

GOSHEN LIVING

Meet Diana Diaz & Family...
A Story of Law, Love & Legacy

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BEST VERSION MEDIA

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Fence Road Farm Brewery
The Oasis At Warwick

GOSHEN LIVING

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Have feedback, ideas or submissions?

We are always happy to hear from you! Deadlines for submissions are the 15th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: Mrodriguez@bestversionmedia.com.

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CONTENT DUE:	EDITION DATE:
December 15.....	February
January 15.....	March
February 15.....	April
March 15.....	May
April 15.....	June
May 15.....	July
June 15.....	August
July 15.....	September
August 15.....	October
September 15.....	November
October 15.....	December
November 15.....	January

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Dear Goshen Residents

November is a time of reflection, gratitude, and connection—a season that encourages us to pause and appreciate the beauty in our lives and the stories that shape us.

In this issue, we've thoughtfully curated features that celebrate the spirit of the season. From heartwarming stories of community and togetherness to our Expert Contributor Bill Herlihy, motivating us to make self-care a priority, you'll find inspiration on each page.

Our cover story shines a light on local Diana Diaz and her family, united in purpose—dedicated to offering pro bono legal services and making justice more accessible to all. Their story is a moving example of how service, compassion, and community go hand in hand.

This Veterans Day, I'm especially reminded that gratitude and appreciation for those we love—and who love us in return—should always take the lead. As the daughter of a United States Veteran, I understand firsthand not only the sacrifices made by our service members, but also the quiet strength of the families who stand beside them—through every deployment, homecoming, and beyond. It is this shared spirit of selflessness that we honor and give thanks for.

If cooking is your love language, then this month's recipe is for you. We're thrilled to feature a Thanksgiving dish worthy of Grandma's recipe box, thoughtfully crafted by *Chef James of Graze*. And as we celebrate food and family, we also spotlight the vital work of *Goshen's local Food Pantry*—an organization that reminds us that food insecurity can affect anyone, at any time. Perhaps this season, your calling will be to help another family enjoy a warm, plentiful meal through the simple but powerful act of volunteering.

We're also delighted to introduce an important community pillar to our publication: *The Goshen Public Library*. Their upcoming *Garden of Gratitude* event invites us to embrace mindful moments, and to share in our children's boundless optimism for the future—encouraging their dreams and nurturing hope in our community.

New this month, we introduce our very first *Featured Athlete*, *Ryan FitzPatrick*, who perfectly exemplifies the values of hard work, dedication, and heart. It's one more way we aim to celebrate the voices, values, and vibrant people who make Goshen such a special place to call home.

Thank you for being part of this journey. Your support, enthusiasm, and shared sense of community fuel our passion for creating a magazine that feels like home.

Wishing you a season filled with gratitude, kindness, and inspiration.

Marcia Rodriguez

Publisher



MARCIA RODRIGUEZ
Publisher



JENNIFER ROJAS
Content Coordinator



JESSICA BOWER
Contributing Photographer

EXPERT CONTRIBUTORS

JOIN THE TEAM! To learn more about becoming an expert contributor, contact Marcia at Mrodriguez@bestversionmedia.com or 917-608-1196.



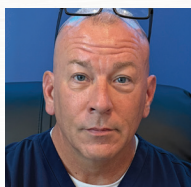
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November

CALENDAR OF EVENTS

TUES., NOV. 4

Asking "What If?"

(Author Talk with Carol Pouliot)

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924
Mysteries hinge on a single question: What if? Join author Carol Pouliot for a behind-the-scenes talk on how that question shapes stories—from concept to publication.

Time: 3-4pm

Cost: Not listed

goshenpubliclibrary.org

TUES., NOV. 4

Planning Board Submission Date

@Village Hall, 276 Main St, Goshen, NY 10924

Deadline for submissions to be considered at the November Planning Board meeting.

Time: All day

Cost: FREE

www.villageofgoshen-ny.gov

WED., NOV. 5

Say It With a Pop-Up!

(Grades K-6)

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924

Create a simple pop-up card to express your thankfulness in this hands-on craft for kids.

