

WINTER 2026

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NEW YOU

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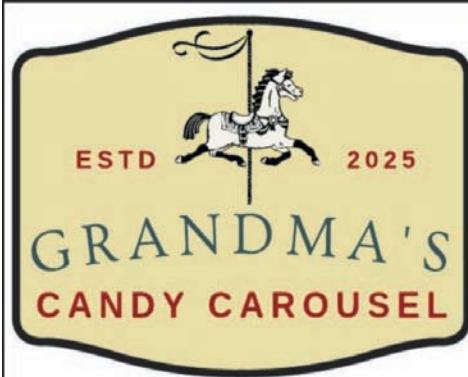
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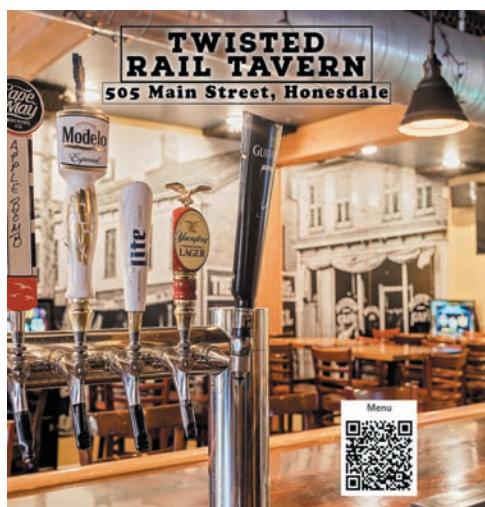
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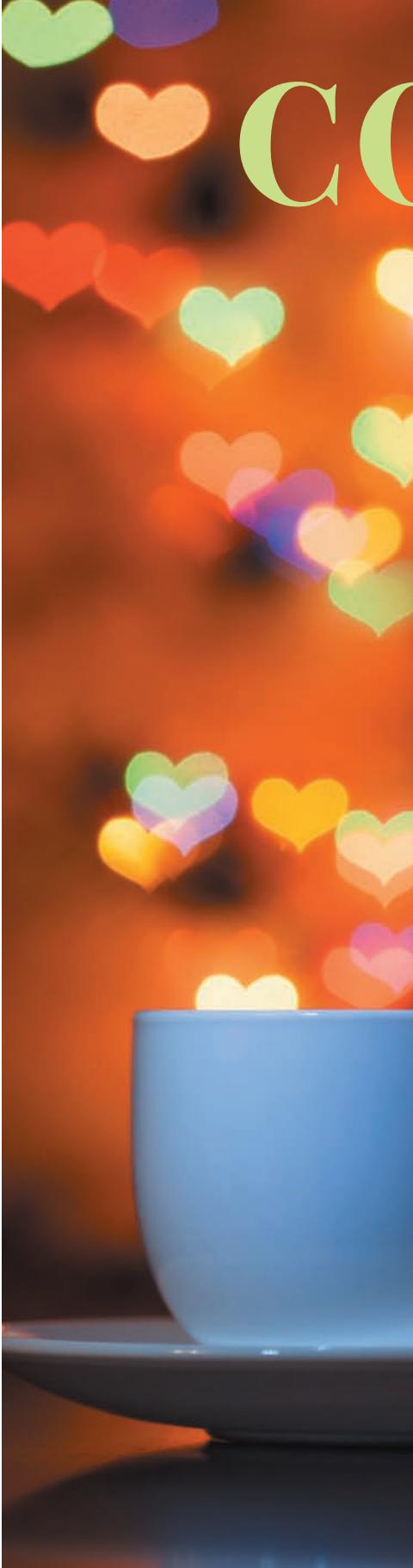


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# CONNECT

WINTER 2026

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## FEATURES

### 6 REESTABLISHING ROUTINES

The holiday season is special, fun and often a bit chaotic, filled with family gatherings and joyful celebrations. Once the decorations come down and chaos subsides in the new year, many families face a familiar challenge: getting children back into their regular routines.

### 8 SIMPLE, SATISFYING MEALS FOR THE NEW YEAR

While you're easing your family back into routines in the new year, simple, wholesome meals can help you stretch your grocery dollars further and find your rhythm in the kitchen again.

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## COLUMNS

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# CONNECTIONS

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**mrs. dogood, Letters**

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## CONNECTIONS

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### WHAT A DILEMMA

To laugh is to risk appearing a fool.  
To weep is to risk appearing sentimental.  
To reach out for another is to risk involvement.  
To expose feelings is to risk rejection.  
To place your visions before the crowd is to risk ridicule.  
To love is to risk not being loved in return.  
**\*\*To go forward in the face of overwhelming odds is to risk failure.**  
But risks must be taken, because the greatest hazard in life is to risk nothing.  
The person who risks nothing, does nothing, has nothing, is nothing.  
We may avoid suffering and sorrow, but we cannot learn, feel, change, grow, love or know GOD.  
Chained by our own self-assurances, we are a slave. We have forfeited our freedom.  
**Only the person who dares to take risks and to trust in their GOD will ever be made FREE.**

---

In 1997, Rev. Edwin E. Bailey, father of the editor, gave this poem to his daughter 8 days before he had a stroke and 3 weeks before he died. The poem was adapted from works by Leo Buscaglia. Edwin hand wrote this on a scrap of paper and gave it to his daughter, Deborah, saying the words, "Someday you'll understand these words and use them. God bless sweetheart." \*\*These words were used in making the decision to purchase Connections Magazine in 2002.

