MARCH SPECIAL EVENTS
Take a look inside the MetroParks Calendar for a wide variety of programs.

**MVLNA Spring Seminar**
Fellows Riverside Gardens
March 11 | 8 am – 4 pm

The Mahoning Valley Landscape & Nursery Association, Mill Creek MetroParks, and OSU Extension - Mahoning County will sponsor this spring horticulture clinic at Fellows Riverside Gardens. Topics will focus on innovative ideas for the green industry. Vendors will display current service products.

Call 330.398.7710 for details or visit www.mvlna.org for more information.

Fee: $70
(MVLNA, FFRG, Garden Club members, and Master Gardeners: $40)

**ORCHID EXHIBIT**
Fellows Riverside Gardens
February 1 through March 15

Beautiful and colorful orchids are the jewels of the plant world. Let them dazzle you with their brilliance and splendor. During the heart of winter, find the spirit of the tropics at the Davis Center and observe these exotic beauties on display. Bring your camera, as there will be plenty of amazing flowers to photograph.

If you would like to receive our monthly calendar by email, sign up for our mailing list at MillCreekMetroParks.org
MARCH 2015
FOR FULL EVENT DETAILS, VISIT MillCreekMetroParks.org
Mill Creek MetroParks

KIDS & TEENS
JELLYFISH ★★★
Birch Hill Cabin 3/5 – 12 pm or on 3/7 12 – 1 pm
Ages 2 – 3, plus guardian. jellyfish are made up of over 95% water and are not even fish! Discover more about these fascinating jellies through a story, craft, and activities. Register at FNC 2 days in advance. $5.00; $7.00 NR.

MAPLE SYRUP ★★★
Bears Den Cabin 3/6 or 7 10 – 11 am
Ages 3 – 5. Experience the art of gathering sap to make maple syrup through a story, craft, and samples. Visit our grove of sugar maples and the Mill Creek Maple Sugar House. Register at FNC 2 days in advance. $5.00; $7.00 NR.

SPROUT CLUB ★★★
Fellows Riverside Gardens 3/17, 4/28, 5/19 10 – 12 pm
Ages 3 – 5, plus guardian. Learn about seeds, explore the way that animals need plants, and then discover the leaves of trees. Register by 3/16. $15.00 for series, $7.00/class.

SAPLINGS: Button Tree ★★★
Fellows Riverside Gardens 3/21 11:00 – 11:30 am
Ages 6 – 9. As the trees begin to bud, paint a nature collage on a blank button and decorate the tree with buttons. Register by 3/16. $7.00 NR.

MAGICAL SEEDS ★★★
Fellows Riverside Gardens 3/27 10 – 12 pm
Ages 4 – 6, plus guardian. Enjoy an engaging story and then join in the magic of planting a seed. Register by 3/25. $8.00 NR.

FAMILY FUN
UKRAINIAN EASTER EGGS ★★★
Pioneer Pavilion 3/7 9:00 – 12:30 pm
Children ages 10 and up accompanied by an adult. Many ethnic groups make these decorative eggs Ukrainians call “pysanky” (pysan). Carol Novak will show you how to make a completed beautiful egg and the skills to make more. Register at FNC by 3/5. $15.00; $18.00 NR.

EXPRESS YOURSELF
EASTER ARRANGEMENT ★★★
Fellows Riverside Gardens 3/31 10:30 – 11:30 am
Let Master Borcic guide you in making a beautiful arrangement. $30.00, FFRG $30.

HORTICULTURE
MASTER GARDENER VOLUNTEER TRAINING PROGRAM ★★★
Fellows Riverside Gardens 3/5 – 3/20 | Thursdays, 9 am – Noon
Presented through the local Master Gardener sessions, and volunteer work. Open to any gardener from novice to advanced. $125.00, $150.00 NR.

ORCHID WALK ★★★
Fellows Riverside Gardens 3/3 10 – 11 am
Take an orchid walk with one of our experts highlighting the various orchids displayed throughout the Davis Pavilion. $10.00, $13.00 NR.

BOTANICAL MORNINGS ★★★
Fellows Riverside Gardens 3/12 9 – 10 am
Explore the budding spring in the Gardens with Lynn Zocci. Register by 3/11. $5.00.

ORCHID POTTING WORKSHOP ★★★
Fellows Riverside Gardens 3/12 1:30 – 3:30 pm
Learn the basics of orchid care with David Mill and Jackie Land. $40.00, $50.00 NR.

GARDENING BASICS: Garden Design Theory ★★★
Fellows Riverside Gardens 3/12, 26, 2/12 10:10 – 11:30 am
This class builds on the material from the first. Design Theory class and expands the student's ability to look at gardens through the eyes of a designer. Register by 3/10. $46.00, $54.00, FFRG $50.00.

ADVANCED MASTER GARDENER SERIES ★★★
Fellows Riverside Gardens 3/14, 21, 26, 6/10 10:10 – 11:30 am
The series will focus on pruning, plant names and fall gardening. Register by 3/12. $35.00 for series, $15.00 per class.