Time: 4:30-5:30pm

Cost: Not listed

goshenpubliclibrary.org

MON., NOV. 10

Village Board Meeting

@Village Hall, 276 Main St, Goshen, NY 10924

Regularly scheduled board meeting open to the public.

Time: 7pm

Cost: FREE

www.villageofgoshen-ny.gov

TUES., NOV. 11

Illuminated Words (Adult Craft)

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924

Turn old wine bottles into glowing expression lanterns—easy, creative, and a lot of fun. No experience needed.

Time: 6-7:30pm

Cost: Not listed

goshenpubliclibrary.org

TUES., NOV. 11

Joint Recreation Commission (JRC) Meeting

@Village Hall, 276 Main St, Goshen, NY 10924

Monthly meeting of the Joint Recreation Commission. Residents are welcome to attend.

Time: 7pm

Cost: FREE

www.villageofgoshen-ny.gov

SAT., NOV. 15

Historical Artifacts Exhibition (All Ages)

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924

Discover the hidden treasures of the Local History Room—35 artifacts with photos, documents, and memorabilia, plus chats with Local History staff and volunteers.

Time: 10am-1pm

Cost: Not listed

goshenpubliclibrary.org

TUES., NOV. 18

True Crimes of the Hudson Valley with Jodé Millman

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924

Local author Jodé Millman explores headline-making Hudson Valley crimes and how they inspired her

award-winning "Queen City Crimes" series.

Time: 6-7:30pm

Cost: Not listed

goshenpubliclibrary.org

TUES., NOV. 18

Planning Board Meeting

@Village Hall, 276 Main St, Goshen, NY 10924

Public meeting of the Planning Board to review submissions and community projects.

Time: 7:30pm

Cost: FREE

www.villageofgoshen-ny.gov

FRI., NOV. 21

Garden of Gratitude (All Ages)

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924

A mindful, feel-good day at the library with gentle games, calming stories, cozy crafts, and resource tables available throughout. Please register for Headliner events via the online calendar.

Time: 2-7pm

Cost: Not listed

goshenpubliclibrary.org

SAT., NOV. 22

Marji Zintz in Concert

@Goshen Public Library & Historical Society, 366 Main St, Goshen, NY 10924

A captivating vocalist and guitarist blending folk, jazz sophistication, and heartfelt storytelling.

Time: 2-4pm

Cost: Not listed

goshenpubliclibrary.org

THURS., NOV. 20

Zoning Board of Appeal Meeting

@Village Hall, 276 Main St, Goshen, NY 10924

Regular monthly meeting of the Zoning Board of Appeals.

Time: 7:30pm

Cost: FREE

www.villageofgoshen-ny.gov

MON., NOV. 24

Village Board Meeting

@Village Hall, 276 Main St, Goshen, NY 10924

Regularly scheduled board meeting open to the public.

Time: 7pm

Cost: FREE

www.villageofgoshen-ny.gov

WED., NOV. 26

Goshen Farmers Market (Thanksgiving Bonus Day)

@Orange County Government Center Lawn, 255 Main St, Goshen, NY 10924

Enjoy fresh produce, baked goods, and local specialties at the holiday bonus market on the front lawn.

Time: 10am-2pm

Cost: Not listed

Facebook: Goshen Farmers Market

FRI., NOV. 28

Zoning Board Submission Date

@Village Hall, 276 Main St, Goshen, NY 10924

Deadline for submissions to be considered at the December Zoning Board meeting.

Time: All day

Cost: FREE

www.villageofgoshen-ny.gov

Honoring Our Heroes | Veterans Day - November 11

On November 11, we pause to honor the courage, dedication, and sacrifice of those who have worn the uniform—our very own hometown heroes.

At Goshen Living Magazine, we proudly recognize the veterans of Goshen whose service has protected the freedoms we hold dear. Whether it's a handshake, a heartfelt "thank you," or your presence at a local event, every act of gratitude helps preserve their legacy.

This Veterans Day, let's come together as a community to ensure our heroes feel seen, appreciated, and remembered—today and always.

