

Art Mindfulness Gardening Ecology

Queensbury Parks & Recreation



is pleased to offer a lineup

of unique programming

for adults!

ADULT programs

Register online at recreation.queensbury.net or at 742 Bay Road

Mindfulness Workshops 1 & 2

Learn how to be more mindful in your daily life.

Session 1: Mindfulness for the Complete Beginner
Friday, January 11

Session 2: Family Edition
Friday, January 25

Queensbury Activity Center, 742 Bay Road
\$5/person/session

Create a Dish Garden

We will be assembling container gardens for indoor and outdoor enjoyment!

Friday, January 18

Queensbury Activity Center, 742 Bay Road

\$35 Resident
\$45 Non-Resident

Learn to Draw — Illustration Class

Learn the basic techniques of drawing.

Monday, February 4

ADK Creative Works
1646 Route 9, SGF

\$35 Resident
\$45 Non-Resident

Beneficial Insects & Suburban Yard Ecology

This special presentation will focus on the insects that you may have noticed in your yard and explore creating yard habitat.

Thursday, February 7

Queensbury Activity Center, 742 Bay Road

FREE!

You Can Make a Difference — Helping Nature, The Environment, Wildlife, And You!

Learn how you can make small changes for big impact in the lives of wildlife and the environment.

Friday, March 15

Queensbury Activity Center, 742 Bay Road

FREE!

Learn to Paint!

Learn types of brush strokes used in decorative painting.

Friday, March 22

Queensbury Activity Center, 742 Bay Road
\$20 Resident | \$30 Non-Resident