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“ There are far better things ahead than any we leave behind. ”

*– C.S. Lewis*

**T**he holiday chaos has subsided, and many of us are facing a familiar challenge of reestablishing routines. Routines provide a sense of security, reduce stress, and support emotional regulation. Understand why routines matter... start with sleep, prioritize physical activity and more on page 6.

While you're easing your family back into routines in the new year, simple, wholesome meals can help you stretch your grocery dollars further and find your rhythm in the kitchen again. Get connected to simple, satisfying meals for the new year on page 8.

Thinking of selling? The new year is a natural time to reflect and set intentions – even for your real estate journey. If selling your home is on your 2026 horizon, winter offers a valuable window to begin preparations with intention and clarity. Dedicating this time to thoughtful groundwork will empower your decisions and help streamline the process, ensuring your home stands out when it's time to sell... see page 10.

Here's to finding your rhythm in 2026!

The CM Team  
570.647.0085  
cmag@ptd.net





# Reestablishing *Routines*

Finding Your Rhythm Again in the New Year



NEW YEAR, NEW YOU





## Sweet Potato Breakfast Bowl

Prep time: 5 minutes

Cook time: 10 minutes

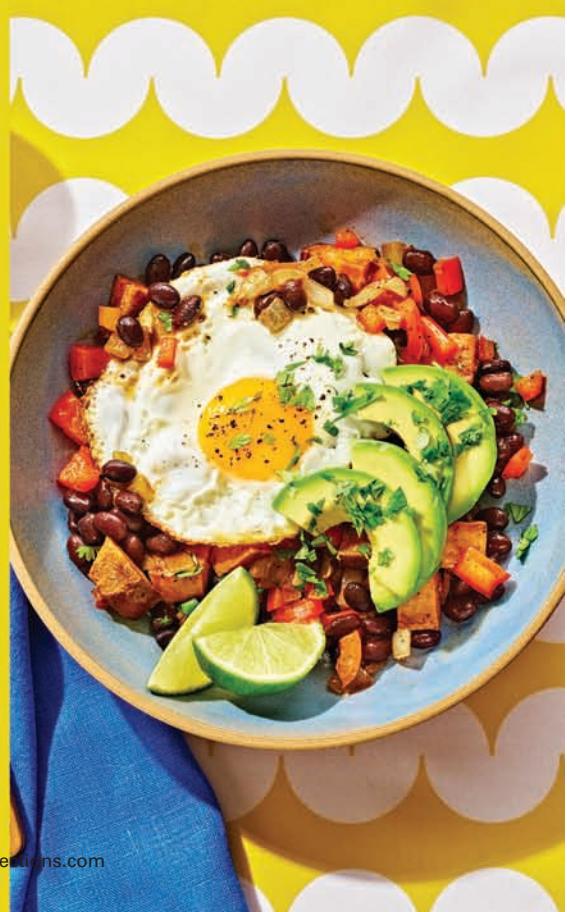
Servings: 2

2 tablespoons olive oil  
 1 small yellow onion, finely chopped  
 1 small red bell pepper, finely chopped  
 salt, to taste  
 pepper, to taste  
 2 cups cooked sweet potatoes  
 1 can (15 ounces) Bush's Black Beans,  
 drained  
 1 teaspoon chili powder  
 2 fried eggs  
 1 avocado, sliced  
 cotija cheese, crumbled  
 lime wedges, for serving

In large skillet over medium heat, heat olive oil. Add onions and bell pepper; cook, stirring occasionally, until peppers are softened, 5-7 minutes. Season with salt and pepper, to taste.

Add sweet potatoes, black beans and chili powder; stir to combine. Cook until potatoes and beans are warmed through, 4-5 minutes.

Divide bean mixture between two bowls. Top each bowl with fried egg, avocado slices and crumbled cotija cheese. Serve with lime wedges.



# Simple, Satisfying Meals for the NEW YEAR

**While you're easing your family back into routines in the new year, simple, wholesome meals can help you stretch your grocery dollars further and find your rhythm in the kitchen again.**

Satisfying and approachable recipes that come together quickly using a dependable base ingredient like beans are resonating with home cooks, helping take the pressure out of cooking. Grown, cooked and canned in America, Bush's Recipe Beans add plant-based protein and fiber to any dish, making it easy to achieve new year's goals while bringing flavorful meals with high-quality ingredients to the table.