Diana Diaz & Family:

Building Dreams, Giving Back, and
Finding Their Home in Goshen



When Diana Diaz and her husband, Alberto Cortes Vega, talk about their journey, one thing shines through: family and community are always at the center. Diana has five children, seven grandchildren, two playful doodles, and a bustling law firm. Their life in Goshen is full of love, purpose, and connection.

A FAMILY ROOTED IN LOVE

Diana's family tree is a lively one, stretching across generations and bound together with warmth. Her children—Joseph, Stephanie, Samantha, Sabrina, and Sidney—range from their 40s down to their 20s, while her grandchildren span from infants to young adults. Diana laughs when she admits that birthdays are plentiful in their household, but each milestone is cherished. “There are no step-children or step-grandchildren in our family,” she shares. “They’re all ours.”

Even their two dogs, Finnegan Winslow III and Norman Rockwell, are part of the family's story. With big personalities and bigger hearts, the doodles add joy (and occasional comic relief) to their Goshen home.

FROM INSURANCE TO “I DO”

Their love story began in an unexpected place—an office in the city. Alberto, then an insurance agent, stopped by Diana's office to talk about policies. A friendly conversation turned into coffee, and coffee turned into a life together. They've now been together nearly a decade and married for three years.

One of their fondest memories came at the Beacon Theatre in New York City, when Alberto surprised Diana with a marriage proposal in front of a full audience during an R&B concert. The crowd gave them a standing ovation—a fitting celebration for a love story that's both bold and heartfelt.

EDUCATION, GRIT, AND A CALLING

Diana's path to becoming an attorney was anything but traditional. She went back to school at age 34 and spent 15 years studying, ultimately earning her doctorate from New York Law School. “My youngest daughter once said she couldn't remember a time when I wasn't in school,” Diana recalls. “Her whole childhood, I was studying.”

After two decades working as an executive in Manhattan, Diana took a leap of faith and opened her own firm in Goshen. Today, the

Law Firm of Diana Diaz provides trusted counsel in estate planning and probate, guardianship proceedings, and real estate closings for buyers, sellers, and lenders. Her team handles every detail—drafting wills and trusts, navigating probate and asset disposition, guiding families through guardianships for vulnerable individuals, and coordinating every aspect of real estate transactions from contract to closing.

One of the most meaningful milestones in Diana's career was the day she officially became a lawyer. Alberto recalls, “You know, she was working hard and this was a dream of hers, and I was happy to be there to witness her signing the book and becoming an attorney. It was a huge accomplishment for her and for anybody.” Diana adds, “For me, it was especially significant because I lost my mom recently. When you sign the register as a lawyer, you can bring one person with you, and I brought her. The fact that she got to see me accomplish this dream—it meant everything to me.”

What began with months of uncertainty—“The first three months, the phone didn't ring,” she admits—has grown into a thriving practice with a second office in New City. The growth came through word-of-mouth, relentless perseverance, and the couple's shared belief that success is built one client relationship at a time.

Alberto's own career has been just as bold and unconventional. He served in the U.S. Navy, learning discipline and resilience, before moving into the corporate world. Later, he worked as a reporter for the Commodities Exchange Commission, covering the fast-paced world of finance and regulation. But despite the prestige, he felt called to something different. “My whole economic bracket was literally reduced by 150%,” Alberto admits, “but I didn't care. To me, happiness outweighed everything else.”

That willingness to take risks and reinvent himself has shaped how Alberto supports Di-

ana's career. “I told her, ‘If you want to do this, I'll back you up,’” he says. “We'd both seen too many people spend their lives in the corporate grind only to retire and pass away weeks later. I didn't want that for her.” Together, they began building the firm strategically and tactically, even recruiting Diana's daughters to help. Slowly but surely, their shared vision became a thriving family business grounded in balance, purpose, and faith.

GIVING BACK TO THE COMMUNITY

For Diana and Alberto, the law isn't just a profession—it's a way to serve. The firm hosts Pro Bono Saturdays, ensuring that legal advice is accessible to anyone in need, regardless of ability to pay. “Sometimes people just need guidance,” Diana explains. “We've been paid in empanadas and bread pudding—and that's fine by us.”

