

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Sacred and Ceremonial Stone Sites of the Shawangunk Mountains, 9:00pm	2 Bringing Back the Legend: Cougar Recovery in Eastern North America, 9:00pm	3 “Music on the Mind” with Tara O’Grady & the Black Velvet Band, 9:00pm Mindfulness in Minutes – Part 1, 9:00pm	4 Mindful Mixology: Let Your Senses Guide You!, 5:00pm Live Music with Soul Purpose, 9:00pm
5 Mindfulness in Minutes – Part 2, 11:00am The Great Covered Bridges of the United States and China, 9:00pm	6 Bootstraps: Documentary Film Screening/ Q&A, 9:00pm	7 Let’s Visit an Art Museum: Mary Magdalene Basilica, 9:00pm	8 Storytelling with Storyteller Laureate Karen Pillsworth, 9:00pm	9 Washington’s Secret Six – Culper Spy Ring with Bob Ulrich, 9:00pm	10 Showmance: For the Love of Theater, 9:00pm	11 Live Music: The Classics, 9:00pm
12 Iceland: The Land of Fire and Ice with Fulbright Fellow Alexandra Yingst, 9:00pm	13 Live Music: Rhett Miller, 9:00pm	14 Live Music: Summerhouse: An Evening of Love, 9:00pm	15 Live Music: Willa Vincitore and Co., 9:00pm	16 Live Music: Swing Vipers, 9:00pm	17 Live Music: Lara Hope and the Ark-Tones, 9:00pm	18 Live Music: Dylan Doyle Band, 9:00pm
19 Bubblemania! with Casey Carle, 8:30pm	20 Live Music: After Five Jazz Combo, 9:00pm	21 Magician Tom Pesce, 8:30pm	22 Live Music: What? the Band, 9:00pm	23 Hilby: The Skinny German Juggle Boy, 8:30pm	24 Live Music and Dance with Eric Hollman Fiddle Band, 9:00pm	25 Live Music: Heard, 9:00pm
26 The Catskills with Stephen Silverman, 9:00pm	27 Storytelling with Storyteller Laureate Karen Pillsworth, 9:00pm	28 Let’s Visit an Art Museum: Picasso Museum in Antibes, France, 9:00pm				

Parlor Show

Campfires

Band/Live Music

Theme Program

Lecture

Special Event

DATE	TIME	ENTERTAINMENT	DESCRIPTION
02/01/2023	9:00PM	Sacred and Ceremonial Stone Sites of the Shawangunk Mountains	Join David Johnson as he discusses the features associated with ceremonial stone landscapes that were constructed throughout the Shawangunk Mountains for thousands of years. Discover the stone features in the Shawangunk Mountains and find out how those found throughout North America, are very similar to ones found in Peru and Chile in South America.
02/02/2023	9:00PM	Bringing Back the Legend: Cougar Recovery in Eastern North America	Please join President of the Cougar Rewilding Foundation Chris Spatz for an insightful look at cougar recovery in Eastern North America. The Cougar Rewilding Foundation is a nonprofit organization whose mission is to rehabilitate the wild habitat and promote harmony between cougar and human populations.
02/03/2023	9:00PM	Music on the Mind with Tara O’Grady & the Black Velvet Band	Tara O’Grady is a singer and songwriter of jazz, blues and folk music. She has put together a set of mindful music related to thoughts, dreams, and different states of mind. Jazz music’s effects on the brain are vast. Studies have shown that listening to music releases chemicals in the brain that regulate mood. Let Tara and her band take you on a melodious journey through the mind with songs from Billie Holiday, Nina Simone, and the Celtic songstress herself.
	9:00PM	Mindfulness in Minutes – Part 1	When meditation is seen as something you have to do “outside” of real life – find the perfect setting, be surrounded by silence, and spend a required amount of time on a daily practice – the desire to pursue this can be overtaken by the reality of daily life. In the midst of hectic days, you may be on the road or on the run, caught up in meetings, busy with family, and dealing with... whatever! But these are exactly the moments when we can most use the benefits of mindfulness. Nina offers an approach that makes mindfulness accessible to real people in real life when they really need it. In this session, Nina will guide you through some simple techniques to help your brain form a new habit – what if you could learn to watch the mind, instead of going with its storyline? Rather than reacting and regretting, what if you could learn to respond more skillfully at the moment? Learn more about how to bring it into your life! For more information, please visit: https://www.mohonk.com/events/mindfulness-wellness/mindfulness-in-minutes/winter/
02/04/2023	5:00PM	Mindful Mixology: Let Your Senses Guide You!*	Adding mindfulness to mixology, we invite you to fully experience the senses as you co-create some cocktails with us! Learn how using herbal flavors in simple syrup and/ or adding a touch of fruit will change the profile of a drink as you create your own cocktail, noting as subtle shifts in taste develop along the way. Join Nina and her co-host Natasha Stanton, Mohonk Mixologist, to explore your personal palate as you play with some classic cocktails – mindfully, of course! For more information, please visit: https://www.mohonk.com/events/mindfulness-wellness/mindfulness-in-minutes/winter/

