



MillCreekMetroParks.org



Mill Creek MetroParks
PO Box 596
Canfield, OH 44406
330.702.3000

MPO = MetroParks Office	330.702.3000
FNC = Ford Nature Center	330.740.7107
FRG = Fellows Riverside Gardens	330.740.7116
GC = Golf Course/Golf Shop	330.740.7112
MPF = MetroParks Farm	330.533.7572
REC = Recreation	330.740.7107
WRA = Wick Recreation Area/Par 3	330.740.7114
YCP = Yellow Creek Park	330.755.7275
Lanternman's Mill	330.740.7115
MetroParks Police	330.744.3848
Natural Areas & Preserves	330.702.3000



RECYCLED
PAPER

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Mill Creek MetroParks SEPTEMBER 2015


Programs & Events



Sunset at the Farm
September 19

SEPTEMBER SPECIAL EVENTS

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




GREEN CATHEDRAL

Half Marathon • 5K • Kids Fun Run

SEPTEMBER 13, 2015

Wick Recreation Area
in Mill Creek Park






START TIMES:



8:00 am	Kids Fun Run
8:30 am	Half Marathon
8:45 am	5K Run/Walk

*Proceeds benefit the
Wick Recreation Area Children's Play Area*

PRESENTED BY:



SPONSORED BY:



Registration form available at
www.millcreekmetroparks.org
or register online at gopherarun.com

MILL CREEK METROPARKS

SUNSET

AT THE FARM

SEPTEMBER 19 • 4:30 - SUNSET
at the MetroParks Farm

Sponsored by WKBN. Watch the sun set on the horizon as you enjoy the late summer atmosphere at the Farm. Enjoy folk music as you roast a marshmallow over the campfire, explore the animal barns and a corn maze, watch cider and homemade apple butter being made and try a sample, play some old-time games, take a tractor wagon ride, and more. Most activities free. Pony rides, face-painting, food and other activities available for a small fee.



Receive notices of MetroParks events by email!

Sign up for our mailing list at

MillCreekMetroParks.org

HIKES & WALKS

*Interpretive Hikes – Slower paced with stops
Call FNC for details.*

RETURN TO LINCOLN PARK ♦

Lincoln Park, 301 Lincoln Park Dr., Youngstown
9/13 | 2 – 3:30 pm
This beautiful City of Youngstown park is home to the famous Council Rock, the legendary site of an 18th century native American Indian gathering. Meet at Lincoln Park Pavilion. Moderate, 1.25 mi. Register at FNC by 9/12.

HIKE WITH JIM

Ford Nature Center
9/20 | 2 – 3 pm
Hike with Ohio Certified Volunteer Naturalist Jim Thornton to Lily Pond and back. Moderate, 2 mi.

LEAVE IT TO THE BEAVERS

MetroParks Farm
9/27 | 2 – 4 pm
After a short indoor presentation, we'll hike the Mindy Henning Trail and search for signs of North America's largest rodent. Wear boots. Moderate, 2 mi.

*Recreational Hikes – Faster paced
Call FNC for details.*

VOLUNTEER-LED RECREATIONAL HIKES

9/6 | 2 pm — Canfield Fair Hike. Meet at ODOT parking lot, 401 West Main St., Canfield (because of Fair traffic, plan to arrive early). Easy, 2-3 mi.
9/9 | 9 am — Meet at FNC. Moderate, 2 mi.
9/15 | 6 pm — Meet at FNC. Moderate, 2 or 4 mi.
9/23 | 9 am — Meet at overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.
9/25 | 9 am — Meet at MetroParks Bikeway Trailhead at Kirk Road. Easy, 2 or 4 mi.
9/29 | 9 am — Meet at MetroParks Bikeway Trailhead at MetroParks Farm. Easy, 2 or 4 mi.



Doug Oster

SPEAKER

FALL GARDEN LECTURE: Doug Oster ♦

Fellows Riverside Gardens
9/24 | 7 pm
Join Doug Oster, an Emmy Award-winning producer, television host and writer, as he shares techniques on how to extend your garden season. Doug will discuss cool weather crops including root vegetables and greens, plant protection, harvesting and more. Sponsored in part by the John S. and Doris M. Andrews Memorial Lecture Series. Registration requested but not required.

ENTERTAINMENT

STRUTHERS SUMMER CONCERT SERIES

Yellow Creek Park
9/10 | 7 pm
Enjoy a lively evening with polka music from the Mahoning Valley Button Box Club. Lawn seating. Sponsored by Becker Funeral Homes. Call 330.755.7275 for details.