Beyond the firm, community service has always been part of their lives. Diana has spent nights volunteering in homeless shelters and organizes a special tradition on her birthday each year: preparing food bags and handing them out to those in need. “When I turned 50, we gave out 50 bags. Now it's become a family tradition,” she says.

For Alberto, dressing up as Santa Claus to surprise the neighborhood children is a memory that still makes the whole family laugh. Their backyard became the stage for a magical holiday moment, complete with Santa dashing through the trees before disappearing—only for “Dad” to reappear moments later.

A LIFE IN GOSHEN

The couple moved to Goshen in 2021, and it was love at first sight—for the home, the fruit trees, and the warm, welcoming spirit of the town.

“Living here feels like a glove that fits,” Alberto shares. “It's a place where you can unwind, connect with your neighbors, and truly feel at home.”

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They've embraced local life with open arms, finding joy in the genuine friendliness that defines Goshen.

"In the city, you can walk into the same store ten times and no one notices," Diana reflects. "Here, people know your name."

HOBBIES, INTERESTS, AND FAMILY TIME

When Diana isn't busy running her law firm or volunteering on Pro Bono Saturdays, she immerses herself in her passions. A lifelong reader, she converted one of the rooms in her home into a personal library and even runs a book club. "We talk about the book for about 20 minutes and then we laugh and have fun" she laughs.

But her greatest joy comes from spending time with her family. "All the free time I have, I spend with my grandkids and my daughters," Diana shares. With children living as far away as Spain and Florida, travel is a big part of their lives. "We go everywhere," she says, embracing every opportunity to stay close despite distance. Whether

it's a quiet afternoon reading or a whirlwind family trip, Diana's life revolves around creating moments with those she loves most.

WORDS TO LIVE BY

When asked what message they'd like to share with neighbors, Diana is quick to say she hopes more people in the community give back, even in small ways. "Sometimes it's as simple as sharing your time or your knowledge. We could all do more for each other."

Alberto adds his own philosophy: "Life is about balance—your belief system, your family, and your work. We live in a country full of opportunity, and when you've been given that, you should always pay it forward."

**Diana and Alberto's story is one of resilience, love, and community spirit—a story that reflects what Goshen Living is all about. Whether serving clients, giving back to neighbors, or cherishing family milestones, they remind us that success isn't measured only by achievements, but by the lives touched along the way.

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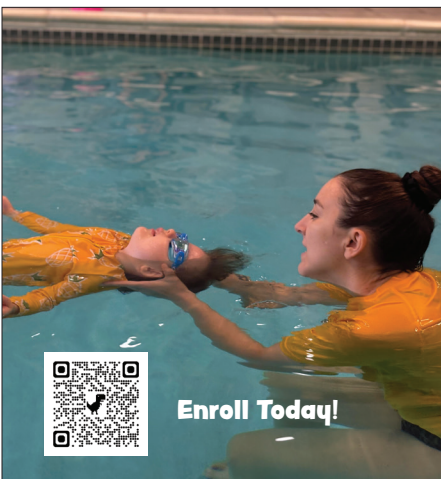
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EXPERT CONTRIBUTOR

BY BILL HERLIHY, OWNER OF ICRYO MIDDLETOWN



This Year, Put Yourself First:

A Wellness Guide to a Stress-Free, Energized Holiday

Every year, as the holidays approach, life seems to move faster. The lists get longer, the expectations get higher, and we push ourselves harder than ever trying to make everything perfect. We cook, clean, travel, host, and take care of everyone else all while telling ourselves we will focus on our own health "after the holidays."

I know this story well because I have lived it. For most of my adult life, I was that person who didn't "have time" to take care of myself. I was also a big gym enthusiast, training hard, lifting heavy, and thinking that exercise alone was enough. But recovery? That was always an afterthought. And for years I got away with it. Then I hit my fifties, and suddenly my body started waking me up with a not-so-subtle reminder: "Hey, stupid remember me?" And I'd laugh to myself and say, "Yeah, I remember you."