PROGRAM KEY
Visa charged for this program ★★★
Registration Required ★★★
Renewal/Friends of Fellows Riverside Gardens ★★★
General/adult must accompany child

HEALTHY LIVING
YOGA IN THE GARDENS ★★★
Fellows Riverside Gardens 3/3, 3/10, 3/17, 3/19, 3/24, 3/30 9:30 – 11 am or 5:30 – 7 pm
Enjoy yoga that will help you keep a healthy outlook. Tickets are $15 and small blanket. $10/class

TAI CHI STEP ONE IN THE GARDENS ★★★
Fellows Riverside Gardens 3/4, 3/11, 3/18, 3/25 | Noon – 1 pm
Warm-ups, breathing and movements will ease stress, improve health, and increase vitality.$10/class

TAI CHI BASICS COURSE ★★★
Fellows Riverside Gardens 3/5 – 5/7 on Thursdays | Noon – 1 pm
Explore the classic T’ai Chi form during this ten week course with Marie Lew, $100.00; $10 discount ($90) registered by March 1

YOGA BASICS COURSE ★★★
Fellows Riverside Gardens 3/5 – 5/29 on Sundays | 1 – 2 pm
Great the coming spring with a rejuvenating eight-week yoga course. $60.00/$72 by 3/11

LAUGHTER YOGA ★★★
Ford Nature Center 3/11 10:30 – 11:30 am
Enhance your attitude and well-being with laughter through this fun class led by certified instructor Terri Olson. No flexibility or yoga experience required – just an open mind $5

RESTORATIVE YOGA ★★★
Fellows Riverside Gardens 3/21 10 – 12 pm
Begin the morning in quietude, restoring body and mind through restorative yoga and journaling with Michelle O'Brien. Register by 3/18. $20

MEDITATION & MINDFULNESS ★★★
Fellows Riverside Gardens 3/30 | 10:30 am – Noon
Explore mindfulness methods with Karmes Cohrschutz. Register by 3/30. $15, $18 drop in

TROLLEY TOURS
CABIN FEVER ★★★
Boards of Ford Nature Center 3/14 10 am – Noon | 1 – 3 pm
Tired of winter? Join our first 2015 trip on the Metro Township Trolley to visit Bakers Den, Birch Hill, and the Old Log Cabin, the Mill Creek Maple Sugar House and Pioneer Pavilion. Trolley is unbeathed – plan to bundle up! Register at FNC. Adults $7.00, $10 NR; 12 & under or 65 & over $5.00, 8/8 NR.

BUNDLE UP TROLLEY TOURS ★★★
Boards of Ford Nature Center 3/31, 4/14, 5/19, 6/16, 7/13, 8-12 pm
Enjoy a chilly version of our standard 1 1/2 hour tour of Mill Creek Metropark. Trolley is not heated – please bundle up! Registration at FNC. Adults $6.00, 8/8 NR, 12 & under and 60 & over, $4.00, $7.00 NR.

S. PATRICK'S DAY TROLLEY ★★★
Riverside Credit Union Trolley Tour 3/17 | 2 – 3:30 pm
Celebrate the day on a 1 1/2 hour tour of Mill Creek Metropark. Trolley is not heated – please bundle up! Registration at FNC. Adults $6.00, 8/8 NR, 12 & under and 60 & over, $4.00, $7.00 NR.

FOR THE BIRDS
BIRDING THE SANCTUARY ★★★
Mill Creek Wildlife Sanctuary 3/21 | 8 – 9:30 am
Search for birds with Jeff Harvey of Wild Birds Unlimited. Registration by 3/20.

AUDUBON SOCIETY/MAHONING VALLEY: Bees! MetroParks Farm 4/6 | 8 – 10 pm
Learn about the fascinating and important lives bees live. Susan Thom, education manager for Villa Maria Community Center in Pennsylvania, will give us an insight into these creatures.

EXHIBITS
BITES AND PIECES OF OUR HISTORY ★★★
Fellows Riverside Gardens – Mebane Museum Through December 2015 | 10 am – 5 pm
This exhibit takes a look at the very early years of Mill Creek Park

ONE WITH NATURE ★★★
Fellows Riverside Gardens – Water Gallery 4/14 – 6/10 | 10 am – 5 pm
Local artist Norenne Yazarz welcomes spring with the vibrant colors of her floral works and the quiet serenity of nature.

H I K E S & W A L K S
S P R I N G E Q U I N O X Lower Bears Den parking lot 3/20 7:30 – 8:30 pm
Antithetical Spring arrives at 6:45 pm this day. Although we won’t have moonlight tonight, we’ll certainly have an enjoyable hike near where barn cross roads. Moderate, 2 miles.

Experience the changes in and around the Lily Pond from our visit 6 weeks ago. Moderate, 2 miles.

V O L U N T E E R - L E D R E C R E A T I O N A L H E I K E S ★★★
3/31 11 am. Meet at overlook parking lot on West Canada Drive. Easy, 3 for 1 mile. Moderate 3 miles. Meet at Kirk Road Trailhead. Moderate, 2.4 miles.

C U I S I N E
F R O M T H E G A R D E N : S u n d a y B r e a k F a s t ★★★
Fellows Riverside Gardens 3/30 3/31, 4/27, 5/25 6:30 – 8:30 pm
Enjoy a special dinner, decked out scrambled eggs, fruit, coffee cake and more. Register by 3/22. $34.00, FFRG $28

E N T R E T A I N M E N T
S T R U W E L T H U N D E R W O R L D CONCERT SERIES yellow Creek Lodge 3/12 | 7 – 9 pm
Enjoy some polka music and maybe a little dancing with the Manonely Valley Button Box Club.

U N C O M I N G T R A V E L
N A T U R E I N B L O O M ★★★
Fellows Riverside Gardens 4/16 | 10 am – 2 pm
Explore wildflowers in the wilds of Pennsylvania. Register by 3/27. $15.00, FFRG $110