			*Note: Pre-registration is required with a \$40 per person program fee for admittance to the tasting. Space is limited. Participants must be age 21 or over to attend.
	9:00PM	Live Music: Soul Purpose	Based in New York’s Hudson Valley, Soul Purpose is a seven-piece band fueled by a shared love of Soul, New Orleans Funk, Swing, and R&B. Lead by saxophonist Dr. Lori Morris, tonight will be an evening delivering visceral rhythm, boisterous energy, and joy to lift your heart.
02/05/2023	11:00AM	Mindfulness in Minutes – Part 2	Building on our first Mindfulness in Minutes session, Part 2 with Nina will bring an opportunity to learn how to use these skills in the nitty-gritty moments of your life. For example, insomnia – is anyone In Search of A Good Night’s Sleep? Minds can be very active – especially at three in the morning. Learn how to use mindfulness to set the stage for sleep. What about Relationships That Really Work? Throughout the day, we’re constantly interacting with other people—family, friends, colleagues... Discover how a mindful approach to relationships can lead to more skillful interactions at home and at work. Instead of thinking “I wish I hadn’t said that” learn to change “that” behavior. And Nina will also focus on your most important relationship – with yourself. There will be time to talk about Never Diet Again – a mindful take on weight loss and wellness... And we’ll look at suggestions on relating to pain as a “habit” and explore a different way of working with it. You’ll leave this session with an understanding of mindfulness that empowers you to bring it into your life and use it to enhance well-being, one moment at a time! For more information, please visit: https://www.mohonk.com/events/mindfulness-wellness/mindfulness-in-minutes/winter/
	9:00PM	The Great Covered Bridges of the United States and China	Join professor and author Ronald G. Knapp as he tells the fascinating story of these bridges, how they were built, the technological breakthroughs required to construct them, and above all the dedication and skill of their builders. Each wooden bridge, whether still standing or long gone, has a story to tell about the nature of America at the time—not only about its transportation needs, but the availability of materials and the technological prowess of the people who built it.
02/06/2023	9:00PM	Bootstraps: Documentary Film Screening/ Q&A	Mohonk Consultations invites you to a special preview screening of Bootstraps, a forthcoming series that investigates the concept of universal basic income (UBI) and the realities and impacts it would have on everyday America.
02/07/2023	9:00PM	Let’s Visit an Art Museum: Mary Magdalene Basilica	Join Wired Gallery Art Director Sevan Melikyan as he leads a visit to the Mary Magdalene Basilica near Aix-en-Provence. Displays therein include what is believed to be the remains of the saint Mary Magdalene as well as the legend and the muse who has inspired countless artists through the ages, including Rembrandt, El Greco, Caravaggio, Titian, and many more.