That reality check taught me something important. If you don't make time for your wellness, your body eventually forces you to. That lesson is a big part of why I opened iCRYO Middletown. I wanted to create a space where people could take control of their health and recovery in ways that fit real life because I've been on the other side of it. And I want you to know something about how I

run this business: I don't recommend anything I haven't personally done. Every service we offer from cryotherapy and IV drips to ozone and NAD+ therapy is something I actively use myself. I don't speak from a manual. I speak from lived experience.

Here are a few strategies that have changed how I approach the busiest season of the year and they might change the way you experience it too.

START BUILDING YOUR ENERGY BEFORE THE RUSH

Most people wait until they're drained to think about recovery. I take the opposite approach. In the weeks leading up to the holidays, I focus on hydration, nutrition, and micronutrient support. I schedule vitamin IV drips with immune-boosting nutrients like vitamin C, zinc, and glutathione to strengthen my system before the demands ramp up. I also use cryotherapy to boost mood and energy, so I go into the season prepared instead of already running on empty.

MANAGE STRESS BEFORE IT MANAGES YOU

The holidays come with stress there's no getting around it. But how you manage

it makes all the difference. I build short, intentional resets into my days. A quick red light therapy session calms my nervous system, compression therapy helps me decompress after long hours, and cryotherapy keeps my focus sharp and my energy steady. These short breaks keep stress from building up and allow me to stay present and patient.

RECOVER LIKE IT'S PART OF THE PLAN

Hosting, cooking, traveling, and endless activity take a real toll on the body. I treat my recovery as seriously as any other part of the season. Infrared sauna sessions help me detox and relax, while compression therapy keeps circulation strong. When recovery is part of the plan, I have more stamina and enjoy the season far more.

STRENGTHEN AND SUPPORT YOUR IMMUNE SYSTEM

December is prime time for illness. Travel, gatherings, and long days all challenge the immune system. Along with IV drips and glutathione support, one of the most powerful tools I rely on is ozone UV IV therapy. This treatment oxygenates the blood, supports immune health, and improves circulation. I feel the difference in

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my energy, focus, and resilience during the busiest weeks of the year especially when sleep is lacking or travel is unavoidable.

I also incorporate NAD+ IV therapy as part of my seasonal wellness plan. NAD+ is a coenzyme essential to cellular energy and repair. During high-stress, high-demand times like the holidays, NAD+ helps me recover faster, stay mentally sharp, and avoid the crashes that used to be a normal part of this season. It's not just about getting through the holidays it's about supporting my body so I can feel strong well into the new year.

PUT YOURSELF ON THE CALENDAR

The most important part of all this is scheduling time for yourself. If you don't, it won't happen. I block time for wellness just like I do for meetings or family events. Whether it's a sauna session, a workout, or 30 minutes of quiet, I treat that time as non-negotiable. Those small investments in myself allow me

to give my best to everyone else.

The holidays should be a time for gratitude, joy, and connection. None of that is possible if you're exhausted and running on empty. I've been the person who ignored my health and said "I don't have time." I've been the person who thought the gym was enough. Today, I know better. Prioritizing your wellness is not selfish it's the foundation that allows you to show up for the people and moments that matter most.

At iCRYO Middletown, we're here to help you do exactly that. Whether it's cryotherapy to recharge, an immune-supporting IV, ozone therapy for deeper vitality, or NAD+ to restore your energy, these are the same tools I trust to keep myself strong and healthy. This season, give yourself permission to make your well-being a priority because when you do, everything else about the holidays becomes more meaningful.



WHERE GOSHEN GATHERS SINCE THE EARLY 1900S

Opening our doors Thanksgiving Day for those in need of food, comfort, or connection with a complimentary holiday Meal.

Historic Charm. Modern Cocktails. Timeless Nights.

Step into a space where stories are shared, laughter lingers, and every night feels like a classic.

At New Street Lounge, we blend Goshen's historic soul with a fresh twist — handcrafted cocktails, cozy corners, and a vibe that feels like home.