For a warm, colorful way to start your morning without spending extra time in the kitchen, consider this Sweet Potato Breakfast Bowl, which satisfies both eyes and stomachs through a combination of black beans, eggs and sautéed vegetables. Or put a Mediterranean twist on lunch and dinner with this Greek Dense Bean Salad, a bright, fresh dish that includes chick peas and cannellini beans.

Visit [bushbeans.com](http://bushbeans.com) for more meal ideas that help you cook more, spend less and gather with loved ones.

## Greek Dense Bean Salad

Prep time: 15 minutes

Servings: 6-8

### Dressing:

1/4 cup extra-virgin olive oil  
2 tablespoons red wine vinegar  
1 tablespoon lemon juice  
1 teaspoon Dijon mustard  
1 garlic clove, minced  
1 teaspoon dried oregano  
salt, to taste  
pepper, to taste

### Tzatziki Sauce:

1/2 cup plain yogurt  
1/4 cucumber, grated, excess water drained  
2 teaspoons lemon juice  
2 teaspoons extra-virgin olive oil  
1/2 teaspoon garlic, minced  
2 teaspoons fresh dill, chopped  
salt, to taste  
pepper, to taste

### Salad:

1 can (16 ounces) Bush's Chick Peas, drained and rinsed  
1 can (15 1/2 ounces) Bush's Cannellini Beans, drained and rinsed  
1 cup cherry tomatoes, halved  
1/2 cup red onion, diced  
1 cucumber, seeded and diced  
1/2 cup Kalamata olives, pitted and halved  
1/2 cup feta cheese, crumbled  
1/4 cup fresh parsley, chopped  
Greek dressing (directions below)  
1 cup tzatziki sauce (directions below)  
chicken skewers (optional), for serving

To make dressing: In food processor or blender, blend olive oil; red wine vinegar; lemon juice; Dijon mustard; garlic; oregano; and salt and pepper, to taste, until well combined. Set aside.

To make tzatziki sauce: In bowl, stir yogurt; cucumber; lemon juice; olive oil; garlic; dill; and salt and pepper, to taste, until well combined. Set aside.

To make salad: In large bowl, combine chick peas, cannellini beans, cherry tomatoes, red onion, cucumber, olives, feta cheese and parsley; toss with dressing.

Top with tzatziki sauce and serve with chicken skewers, if desired.

Chef's tip: Store leftover tzatziki sauce separate from salad.

*Family Features | #17760 | Source: Bush's Beans*



# Thinking of *Selling?*

## Start the Year Right: Strategic Steps for a Smoother Sale

*Provided by Disaster Blaster*

As the new year unfolds, it's a natural time to reflect and set intentions—even for your real estate journey. If selling your home is on your 2026 horizon, winter offers a valuable window to begin preparations with intention and clarity. Dedicating this time to thoughtful groundwork will empower your decisions and help streamline the process, ensuring your home stands out when it's time to sell.

**Here's how to get started with focus and purpose.**

### Interview Realtors

The new year is the ideal time to reach out to prospective real estate agents. The

market is typically quieter, so real estate agents often have more time to discuss your goals, answer questions, and provide in-depth evaluations of your property. This early engagement lets you carefully compare professionals, understand their strategies, and select someone who truly

aligns with your needs.

Starting your real estate agent search now means you won't be rushed later. With the right agent in your corner from the beginning, you'll benefit from expert guidance on pricing, timing, and preparation—making every next step more effective and giving your sale a distinct advantage.

### Make a List of Home Projects That Maximize Sale Potential

The new year's fresh start is perfect for walking through your home with fresh eyes. Assess each room and jot down projects—big or small—that could add value or appeal to buyers. With fewer social commitments, you'll have quiet time to note cosmetic fixes, curb appeal enhancements, or functional upgrades that could boost your property's desirability. Your real estate agent will be more than happy to make some suggestions as well!

Compiling this list early helps you focus your attention and resources where they'll matter most. It also allows you to gather quotes, plan budgets, and avoid last-minute scrambling, making your home shine when it goes on the market.

### Prioritize Projects and Slowly Check Them Off the List

A long improvement list can feel overwhelming, but the new year is the perfect opportunity to prioritize. Evaluate which projects offer the best return on investment or are most urgent, then develop a realistic timeline to tackle them, one step at a time. The slower pace of winter makes it easier to focus on manageable tasks without outside distractions.

Tackling projects methodically means you'll stay motivated and minimize stress as the year progresses. Working through your checklist gradually ensures your home is in top condition and ready for showing, helping you attract buyers more easily when the selling season arrives.

### Make a List of Must-Have Features in Your Next Home

While you're preparing to sell, it's equally important to think ahead. The new year is an excellent time for thoughtful self-reflection—consider what features, amenities, or locations you want in your next home. Whether it's a bigger kitchen, a shorter commute, or outdoor space, making this list now gives you a clear vision for your future move.