02/08/2023	9:00PM	Storytelling with Storyteller Laureate Karen Pillsworth	Come and enjoy the delightful talent of Storyteller Laureate, Karen Pillsworth. She has been enchanting kids and adults alike in the U.S. and Canada with her stories for over 30 years. Based out of Kingston, NY, Karen is a favorite at Mohonk Mountain House and has shared her stories on WAMC National Public Radio, as well as libraries, camps, churches, parks, schools, historic sites and at festivals.
02/09/2023	9:00PM	Washington's Secret Six – Culper Spy Ring with Bob Ulrich	Washington and his troops are outmanned, outgunned, outspent and out supplied. Names, some still unknown to this day, were part of a spy ring that helped save the American cause. As noted by a British officer of the time, we did not outfight the Redcoats, but we did out spy them! Local historian Bob Ulrich will walk us through his picture filled story of how this spy ring operated, and how it succeeded in bringing about the final victory against English oppression.
02/10/2023	9:00PM	Showmance: For the Love of Theater	Written by husband and wife duo Leenya Rideout and Ted Koch, Showmance is a string of songs both original and covers, that are about or from life in the theater. It was months into their now 20 year "Showmance" that began onstage as they rehearsed for a regional production of Guys and Dolls. Seven Broadway shows later (between them) they are still going strong! Ted most recently starring in the Award Winning To Kill a Mockingbird on Broadway and Leenya starring in her own original solo play with her original music entitled Wild Abandon that ran for 5 weeks at Irish Repertory Theatre. Come hear stories of a romance on the boards. For more information, please visit: https://www.mohonk.com/events/romantic-getaway-weekends/couples-romantic-getaway-winter/
02/11/2023	9:00PM	Live Music: The Classics	The Classics are a power trio playing all of your favorite funk, soul, and reggae jams from the 70's until now. All members have an extensive background in jazz which allows them to create unique arrangements and revitalize songs while paying homage to the original artists. Prepare to be inspired by this rhythmically tight and full sounding band.
02/12/2023	9:00PM	Iceland: The Lands of Fire and Ice	Join Fulbright Fellow Alexandra Yingst as she talks about the natural environment in Iceland and the relationship that humans have with it. Learn what it is like to live in the land of fire and ice and how humans are shaping and being shaped by the forces of nature there.
02/13/2023	9:00PM	Live Music: Rhett Miller	Join critically acclaimed singer-songwriter and front man for Texas Rock n' Roll band Old 97's, Rhett Miller, as he takes you on a journey with his favorite love songs. Rhett's set will feature his original tunes, as well as fan favorites. For more information, please visit: https://www.mohonk.com/recreation/romance-week/
02/14/2023	9:00PM	Live Music: Summerhouse: An Evening of Love	Celebrate love this Valentine's Day with an evening of pop, jazz, and classics by artists including Sam Smith, Etta James, Michel Buble, Frank Sinatra, and more. Tonight's show features vocalist