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- Paint & Sip nights to spark your creativity
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- Thursday trivia to light up your week

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Goshen Food Pantry

Thanksgiving Food Drive & Distribution



DATES & LOCATION:

Saturday, November 8, 2025 | 9:00-10:00 AM
(Morning Food Drive)

Thursday, November 20, 2025 | 6:00-7:00 PM
(Evening Food Distribution)

Goshen Ecumenical Food Pantry, 33 Park Place, Goshen, NY

(inside the First Presbyterian Church - side doors across from Delancey's)

As Thanksgiving approaches, the Goshen Food Pantry is once again preparing to ensure no local family goes without a holiday meal. Serving families within the Goshen School District, as well as residents of the Village and Town of Goshen, the Pantry provides more than just food, it offers a sense of dignity and comfort during a season that should be filled with gratitude.

For many years, the Pantry has been a steady presence in the community. Run by dedicated volunteers, its mission is simple: neighbors

helping neighbors. The Thanksgiving season is one of the busiest times of the year, and community support makes it possible for the Pantry to provide hearty meals that bring families together around the table.

HOW YOU CAN HELP

This season, the Pantry is especially seeking turkeys and hams. Many residents earn a "free" turkey through local grocery stores, while others may have one in the freezer that won't be used. Passing these along ensures they find a home where they will truly be appreciated. Hams are also a welcome choice, as they can be served with minimal preparation.

DROP-OFF TIMES

Turkeys and hams may be brought to the Pantry on Thursday, November 6, from 5:00-6:45 PM. If that time is not convenient, the team is happy to arrange alternatives so every contribution makes its way to a family in need.

FOOD DRIVE & DISTRIBUTION DATES

- Saturday, November 8 - Morning Food Drive | 9:00-10:00 AM
(Volunteers, please arrive by 8:15 AM)
- Thursday, November 20 - Thanksgiving Distribution | 6:00-7:00 PM
(Volunteers, please arrive by 5:15 PM)

For volunteers, these events are more than an act of service, they are a reminder of the power of community. Families leave with the essentials for a holiday meal, but they also carry away something just as meaningful: the knowledge that their neighbors care.

This November, the Goshen Food Pantry extends heartfelt thanks to the community for its ongoing generosity. Every turkey, every ham, and every hour shared by a volunteer represents the true spirit of Thanksgiving in Goshen.

For more information and updates, visit the Goshen Food Pantry on Facebook.

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Meet Ryan FitzPatrick

A Three-Sport Standout with Heart, Hustle, and a Drive to Lead

ATHLETE OF THE MONTH:

A Leader on and off the Field

Meet Ryan Fitzpatrick — A Three-Sport Standout with Heart, Hustle, and a Drive to Lead

A current senior at Goshen High School, Ryan FitzPatrick has been a dominant and dedicated force on the Varsity Football team for the past three years. This season,

he earned the title of Lineman of the Year for the 2024-2025 school year. As a three-year starter and two-year team captain, his leadership on the gridiron has made him a cornerstone of the Gladiators' program. But Ryan's passion for athletics doesn't stop there.

Outside of football season, he laces up his skates to play club ice hockey for both Washingtonville and the West Point Jr. Black Knights, and in the colder months, he competes in Winter Track—throwing Shot Put, which he continues into the spring season as well.

Recognized as a Scholar Athlete and selected as a Section IX Representative for the 2025 NYSPHSAA Leadership Conference, Ryan exemplifies excellence not only in athletic performance but in sportsmanship, dedication, and academic balance.

BALANCING SPORTS, SCHOOL, AND SERVICE

Despite juggling a demanding schedule of multiple sports, Ryan still finds time to give back. He volunteers with his local food pantry when time allows and earns income through service to youth sports—as a Little League umpire and a certified USA Hockey referee. His willingness to serve the community through these roles shows a maturity and work ethic far beyond his years.

FAMILY: THE HEART OF HIS SUCCESS

Behind every great athlete is a great support system, and for Ryan, that foundation begins at home. He credits his parents, Jennifer and Robert FitzPatrick, and his sister, Kelsey FitzPatrick, as the heart of his journey.