Clarifying your priorities early helps your real estate agent understand your needs, making the buying process more focused and efficient. It also keeps you energized and motivated during the selling process, reminding you of the exciting possibilities ahead.

### Consider Your Timeline and Goals

The new year is naturally a time for planning, making it the perfect moment to outline your selling and moving timeline. Think about when you hope to list, how long you'll need for preparations, and any milestones you want to reach along the way. Consider your broader goals, too: Are you relocating for work, downsizing, or seeking a new lifestyle?

Mapping out your timeline and goals gives you a strategic advantage and sets expectations for the months ahead. With a clear plan, you'll be able to pace yourself, reduce last-minute stress, and ensure every decision supports your ultimate vision for a successful sale and new beginning.

By embracing these new year strategies, you'll launch your 2026 selling journey with clarity and momentum. Thoughtful preparation now means less stress, better results, and a smoother transition to your next chapter.

#### ***About Disaster Blaster***

*Disaster Blaster is an indoor environmental firm serving the Northeastern PA Area. We have been providing our local area with unparalleled mold remediation, water damage mitigation, basement waterproofing, basement waterproofing, asbestos abatement, radon mitigation, and fire / smoke restoration services for decades, and are proud to have been named The World's Greatest Indoor Environmental Firm. For more about Disaster Blaster, as well as more helpful tips, please visit our website at: [www.disasterblaster.com](http://www.disasterblaster.com) or call our office at (570) 963-1123.*



living green

# ***Cold Days, Open Water:***

## Why Winter Birding Begins at the Streambank

By Madelyn Garcia, Watershed Specialist at Pike County Conservation District

---

**When most people think of winter in Northeastern Pennsylvania, they picture quiet forests, frozen mornings, and still, sleepy landscapes. But if you spend a little time near one of our many streams, lakes, or wetlands, you will find that winter is one of the most alive seasons of all, especially for birds.**

I only started birding recently, but it has quickly become one of my favorite ways to get outside. This past summer, I spent countless hours along the Delaware River and throughout the Delaware Water Gap National Recreation Area learning to spot kingfishers, the many (many) warblers, great blue herons, and bald eagles. I am still getting used to slowing down, listening for small clues, and noticing the flashes of movement around me. It has become a grounding part of my everyday life, and I love seeing more people my age discovering it too! Since the pandemic, a lot of younger people have turned to the outdoors for peace and purpose. Many of us are feeling the weight of climate anxiety, and birding offers a simple way to reconnect with nature and remind ourselves why protecting it matters.



Winter birding, especially near water, makes that connection impossible to ignore. Streams are lifelines for birds in cold weather. When lakes and ponds freeze, flowing water often stays open, giving birds a critical source of liquid water for drinking and bathing. Riparian areas also shelter insects and other small creatures that become an important food source when resources are scarce. Healthy, free-flowing streams support bird diversity in a way that feeders never could. Protecting them through smart salt use, strong riparian buffers, and clean water practices helps ensure that overwintering birds have what they need to survive.

One of the best parts of birding is how accessible it is. Free tools like Merlin Bird ID, eBird, and iNaturalist can help you identify what you see and contribute to real community science. All you need is a warm jacket, your phone, and a little curiosity. Even a quiet walk along a creek can reveal how much life is still moving through Pike County in the cold season.

 *Madelyn Garcia (mgarcia@pikepa.org) is the Watershed Specialist at Pike County Conservation District, a local resource that provides education and technical assistance on the importance of our community's natural resources.*

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# A VISITATION, AGAIN

By The Reverend Mrs. Silence DoGood

Dear Editor,

We celebrated the dedication of our new church on the Sunday following Thanksgiving. Our congregation was delighted to leave our temporary dwelling at the Unity Grange Hall and come to our new church comprised of a glass chapel connected to a round house. We built the new church after our former one burned to the ground.

The church sits on a hill and overlooks the bucolic pastures, ponds, small valley, and herds of cows grazing on our hills in Halo, PA. In the glass chapel we become the environment because we see it all and feel it. However, some members of our congregation wanted a more meditative church. So, we also built a connecting American-style-Indian round house at the suggestion of my best friend Alice Bright Light who is a full-blooded Chippewa Indian from a reservation in North Dakota.

The round house has no windows except for one in the center of the arched roof which originally functioned to allow the smoke from the fire below to escape. Because the pews in the glass chapel are stationary, all our social functions, including our coffee hours, will be held in the round house. A fully equipped kitchen is attached to accommodate social functions.

We began our service with an excerpt from my husband's oratorio, "Eden." Willie is a graduate of Bellingshire University in Sussex, England with a Ph.D. in music and is a highly respected composer in addition to being our choir master and organist. The excerpt was from Robert Herrick's poem, "A Thanksgiving to God, For His House". The choir sang Willie's music to perfection.