			<p>Brian Silver (Pitch Perfect), pianist Anthony Cecconie, bassist Christian Maletta, and drummer Harrison Letterii. For more information, please visit: https://www.mohonk.com/recreation/romance-week/</p>
02/15/2023	9:00PM	Live Music: Willa Vincitore and Co.	<p>Singer/songwriter Willa Vincitore has been building a fan base across the Hudson Valley for nearly two decades and was inducted into the NY State Blues Hall of Fame in 2018. While her songwriting is an eclectic mix of blues, soul, rock, funk and (occasionally) pop, there's one thing that ties it all together—that voice. For more information, please visit: https://www.mohonk.com/recreation/romance-week/</p>
02/16/2023	9:00PM	Live Music: Swing Vipers	<p>The Swing Vipers infuse the timeless tunes of the early jazz era with a contemporary, gritty style of swing. Tonight they will deliver a musical mix of familiar melodies, surprising harmonies, and hard-edged swing. Come enjoy this fabulous summer show! For more information, please visit: https://www.mohonk.com/recreation/romance-week/</p>
02/17/2023	9:00PM	Live Music: Lara Hope and the Ark-Tones	<p>Lara Hope and the Ark-Tones are the Northeast's premier Roots Rock n' Roll & Rockabilly Twang outfit! They have been hitting the road hard since 2012, spreading their 'pan-americana' sound wherever they go. Enjoy the many areas of early rock and roots music as the Ark-Tones leap on their creative launchpad. For more information, please visit: https://www.mohonk.com/recreation/romance-week/</p>
02/18/2023	9:00PM	Live Music: Dylan Doyle Band	<p>Southern born, Northern raised, Dylan Doyle has been steeped in everything from Bob Dylan, Wes Montgomery and Bill Withers to John Prine, Jimi Hendrix and The Band. From this comes a unique musical interpretation that lies somewhere within the delta of Roots, Rock, Blues, and Jazz, giving him a style that defies classification.</p>
02/19/2023	8:30PM	Bubblemania! with Casey Carle	<p>The beauty, fun and wonder of bubbles, brought to us from the man who has "burst" onto stages all over the world. Casey Carle returns to Mohonk with his amazing one-man show!</p>
02/20/2023	9:00PM	Live Music: After Five Jazz Combo	<p>After Five Jazz Combo, directed by Jason Clinton, is an energetic group of talented musicians that perform throughout the Hudson Valley. Come listen to great Jazz, Swing and even some Rhythm and Blues. This show is the perfect way to celebrate your stay at Mohonk and have some well-deserved fun!</p>
02/21/2023	8:30PM	Magician Tom Pesce	<p>Tom Pesce is bringing magic to the next level of awesome! Combining his unique brand of fast-paced, high-octane magic, Tom has created a visual performance recipe that will leave you talking about him for years to come. Come see for yourself!</p>
02/22/2023	9:00PM	Live Music: What? the Band	<p>What? Is a funk septet hailing out of the Hudson Valley of New York. Drawing influence from the serene landscape of the Catskills that inspired the likes of The Band and Donald Fagan, What? bridges the gap between R&B groove and improvisational jam. What? is known to bring high energy, infectious melodies and soulful grooves with their power-house horn trio each time they grace the stage.</p>

02/23/2023	8:30PM	Hilby: The Skinny German Juggle Boy	Get ready to laugh as juggler, comedian, and unicyclist Michael "Hilby" presents his powerful and spellbinding collage of superb technical skill and wacky comedy in the tradition of vaudeville.
02/24/2023	9:00PM	Live Music and Dance with Eric Hollman Fiddle Band	Join the Eric Hollman Band for a great night of traditional and family-friendly American contra, square and circle dances to a live fiddle band! No experience necessary - Fun for all ages!
02/25/2023	9:00PM	Live Music: Heard	Heard is a collective of musicians that bring their skills and passion for world music, jazz and improvising together to create irresistible grooves set in a unique sonic tapestry. Their Vibrant sound incorporates influences from West Africa, Brazil, The Carribean, and beyond. Heard's debut CD Karibu reached #15 on the WorldJazz charts and 2018's Daring Flyway is similarly garnering much critical acclaim. Come listen, dance, and enjoy!
02/26/2023	9:00PM	The Catskills with Stephen Silverman	Join the founding editor of People.com Stephen Silverman, as he tells of the turning points that made the Catskills so vital to the development of America through his book "The Catskills, Its History, and How it Changed America". Stephen Silverman comes to Mohonk as a twenty-year veteran of Time Inc. and has had his work published in Esquire, Harper's Bazaar, The New York Times, The Times (London), Vogue, and The Washington Post.
02/27/2023	9:00PM	Storytelling with Storyteller Laureate Karen Pillsworth	Come and enjoy the delightful talent of Storyteller Laureate, Karen Pillsworth. She has been enchanting kids and adults alike in the U.S. and Canada with her stories for over 30 years. Based out of Kingston, NY, Karen is a favorite at Mohonk Mountain House and has shared her stories on WAMC National Public Radio, as well as libraries, camps, churches, parks, schools, historic sites and at festivals.
02/28/2023	9:00PM	Let's Visit an Art Museum: Picasso Museum in Antibes, France	Arguably the most famous and influential artist of the 20th century, Pablo Picasso has maintained an unparalleled significance in the history of Modern Art. Join Wired Art Gallery Director Sevan Melikyan as he leads an insightful evening into Picasso's medieval castle studio as well as his 23 paintings and 44 drawings that continue to impact the world of art.