



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Community Class
Course Catalog**

Fall 2025

Fall 2025 Semester Community Class Offerings:
My Leisure and Recreation: Expanding My Interests
The Science of You: Stress, Health, and Resilience
Connected & Capable: <i>Tech Tools for Life, Learning and Digital Competency</i>
Kitchen Confidence: Cooking Basics and Safety
Everyday Resilience: <i>Building Balance Through Simple Practices</i>
Empowered: Mapping Your Future with Purpose
Where to Next?: <i>A Travel Planning Workshop for Mapping Events Across the Hudson Valley</i>
In Tune: Building Your Emotional Vocabulary
Voice & Vision: Leading Through Public Speaking and Purpose
Audit Elective

FALL SEMESTER Community Class Course Descriptions:

My Leisure and Recreation: Expanding My Interests

This workshop explores the role of leisure and recreation in communities, examining how these activities contribute to personal well-being and community cohesion. Participants will understand the concepts of leisure, recreation, and play. The goal is to teach that leisure can be a social connector: building relationships and providing opportunities to get more involved in community engagement. Participants engage in activities that focus on helping one how to use and expand interests during their free time. Activities are built upon participants' interests and current hobbies.

Cost=\$1,257.17

The Science of You: Stress, Health, and Resilience

Introduction to concepts of stress and Health is designed to help people identify stress and how their response to stress affects their lives. Participants will gain an understanding of what stress is, how stress affects the body, the biological response to stress (fight, flight or freeze), and common stressors they may face.

Participants will become aware of their current level of stress and their most common way of dealing with it (avoidance, distraction, or escape). They will gain an understanding of healthy ways of dealing with stress and identify ways they can begin utilizing these healthy coping strategies in their daily lives. The class structure will consist of readings, videos, discussion and opportunities to practice healthy coping strategies.

Cost=\$1,257.17

Connected & Capable: Tech Tools for Life, Learning and Digital Competency

Connected & Capable is a class designed to build confidence in navigating today's digital world. Whether you're preparing for work, returning to school, or managing everyday tasks online, this hands-on course introduces the essential tech tools used in professional, academic, and community settings.

As part of understanding broader digital systems, participants will be introduced to navigating the SUNY Orange website and learning the basics of course registration, including the difference between auditing a class and enrolling for credit.

Participants will explore Google Apps (Docs, Gmail, Calendar, Contacts), learn how to write personal and professional emails, and practice organizing digital communication through email labeling and inbox management. The course also covers key digital tasks such as downloading and attaching pictures to emails, backing up files, and managing documents online.

This course helps participants stay organized, connected, and confident in any setting.

Cost=\$1,257.17

Kitchen Confidence: Cooking Basics and Safety

This inclusive, hands-on class welcomes individuals of all abilities who are interested in building practical kitchen skills for everyday life. Participants will explore the basics of food preparation through activities such as reading and following recipes, understanding cooking terms, measuring ingredients, and preparing a variety of simple meals and snacks—some nutritious, some just fun and easy to make.

Emphasis is placed on kitchen safety, allergen awareness, proper food storage, serving, and cleanup routines. While the class is group-based, instruction is tailored to support each participant's pace, goals, and comfort level.

Whether you're new to cooking or looking to sharpen your everyday kitchen

know-how, this course offers a welcoming environment to gain confidence, learn useful skills, and enjoy the process of preparing food in a social, community-oriented setting.

Cost=\$1,257.17

Everyday Resilience: Building Balance Through Simple Practices

This class is open to individuals of all backgrounds who are interested in building emotional awareness and resilience through practical, body-based techniques. Participants will explore a variety of breathing practices that support both calm and alertness, helping them respond more effectively to everyday challenges.

By learning to recognize internal stress signals and apply personalized calming strategies, participants strengthen their ability to navigate real-world situations with greater confidence and clarity. Topics may also include gentle tapping techniques and gratitude and mindfulness based practices that encourage perspective, emotional balance, and inner calm.

The course emphasizes simplicity, repetition, and real-life application—providing tools that can be used anytime, anywhere.

Cost=\$1,257.17

Empowered: Mapping Your Future with Purpose

This interactive workshop invites participants to explore who they are, what they value, and how to take purposeful steps toward a meaningful future. Whether you're setting new goals, redefining your direction, or just beginning to ask "what's next?"—this course provides the tools to navigate personal growth in real time.

Participants will explore their strengths, interests, values, and challenges through guided reflection, vision planning, self-assessments and collaborative discussion. Activities include goal mapping, creating a personal vision statement, and designing a vision board that reflects their hopes and direction.

Cost=\$1,257.17

Where to Next?: A Travel Planning Workshop for Mapping Events Across the Hudson Valley

Where to Next? is a community-based class designed for curious explorers who want to expand their knowledge of local culture and events. This workshop guides participants through researching and planning trips to public events, destinations, and festivals across the Hudson Valley.

Participants will compare happenings in different counties, explore how to access them via public transit or rideshare platforms, and create itineraries and social calendars. This course blends community research, geography, and digital tools to foster independence, cultural literacy, and social engagement.

Cost=\$1,257.17

In Tune: Building Your Emotional Vocabulary

In Tune is a community class for anyone interested in better understanding the range of human emotions and how they influence the way we think, speak, and act. Participants will expand their emotional vocabulary—exploring words that go beyond basics like "happy" or "angry" to include feelings such as anticipation, frustration, relief, or pride—and connect those terms to everyday experiences.

Sessions include discussion, creative exercises, and guided prompts that encourage reflection and self-awareness. Strategies such as journaling, storytelling, and scenario-based activities help participants identify and articulate emotions with greater clarity.

The course culminates in a *Self-Awareness Project*, where students create a personal reflection that synthesizes what they've learned about their emotional language and lived experiences.

Cost=\$1,257.17

Voice & Vision: Leading Through Public Speaking and Purpose

This dynamic community course empowers participants to craft their personal narrative and develop compelling public speaking skills that amplify their leadership potential. Students will learn to write and deliver their own biographies and elevator pitches, fostering a confident sense of self and purpose. Through guided workshops, peer collaboration, and advisor support, participants will identify topics they are passionate about and transform them into powerful community presentations.

Cost=\$1,257.17

Audit Elective

Students can choose to attend an audit from the SUNY Orange roster of classes as a fully inclusive auditing participant. Students are able to learn the campus, acclimate to navigating a college class syllabus, utilize Banner and OERs.

Cost=per college credit

(https://sunyorange.edu/studentaccounts/tuition_fees.html)