In our coffee hour after the service in the round house, we were delighted to hear Thundering Bear, which is a four-person drumming group which performed traditional and new music. They were brought to Halo, PA from Alice Bright Light's reservation in North Dakota by a grant from Margaret A. Cargill Philanthropies.

My sermon focused on the joy of creating a personality based on gratitude. We give thanks in a formal holiday every year on Thanksgiving, but our joy of life can be increased by celebrating our life year-round. There are studies which show that happiness is easier to achieve when we are grateful.

As I finished my sermon, I looked through the glass doors at the back of the chapel and saw a chauffeur-driven black limousine pull up close to the church. Two young people dressed in black stepped out. The handsome young man wore a suit, shirt and tie all in black. The beautiful young woman wore a black-double-breasted-business suit. I walked to the back of the chapel to greet them.

"This is the third time we have been here. Many decades ago, we came to your father-in-law's first sermon that he gave in his refurbished school bus. That's how he started this church. We told him we appreciated that his preaching was unique in only praising God's love and nothing else. We know that the Reverend Silas Patriot DoGood then named his church The First Church of God's Love.

The second time we were here was to bring the deceased Reverend Silas Patriot DoGood home because Alice Bright Light knew how to summon and bring him here from beyond but didn't know how to return him. We did.

Today we are here to congratulate you on your ministry. Your faith doesn't include sin but only caring, kindness, love and wisdom. This is the same message we celebrated in the school bus."

The couple then turned, left the chapel, got into their limousine and drove away.

I quickly went to my husband Willie who was standing nearby and asked him what he thought of the young strangers. "I didn't see any young couple or black limousine."

I then asked several members of my congregation who were standing close to the rear of the chapel if they saw the couple. No one did. It was like we know the sun rises every day, but we don't talk about it.

Amen.



**The Reverend Mrs. Silence DoGood**

Senior Pastor

Executive Director

President

Chairman

Choir Master (part-time)

**The First Church of God's Love**

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# POCONO secrets

UKULELE at the Senior Center

## UN-PLUCK- GETTABLE

**Fret Over Nothing with a Little String Therapy**

By LA Guzda

**If you think the senior center is all folding chairs, hushed card games, and early lunches, consider this your cheerful wake-up call. In the Pocono Mountains, something unexpectedly musical is happening—and it's strumming its way straight into people's hearts.**

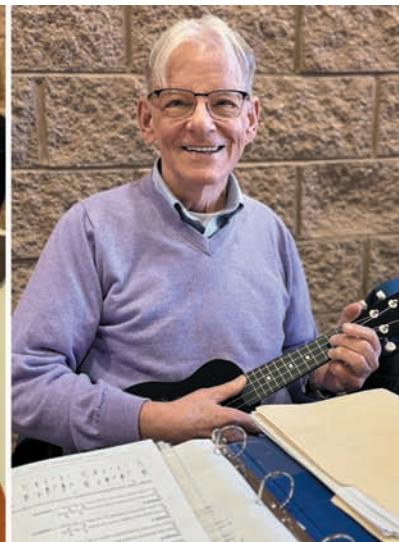
*Follow us on Instagram @PoconoSecrets and on Facebook @PocoPike. Visit [www.LAGuzda.com](http://www.LAGuzda.com) or [www.PoconoSecrets.com](http://www.PoconoSecrets.com)*

At several area senior centers, learning doesn't slow down with age. It finds a groove.

Enter the ukulele: four strings, easy to hold, and nearly impossible not to smile while playing. It's the perfect instrument for beginners and lifelong learners alike. Walk into a class and you'll hear laughter before you hear music—followed closely by both. Fingers fumble. Chords buzz. Then suddenly... a song! The room lights up as participants realize, "Wait—I'm actually doing this."

A big part of that magic comes from the instructor, Todd Newman. Talented, warm, and genuinely friendly, Todd has a gift that goes far beyond musical ability. He knows how to make people feel comfortable trying something new—no small feat at any age. His teach-





ing style is patient, encouraging, and infused with humor. Mistakes aren't missteps; they're just part of the fun.

Todd meets students exactly where they are, whether they've played music before or are picking up an instrument for the very first time. He breaks things down, celebrates progress (no matter how small), and creates an atmosphere where learning feels joyful instead of intimidating. Under his guidance, confidence grows as naturally as the music.

But this class isn't about becoming a professional musician. It's about curiosity, connection, and keeping the brain—and spirit—engaged. It's about proving that learning something new is one of life's great pleasures.

The ukulele class also shines a spotlight on what senior centers truly are: vibrant community hubs. Places to meet friends, share stories, laugh loudly, and continue growing. I chose the Blooming Grove senior center because they offered a beginner and continuing class. These folks are committed and often play for others. This center hums with energy, creativity, and just a touch of delightful rebellion.

Because there's something wonderfully bold about picking up an instrument later in life. It says, I'm still curious and I'm still learning.

In Blooming Grove, the proof is simple: four strings, a great teacher, and endless smiles—no age limit required.