CUISINE

VEGAN COOKING \$ ♦

Fellows Riverside Gardens
9/17 | 6:30 – 8:30 pm
Join Dr. Y.T. Chiu in the adventure of cooking vegan cuisine. Register/pay by 9/15. \$34; FFRG \$28

PROGRAM KEY

- \$ Fee charged for this program
- ♦ Registration Required
- G Guardian/adult must accompany child
- R = Mahoning County Resident
- NR = Non-Resident
- FFRG = Friends of Fellows Riverside Gardens

HEALTHY LIVING

YOGA IN THE GARDENS \$

Fellows Riverside Gardens
9/1, 9/3, 9/8, 9/10, 9/15, 9/17, 9/22, 9/24, 9/29
9:30 – 11 am or 5:30 – 7 pm
Enjoy yoga that will help you keep a healthy outlook. Bring a mat and small blanket. \$12/class

T'AI CHI STEP ONE IN THE GARDENS \$

Fellows Riverside Gardens
9/2, 9/9, 9/16, 9/23, 9/30 | Noon – 1 pm
Warm-ups, breathing and movements will ease stress, improve health, and increase vitality. \$10/class

MEDITATION & MINDFULNESS \$ ♦

Fellows Riverside Gardens
9/13 | 10:30 am – Noon
Explore a diversity of mindfulness methods with Karres Cvetkovich. Register/pay by 9/11. \$15; \$18 drop-in

T'AI CHI BASICS COURSE \$ ♦

Fellows Riverside Gardens
9/17 – 11/19 on Thursdays | Noon – 1 pm
Explore the classic T'ai Chi form during this ten week course with Marie Lew. Register/pay by 9/15. \$100; 10% discount (\$90) if registered by September 12.

DISCOVERING YOUR DOSHA \$ ♦

Fellows Riverside Gardens
9/19 | 1 – 3 pm
Pam Lilak will guide you to discover which Doshas you are made up of and with this new knowledge you will be able to guide yourself to make better choices about the food you eat and how you live your life. Register/ pay by 9/17. \$30, FFRG \$26

LAUGHTER YOGA \$

Ford Nature Center
9/2 | 5:30 – 6:30 pm
Enhance your attitude and well-being with laughter through this fun class led by certified instructor Teresa Lisum. No flexibility or yoga experience required – just an open mind! \$5/class.

AUTUMN TREKKERS ♦

September – November
This unique hike & bike incentive program allows you to explore the MetroParks at your own pace and earn incentive prizes along the journey. Registration forms and trail guides will be posted to our website and available at FNC the first week of September.

KIDS & TEENS

RIVER OTTERS \$ ♦

Ford Nature Center
9/18 | 10 – 11 am
Ages 3 – 6. Learn all about these playful creatures through story time and fun activities. Register/pay by 9/16. \$4 R; \$6 NR. Add'l fee after deadline.

SPROUT CLUB \$ ♦ G

Fellows Riverside Gardens
9/10, 10/15 & 11/19 | 1 – 2 pm
Ages 3 – 5, plus adult. Join the Sprout Club this autumn to learn about the amazing world of plants. Register/pay by 9/8. \$15/series; \$7/class

SAPLINGS: Apples \$ ♦

Fellows Riverside Gardens
9/12 | 10 – 11:30 am
Ages 8+. Learn about the different types of apples and how to use each one. Discover the parts of the apple and use this knowledge in making and tasting apple sauces and then preparing an apple crisp to take home to share with your family. Register/pay by 9/10. \$12

EXPRESS YOURSELF

THE POETIC DETAILS OF PLANTS:

A Writing Workshop \$ ♦

Fellows Riverside Gardens
9/1 – 9/29 | 6 – 8 pm | Tuesdays Only
Join writer Karen Schubert in this five-week workshop that incorporates the details of plants into your own writing. Register/pay by 8/29. \$60; FFRG \$55

HERB KITCHEN WREATH \$ ♦

Fellows Riverside Gardens
9/8 | 6:30 – 8:30 pm
Join Pam Baytos in creating a fresh herb kitchen wreath. Register/pay by 9/6. \$28; FFRG \$24

THIS & THAT

METROMUTTS: Yappy Hour -

Puptoberfest \$ ♦
MetroParks Farm
9/10 | Thursday | 5 – 8 pm
Celebrate fall at the MetroParks Farm. Walk along the MetroParks Bikeway, explore the corn maze, and take a wagon ride with your canine companion. Enjoy food and craft beer by the bonfire and special treats for pups. Local shelters will be on hand with some of their adoptable dogs. Register at FNC by 9/8. MetroMutts members \$10, not yet members \$15.

TRAVELING NATURALIST

Lily Pond
9/20 | 1 – 3 pm
A naturalist will be stationed at the Lily Pond. Stop by to chat about the Pond's wildlife and its upcoming improvements.

METROMUTTS: Diet & Nutrition for

Healthy Dogs \$

Fellows Riverside Gardens - Kidston Classroom
9/24 | Thursday | 6 pm
Knowledge about the best nutrition can make a huge difference in your dog's health and happiness. Veterinarian Dr. Costello will discuss canine diet and nutrition and answer your questions. Register at FNC by 9/22. MetroMutts members free, not yet members \$5. Please leave dogs at home.

