



SUNY ORANGE

BRIDGES PROGRAM

Newburgh

Community Class

Course Catalog

Fall 2025

Physical Wellness & Self-Regulation Skills

In this workshop students will understand and identify how good stress can motivate and enhance performance while prolonged stress can lead to negative effects on physical health. Students will identify personal stress and understand how essential it is to develop self-regulation and coping strategies. Developing these coping mechanisms not only aids in navigating daily stressors but also fosters a healthier, more balanced

Cost= \$916.67

Physical Wellness & Self-Regulation Lab

In this Lab, students engage in various activities connecting concepts taught in the Physical Wellness & Self-Regulation skills workshop and explore movement-based activities as coping strategies. The class will consist of practice, videos, discussion and opportunities to practice healthy self-regulation skills. Techniques such as mindfulness, exercise, stretching, breathing techniques, journaling, dancing and other movement based activities will help manage stress levels and help students to manage their personal wellness.

Cost= \$916.67

Adulting 101: Thriving in a Digital World

In a world dominated by apps, screens, and online profiles, knowing how to navigate technology responsibly is essential. This course explores how to use social media, smartphones, and everyday tech with confidence, intention, and awareness.

Participants will learn how to protect their privacy, manage their digital time wisely, and communicate online with professionalism and respect. Topics include digital etiquette, recognizing online scams, understanding your digital footprint, and setting healthy boundaries with screen time.

Whether you're building your first email account, using social apps to stay connected, or simply want to sharpen your tech judgment, this course offers practical tools for becoming a thoughtful and informed digital citizen. Open to all community members.

Cost= \$916.67

Global Kitchen: Exploring Culture Through Cooking

This hands-on culinary class invites participants to explore a variety of regional and international cuisines through direct instruction and cooking experiences. Each session introduces a new culinary theme—from Italian to Mexican, Asian, or classic American comfort dishes—giving participants the chance to experiment with flavors, ingredients, and preparation methods unique to different cultures.

Designed for individuals of all skill levels, this class builds culinary confidence, encourages curiosity, and fosters a shared appreciation for food as a form of connection and self-expression.

Cost= \$916.67

Art in Action: Exploring Materials, Styles, and Self-Expression

This class offers hands-on instruction in visual arts, giving participants the opportunity to learn and apply a variety of artistic techniques. Each session introduces a new medium or method, including watercolor, oil pastels, grid-style drawing, and cubism. Participants explore artistic styles such as the “Laurel Burch” aesthetic, the grid-tree layout design and create projects made from everyday items.

Projects are designed to encourage creativity, build artistic confidence, and expand personal interests through guided exploration and instruction. Participants are encouraged to reflect on how art can be used not only for personal enjoyment and self-expression but also to connect with others!

Cost= \$916.67