## What some of the students have to say:

*(Names included where possible)*

"My favorite part of the class is the openness and friendliness of our handsome teacher, Todd, as well as the members of the group. We all have established wonderful and meaningful relationships / connections with each other. It is emotionally uplifting." -Eida Lee-Chong

"A feel good couple of hours that can't help but lift the spirit. Such a lively and enthusiastic group! It takes you away from your problems and worries – a positive note to the day. Just wonderful therapy!" -Sally Hendee

"Professor Todd is very patient and kind. He always pays attention to our needs. We have a great group and I enjoy being a student with them. It's great to learn new things with new friends." -Martha Buzis

"I was looking to start playing my ukulele again. This is a great program. It's a lot of fun and Todd is a great teacher." -Bill Maisonet

"I came to the center to have lunch with a friend and heard the ukulele players. I loved it and joined. It has brought me a lot of happiness to learn an instrument and play with all the people. Todd is a great teacher. I am happy to be part of this class." -Phylis Jordan

"Todd is so easy going and enthusiastic. People should know how much fun these classes are, even for a beginner. I first started coming to the center for lunch. The ukulele lessons were the same time as my veterans meetings. I decided to try the class and was surprised how enjoyable and addictive it is. It's the happiest and the best part of my week." -Bob Lewis



THE AREA'S **GOOD STUFF**  
**JAN/FEB '26**

Ongoing Events

**TUESDAYS**

**Needlers Group**

1-3 p.m. Newfoundland Area Public Library, Newfoundland. Love to knit, crochet, or quilt? People of all experience levels welcomed to meet and work on projects together. Info: 570-676-4518 or [napl@waynelibraries.org](mailto:napl@waynelibraries.org).

**WEDNESDAYS**

**Stitch and Sip: Yarn Over the Falls**

**Weekly Crafty Hangout**

6-8 p.m. Hawley Silk Mill, Hawley. Meet in the lobby of the Hawley Silk Mill in a relaxed, no-stress meet-up perfect for knitters, crocheters and fiber lovers of all kinds. Whether you're a beginner or have been crafting for years, everyone's welcome. BYOB. Info: 570-226-1337 or [info@cococoncoffeehouse.com](mailto:info@cococoncoffeehouse.com) or [hawleysilkmill.com](http://hawleysilkmill.com).

**FRIDAYS**

**Hawley Farmers' Market**

2-5 p.m. The Hawley Hub, Hawley. Through mid-May. Delicious fresh & local produce and more. All types of PA Preferred fresh & local produce in season. Rain or shine. Info: 570-226-1644 or [hawleyfarmersmarket@gmail.com](mailto:hawleyfarmersmarket@gmail.com).

**FRIDAYS**

**Fireside Live**

6-9 p.m. The Dock on Wallenpaupack, Hawley. Live music in the Pub. Info: 570-226-4388 or [info@silverbirchesresortpa.com](mailto:info@silverbirchesresortpa.com).

**SATURDAYS**

**Main Street Farmers Market**

11 a.m.-1 p.m. The Cooperage, Honesdale. Through Apr. 25, 2026. Features local farmers with fresh produce, meats, and eggs, along with producers of local honey, baked goods, and a wide variety of unique regional items. Purchase a meal or snack at the Red Door Cafe, prepared by local caterer The Mustard Seed Cafe. Seating available. Info: [ally@thecooperageproject.org](mailto:ally@thecooperageproject.org) or 570-253-2020 ext 6.

January 24-31

**JAN. 24**

**Microgreens: It's Cold Out, Little Mitten!**

10-11 a.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. For families with children ages 2-4. Warm up with a mitten craft, story and sing-a-long. Enjoy a book, playful movement, sensory and hands-on activities, and a healthy snack. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**JAN. 24**

**Trivia**

7-9 p.m. The Cooperage, Honesdale. Ages 18+ admitted to play. Bring your brainpower and smartypants friends. A spectacular night hosted by Luke Green, featuring different style rounds and special prizes. Register your team. BYOB. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**JAN. 29**

**Book Club**

3-4 p.m. Newfoundland Area Public Library, Newfoundland. Have some good reads, lots of laughs, and great company. Read a variety of books; as long as it's discussion-worthy, they might read it. Meets once a month on the last Thur., unless otherwise noted. Info: 570-676-4518 or [napl@waynelibraries.org](mailto:napl@waynelibraries.org).

**JAN. 30**

**Teen Art Lounge**

6-8 p.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. Grades 6-12. Collaborate with local artists while hanging out with friends. Pre-registration required. Info: [jessica@thecooperageproject.org](mailto:jessica@thecooperageproject.org) or 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

**JAN. 30**

**Comedy Night at the Brewery**

8-10 p.m. Wallenpaupack Brewing Company, Hawley. Next Stop Comedy show features a novel line-up with acts seen on TV and heard on your favorite podcasts. Show contains adult content. Info: 570-390-7933 or [content@wallenpaupackbrewingco.com](mailto:content@wallenpaupackbrewingco.com).