SWING DANCE CLASS \$

Pioneer Pavilion
9/29, 10/6, 10/13, 10/20, 10/27 | 6 – 7 pm
Come out and have fun learning this easy to follow popular dance. No partner? No problem! It is a paired dance, but everyone learns together. Beginners welcome and encouraged. Call FNC for details. \$5/class

NIGHTCLUB TWO STEP DANCE CLASS \$

Pioneer Pavilion
9/29, 10/6, 10/13, 10/20, 10/27 | 7 – 8 pm
Enjoy learning this easy slower tempo dance. No partner? No problem! It is a paired dance, but everyone learns together. Beginners welcome and encouraged. Call FNC for details. \$5/class

EXHIBITS

THE GARDENS OF MARJORIE

DETTLING

Fellows Riverside Gardens – Weller Gallery
Through 10/25 | 9 am – 5 pm
Marjorie Dettling's love of nature shows through in this vibrant and bold exhibit.

VANISHING ACTS: Trees Under Threat

Fellows Riverside Gardens – Outdoor Gallery

Through 10/31
Vanishing Acts tells the story of threatened and endangered trees.

BITS AND PIECES OF OUR HISTORY

Fellows Riverside Gardens – Melnick Museum

Through December 2015 | 9 am – 5 pm
Bits and Pieces of Our History takes a look at the very early years of Mill Creek Park.



Old-Fashioned Fall Fun at Lanterman's Mill

PLANT SALE

AUTUMN PLANT SALE

Fellows Riverside Gardens
9/26 & 9/27 | 9 am – 5 pm
Ornamental cabbage, gourds, pumpkins, chrysanthemums, plus a large variety of spring blooming bulbs will be for sale. Proceeds benefit Friends of Fellows Riverside Gardens.

GOLF

SENIOR GOLF CLINIC

Par 3 Course
9/10 | 10 am – 12 pm
Seniors can enjoy a free golf instruction clinic with PGA Professional staff. Areas of focus will be chipping, pitching, putting and full swing.

COUPLES SCOTCH TOURNAMENT \$ ♦

Mill Creek Golf Course
9/19 | 6 pm
This month's theme – NCAA College Football. Teams are made up of three couples. Register at GC prior to event. \$45/couple

FAMILY RANGE NIGHT ♦

Mill Creek Golf Course
9/26 | 6:30 pm
Includes golf instruction by our PGA Pros. Music, games, prizes and a cookout. Register at GC by 9/25



MetroMutts

FOR THE BIRDS

BIRDING WITH JEFF ♦

9/19 | 8 – 9:30 am. *Meet at Mill Creek Wildlife Sanctuary*
9/26 | 8 – 9:30 am. *Meet at McGuffey Wildlife Preserve*
Jeff Harvey of Wild Birds Unlimited and Audubon Society/Mahoning Valley will lead these walks. Boots required. Register at FNC one day in advance.

AUDUBON SOCIETY/MAHONING

VALLEY

MetroParks Farm
9/22 | 7 – 8 pm
Monarch populations are decreasing due to habitat loss. Learn how to help by providing suitable habitat in your own yard. Call Wild Birds Unlimited at 330.629.2473 for details.

TROLLEY TOURS

STANDARD TROLLEY TOURS \$ ♦

Boards at FNC
9/1, 9/8, 9/13, 9/17, 9/22, 9/27, 9/29 | 2 – 3:30 pm, 4:30 – 6 pm
Explore, experience & enjoy a grand, guided 1 ½ hour tour of Mill Creek Park. Limited seating. Register/pay in advance at FNC. Adults: \$6 R, \$9 NR; 12 & under/60 & over: \$4 R, \$7 NR

FAMILY FUN

FAMILY FUN FRIDAYS

Fellows Riverside Gardens
Through 10/16 | 11 am – 1 pm
Each Friday, take part in fun drop-in activities in the Family Garden.

OLD-FASHIONED FALL FUN AT

LANTERMAN'S MILL \$

Lanterman's Mill
9/26 | 10 am – 2 pm
Bring the family for some fall fun at the Mill. Try out activities & games from the 1800s, tour the grist mill, watch woodcarving and wool spinning demonstrations and more. Regular Mill admission applies. Special craft fee \$2. Call FNC for details.

FARM TOURS

MetroParks Farm
9/27 | 1 – 4 pm
Enjoy a guided tractor wagon tour of the Farm leaving approximately every half hour. Barns are open to visit the animals. Donations accepted. Fall themed craft fee \$1.

HORTICULTURE

GUIDED GARDEN TOURS

Fellows Riverside Gardens
Through 9/30 | 6 pm | Wednesdays only
Enjoy an evening garden tour to see what is blooming and thriving out in the Gardens.

VANISHING ACTS: Trees Under Threat

Guided Tours

Fellows Riverside Gardens
9/13 or 9/27 | 1 pm
Enjoy a tour through our Vanishing Acts outdoor exhibit by one of our Garden Guides. Explore why trees are under threat around the world and here in Ohio.

BOTANICAL MORNINGS \$ ♦

Fellows Riverside Gardens
9/18 | 9 – 10 am
Enjoy discovering the change of seasons this autumn. Register/pay by 9/16. \$5

GARDENING BASICS: Care of

Houseplants \$ ♦

Fellows Riverside Gardens
9/19 | 10 – 11:30 am
Learn how to keep your indoor plants looking their best. Register/pay by 9/17. \$14; FFRG \$12



Mill Creek Golf Course