"My sister and I are both very busy with sports, but we enjoy cheering for

each other at our events when we can," he shares. "As a family, we try to take a vacation together every summer. We used to go to Ocean City, New Jersey, but now we enjoy cruising together. I've made some great friends on summer vacations growing up that I'm still very close with." These shared family traditions and lasting friendships have played a big role in keeping him grounded and connected.

A FATHER'S WISDOM:

"PRESSURE IS A PRIVILEGE"

When asked who has been the biggest inspiration in his athletic journey, Ryan doesn't hesitate: it's his dad. "He has shown me that I can always push through," he says. "He's taught me that pressure is a privilege—and it's always better to be criticized under the lights than to be afraid to step into them." It's this mindset of courage and confidence that has shaped him into both a fierce competitor and a humble leader.

LOOKING AHEAD:

BIG GOALS, BRIGHT FUTURE

With his senior year in full swing, Ryan has his sights set high. He hopes to compete for a Section IX Championship in every sport he plays, and plans to continue his football career at the collegiate level. Academically, he intends to pursue a degree in Computer Science or Data Science, blending his analytical mind with the same drive he brings to the field.

As a scholar, athlete, leader, and role model, Ryan FitzPatrick is an inspiring example of what it means to be Goshen Strong—and we are proud to name him our Athlete of the Month.



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Garden of Gratitude

A Day to Breathe, Play & Connect

As the holiday season approaches and the days grow shorter, the Garden of Gratitude event invites families and individuals of all ages to take a deep breath, slow down, and reconnect—with themselves and their community.

Hosted at the Goshen Public Library, this unique event brings together wellness professionals, local organizations, and creatives to create a warm, relaxing atmosphere filled with joyful moments, soothing stories, and cozy crafts. Whether you're a parent, caregiver, child, or simply someone looking to unplug and unwind, this is your invitation to soak in the giggle-filled, grateful good vibes.

MINDFUL MOMENTS: HEADLINER ACTIVITIES

2:00 - 2:45 PM Mini & Me Yoga with Charleen Predmore (Happy Buddha Yoga)

For toddlers and their adults

This gentle yoga session is all about bonding through movement. Parents or caregivers and their "minis" will enjoy beginner-friendly yoga poses that promote mindfulness, physical fitness, and shared joy. The perfect way to stretch, breathe, and connect.

3:00 - 4:00 PM Mindfulness Puppet Show & Sensory Scavenger Hunt with Sarah Emanuel

For ages 3-10

Through fun storytelling and playful puppets, Sarah leads children on an imaginative journey into mindfulness. Following the show, kids will create their own "Mindful Magical Sensory Potions" using textures, scents, and colors, reinforcing calm and creativity.

4:30 - 5:30 PM "If Goldfish Were Bluebirds" Live Reading & Sensory Jar Craft with Stephanie Lock

For grades K-6

Join local school counselor and author Stephanie Lock for a live reading of her beautifully illustrated book about self-acceptance and individuality. Kids will create a sensory jar inspired by the story's message. Autographed books will be available for purchase.

6:00 - 6:45 PM (After-Hours)
Meditation & Sound Journey with Jenni DeLillo (Sunstone Sanctuary)

All ages welcome - bring a yoga mat

Close the day with an immersive sound and meditation journey led by Jenni-Shanti, a musician and healing artist. Using sacred instruments, music, and energy work, Jenni guides guests into a state of deep rest and renewal. A magical experience to end the evening.