### JAN. 31

#### Ecozone Discovery Room!

1:30-3:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. Climb into a bald eagle's nest, beaver lodge, bat cave, and more. Enjoy hands-on exhibits on natural history, sustainability and the local environment. No registration required.

Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### JAN. 31

#### Full Moon Hike

6-7:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. A short hike in the light of the Snow Moon. Learn about the moon and its phases. Call or register online.

Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### JAN. 31-FEB. 1

#### Wally Ice Fest

Kresswood Lake, Newfoundland. Celebrates the best of winter fun in the Pocono Mtns. Bonfires blaze to warm spectators as they take a break from watching hockey games or participating in ice activities. Action-packed weekend of live entertainment, axe throwing, skating, and more. Schedule of events and to register a team:

[WallyIceFest.com](http://WallyIceFest.com).

Info: [info@wallyicefest.com](mailto:info@wallyicefest.com).

February 1-28

### FEB. 1

#### Acrylic Pour

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Cindy Davis. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 1

#### Groundhog Day: Fact & Fiction

1:30-3:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. Discover the truth behind this quirky tradition and explore how animals really predict the seasons. Call or register online.

Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 3

#### Acoustic Bluegrass Jam

7-9 p.m. The Cooperage, Honesdale. All levels of players are welcome. All instruments are welcome too. Just leave the amps at home. Come and support the performers. Free. Info: 570-253-2020 or [thecooperageproject.org](mailto:thecooperageproject.org).

### FEB. 6

#### Sound Bath

6:30-7:30 p.m. The Cooperage, Honesdale. Embark on an immersive journey of relaxation and rejuvenation led by certified sound therapist Kailin of Earth. Hour-long supine meditation weaves together therapeutic sound instruments and vocals, including Tibetan singing bowls and other ancient tools, to guide the body into deep, restorative relaxation. Bring a mat, blanket and pillow for added comfort.

Info: 570-253-2020 or [thecooperageproject.org](mailto:thecooperageproject.org).

### FEB. 7

#### Frozen Waterfalls

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Explore local waterfalls transformed by winter weather with PEEC's staff. Call or register online. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 7

#### Wintertime Newfoundland Farmers' & Artisans' Market

11 a.m.-1:30 p.m. Newfoundland Public Library, Newfoundland. Homegrown & homemade goodness, fresh produce, home baked goods, and beautiful handmade items. Shop local and help the best little library in the area. Snowdate, Feb. 14. Info: 570-470-9631.

### FEB. 7

#### Teen Open Mic + Karaoke

7-9 p.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. For grades 9-12. High school students are invited to drop in. Bring your instruments or top karaoke picks, slam poetry, original short acts, or any other performance pieces, or just come hang out, eat snacks, and cheer on the performers. Snacks, games, couches, mics. Free. No registration needed.

Info: 570-253-2020 or [thecooperageproject.org](mailto:thecooperageproject.org).

### FEB. 7, 14

#### Eagle Watch Bus Tour

10 a.m.-3 p.m. Zane Grey Museum, Lackawaxen. Join the Delaware Highlands Conservancy and take a scenic drive on a heated bus throughout the Upper Delaware River region, with stops at eagle observation areas, while you look for and learn about eagles and their habitat. Advance reservations required. Info: 570-226-3164 or [rachel@delawarehighlands.org](mailto:rachel@delawarehighlands.org).

### FEB. 11

#### Adulting With Money: The Basics You Actually Need

6-7:30 p.m. The Cooperage, Honesdale. Community personal finance workshop breaks down the basics you actually need to start building real financial momentum. Learn how to "find" more money in your everyday life, make smarter moves with what you have, and put your money to work for you. Less guesswork, more strategy. Work harder and smarter – and start setting yourself up for long-term financial success. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 12

#### Senior Gathering

1:30-3:30 p.m. The Cooperage, Honesdale. Welcoming afternoons designed to bring older adults (60+) together in a warm and friendly setting. Local Crossfit owner Chris Novoa guides you through simple, safe strength exercises. Light refreshments and engaging conversation. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 13-16

#### Presidents' Day Family Camp Weekend

Pocono Environmental Education Center, Dingmans Ferry. Discover the magic of winter at PEEC with outdoor adventures, hands-on activities, cozy lodging, and warm meals. Fun for the whole family. Includes three nights of lodging and meals from Fri. dinner through Mon. lunch. Commuter and day rates available. Call or register online. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 14

#### Romping Radishes: Winter Olympics Edition!

10-11 a.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. Participate in the local version of the Olympics. Cure cabin fever and get moving with a fun and engaging event. Hands-on healthy living class for children K-2nd grade and their caregivers. Gather for crafting, games, and fun. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 14

#### Valentine's Day Dinner

4:30-9 p.m. Glass-wine.bar.kitchen, Hawley. Delight in a romantic 5-course Parisian Brasserie-style meal by the falls. Live music by Ben Yates from 6-9 p.m. This is the only menu available for the night and served family style. Info: 570-226-1337 or [info@ledgeshotel.com](mailto:info@ledgeshotel.com).

