday 2/3

Connect to the growing world around you even during the cold winter season! Winter Wellness is an all-abilities friendly workshop series that incorporates nature-focused mindfulness and craft activities using items from our onsite farm. Class will be held primarily indoors with short excursions outdoors during each class, so be sure to bring weather-appropriate shoes and outerwear. Each class will include a take-home item for you to keep that will help you connect to nature throughout the week.

Sign up here! <https://formstack.io/41C9C>

Workshop Wednesday 2/4 - The Language of Flowers: Making Dried Flower Wreaths

Description: Throughout history, flowers have been used to share emotions, memories, and secret messages. Learn the language of flowers and use dried flowers grown on the farm to make your own decorative wreath.

Sign up here! [https://formstack.io/41C9C?](https://formstack.io/41C9C)

Cooking with Heroes - Wednesday 2/11

Created by military veteran Ellen Adams, a chef and former contestant on the Food Network cooking show "Chopped!" Ellen provides participants the opportunity to learn to prepare a nutritionally complete, cost-efficient and delicious meal using fresh produce, partially sourced from the EquiCenter Farm.

Sign up here! <https://formstack.io/7AE1B>

Open group - Sponsored by Veterans Service Agency Nature Based Therapy Program - Wednesday 2/4, Thursday 2/5 and Friday 2/6

A great way to come and try our programs without the weekly commitment. These groups include hands-on experiences with horses and horticulture, including Equicenter's Mission Mustang®, nature photography, horsemanship and therapeutic horticulture.

Wednesday 4-6 pm

Thursday 1-3pm

Friday 1-3 PM

Sign up here! <https://formstack.io/ECFBC>

**Interested in 1:1 weekly Mission Mustang® or unmounted horsemanship lessons?*

Email Sara McLaughlin at smclaughlin@equicenterny.org