LIBRARY & CRAFT ACTIVITIES (ONGOING)

- Lavender Eye Mask Craft - Led by Ruth
- Kinetic Sand, Sensory Tables, and Sand Art Mandalas - with Aliza Benson (Orange County Dept. of Mental Health)
- Gratitude Stones & Nature Rubbing Art - with Stephanie Benson (Cuentos y Play)
- Rainbow Breathing Craft - A simple, calming breath awareness project
- Blank Gratitude Journals - Ready to decorate and take home

DATE:
THURSDAY, NOVEMBER 21

TIME:
2:00 PM - 7:00 PM

LOCATION:
GOSHEN PUBLIC LIBRARY



- Wax Candle Making & Shower Bouquets - In the Meeting Room

COMMUNITY CONNECTION PARTNERS

This event is made possible through the generosity and involvement of local wellness leaders and mental health organizations dedicated to nurturing our minds, bodies, and spirits:

- Happy Buddha Yoga
- Orange County Mental Health Services
- Mental Health Association in Orange County
- Little Playdate 845
- Goshen Mental Wellness
- Orange County Department of Mental Health
- Carin Bail
- Cuentos y Play
- Sunstone Sanctuary

WHY YOU SHOULD COME

Whether you're looking for a moment of peace, a fun activity for the kids, or simply a way to be more present this season, the Garden of Gratitude is a beautiful opportunity to slow down and reconnect—with yourself, your little ones, and your community.

COME CURIOUS. LEAVE GROUNDED.

We can't wait to see you there.

Appreciation, Gratitude, Thankfulness

As the leaves and clocks change, and life speeds toward the end of the year, take time to reflect on what you appreciate most. For us as Realtors® that's you—our clients. From first-time buyers to seasoned investors, we guide clients through every stage of real estate.



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Wild Rice Stuffed Delicata Squash with Sumac-Spiced Yogurt, *A Seasonal Showstopper*



INGREDIENTS

For the Squash & Filling

2 medium delicata squash
(halved lengthwise, seeds scooped)
2 Tbsp olive oil
Salt & freshly ground black pepper (to taste)
1 cup wild rice blend (rinsed)
2 ¼ cups vegetable broth
1 small onion, finely diced
2 cloves garlic, minced
1 celery stalk, diced
½ cup dried cranberries
½ cup toasted walnuts, chopped
½ tsp ground sage (optional)
2 Tbsp fresh parsley, chopped
2-3 Tbsp crumbled feta cheese
(optional, for topping)

For the Yogurt Sauce

1 cup Greek yogurt
Juice of ½ lemon
1 tsp ground sumac*
Pinch of salt & white pepper

*Substitute options: cumin, pumpkin spice, allspice, or cinnamon.

Serves: 4

Elegant yet comforting, this dish captures the best of autumn flavors. Roasted delicata squash cradles a jewel-toned wild rice stuffing of cranberries, walnuts, and herbs—finished with a bright drizzle of sumac-spiced yogurt. Perfect for a festive gathering or a cozy evening, it's a recipe that feels as luxurious as it tastes.

METHOD

Roast the Squash

Preheat oven to 400°F (200°C). Brush cut sides of delicata squash with olive oil and season with salt and pepper. Place cut side down on a parchment-lined baking sheet. Roast for 25-30 minutes, until tender but not collapsing.

Cook the Wild Rice

In a medium pot, bring broth to a boil. Add wild rice, reduce heat, cover, and simmer for 40-45 minutes until tender and slightly chewy. Drain any excess liquid.

Prepare the Filling

In a skillet, heat 1 Tbsp olive oil. Sauté onion, garlic, and celery until softened. Stir in cooked wild rice, cranberries, walnuts, sage, and parsley. Adjust seasoning with salt and pepper.

Stuff & Bake

Flip roasted squash halves cut side up. Fill generously with wild rice mixture. Sprinkle

with feta cheese if desired. Return to oven for 10 minutes to heat through and lightly melt the cheese.

Make the Yogurt Sauce

Whisk together yogurt, lemon juice, sumac, salt, and white pepper until smooth.

Serve

Cut stuffed squash into 2-inch slices. Drizzle generously with yogurt sauce before serving.

Notes

For an extra touch of elegance, garnish with fresh pomegranate seeds or microgreens.

Pairs beautifully with a crisp Sauvignon Blanc or sparkling apple cider.

Delicata squash is ideal for this recipe thanks to its tender, edible skin—no peeling required.

Plating Inspiration: Arrange slices of stuffed squash on a large platter, drizzle with yogurt sauce in a zig-zag pattern, and scatter extra cranberries and parsley for a festive finish.



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