### FEB. 14

#### Valentine's Day Dinner

4:30-9 p.m. The Settlers Inn Restaurant, Hawley. Get immersed in the flavors of Spain with a romantic 4-course Valentine's Day dinner and live music by Dan Bradley. Reservations recommended: 570-226-2993. Info: [desk@thesettlersinn.com](mailto:desk@thesettlersinn.com).

### FEB. 19-21

#### Indoor Sidewalk Sales

10 a.m.-5 p.m. Downtown Honesdale. Find winter specials inside participating shops throughout town. All shopping and promotions take place indoors all weekend, with participating businesses and specific sales to be announced on social media. Enjoy a cozy winter shopping weekend. Info: 570-253-5492 or [events@visithonesdalepa.com](mailto:events@visithonesdalepa.com).

### FEB. 20

#### Teen Art Lounge

6-8 p.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. Grades 6-12. Collaborate with local artists while hanging out with friends. Multimedia Creation with Debby Pollak. Pre-registration required. Info: [jessica@thecooperageproject.org](mailto:jessica@thecooperageproject.org) or 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 21

#### Winter Medicinal Teas

10 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Explore the power of plants with The Botanical Hiker, Heather Houskeeper. Learn what wild ingredients make for the best teas, how to identify those plants, and what their health benefits are. Call or register online. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 21

#### Pastels

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 21

#### Family Jam

11 a.m.-Noon. Stoneworks Youth Center (behind The Cooperage), Honesdale. For young musicians of all ages and their musical adults. Join in a drop-in music circle, then head next door to The Cooperage to visit the Farmers' Market and pick up some fresh local products, enjoy a hot lunch from Mustard Seed, and hang out with the com-

munity. Free. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 21

#### Watercolor Painting

12:30-2 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 21

#### Wilderness Skills

1:30-3:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. Embrace the cold and overcome the adversity of winter by learning skills to build a shelter, start a fire, and more. Call or register online. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 21

#### Acrylic Painting

2:30-4 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 22

#### Alcohol Ink Tiles

10:30 a.m.-Noon. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required.

Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 22

#### Alcohol Ink Landscapes

12:30-2 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 22

#### Winter Animal Adaptations

1:30-3:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. Learn how animals adapt to overcome the adversity of winter. Call or register online.

Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 22

#### Abstract Alcohol Ink

2:30-4 p.m. Art Factory of White Mills, White Mills. Workshop with artist Rosellyn Grohol. All materials included. Pre-registration required. Info: 570-251-1181 or [info@theartfactoryofwhitemills.com](mailto:info@theartfactoryofwhitemills.com).

### FEB. 26

#### Senior Gathering

1:30-3:30 p.m. The Cooperage, Honesdale. Welcoming afternoons designed to bring older adults (60+) together in a warm and friendly setting. Light refreshments and engaging conversation. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 26

#### Book Club

3-4 p.m. Newfoundland Area Public Library, Newfoundland. Have some good reads, lots of laughs, and great company. Read a variety of books; as long as it's discussion-worthy, they might read it. Meets once a month on the last Thur., unless otherwise noted. Info: 570-676-4518 or [napl@waynelibraries.org](mailto:napl@waynelibraries.org).

### FEB. 27

#### Comedy Night at the Brewery

8-10 p.m. Wallenpaupack Brewing Company, Hawley. Next Stop Comedy show features a novel line-up with acts seen on TV and heard on your favorite podcasts. Show contains adult content. Info: 570-390-7933 or [content@wallenpaupackbrewingco.com](mailto:content@wallenpaupackbrewingco.com).

### FEB. 28

#### Sugar Shack Scramble

9 a.m.-Noon. Pocono Environmental Education Center, Dingmans Ferry. Join PEEC's staff on a sweet hike to the Two Saps Sugar Shack where you'll learn how to turn sap into maple syrup. The adventure ends with a fresh, hot pancake breakfast. 9, 9:30, 10 a.m. start times. Call or register online. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

### FEB. 28

#### Romping Radishes

10-11 a.m. Stoneworks Youth Center (behind The Cooperage), Honesdale. Walking in a Winter Wonderland: Paper Snow Globe. Hands-on healthy living class for children K-2nd grade and their caregivers. Gather for crafting, games, and fun. Info: 570-253-2020 or [thecooperageproject.org](http://thecooperageproject.org).

### FEB. 28

#### Ecozone Discovery Room!

1:30-3:30 p.m. Pocono Environmental Education Center, Dingmans Ferry. Climb into a bald eagle's nest, beaver lodge, bat cave, and more. Enjoy hands-on exhibits on natural history, sustainability and the local environment. No registration required. Info: 570-828-2319 or [peec@peec.org](mailto:peec@peec.org).

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