



millcreekmetroparks.org



Mill Creek MetroParks
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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/Sled Hill	330.740.7114
YCP = Yellow Creek Park	330.755.7275
Lanterman's Mill	330.740.7115
MetroParks Police	330.744.3848
Natural Areas & Preserves	330.702.3000



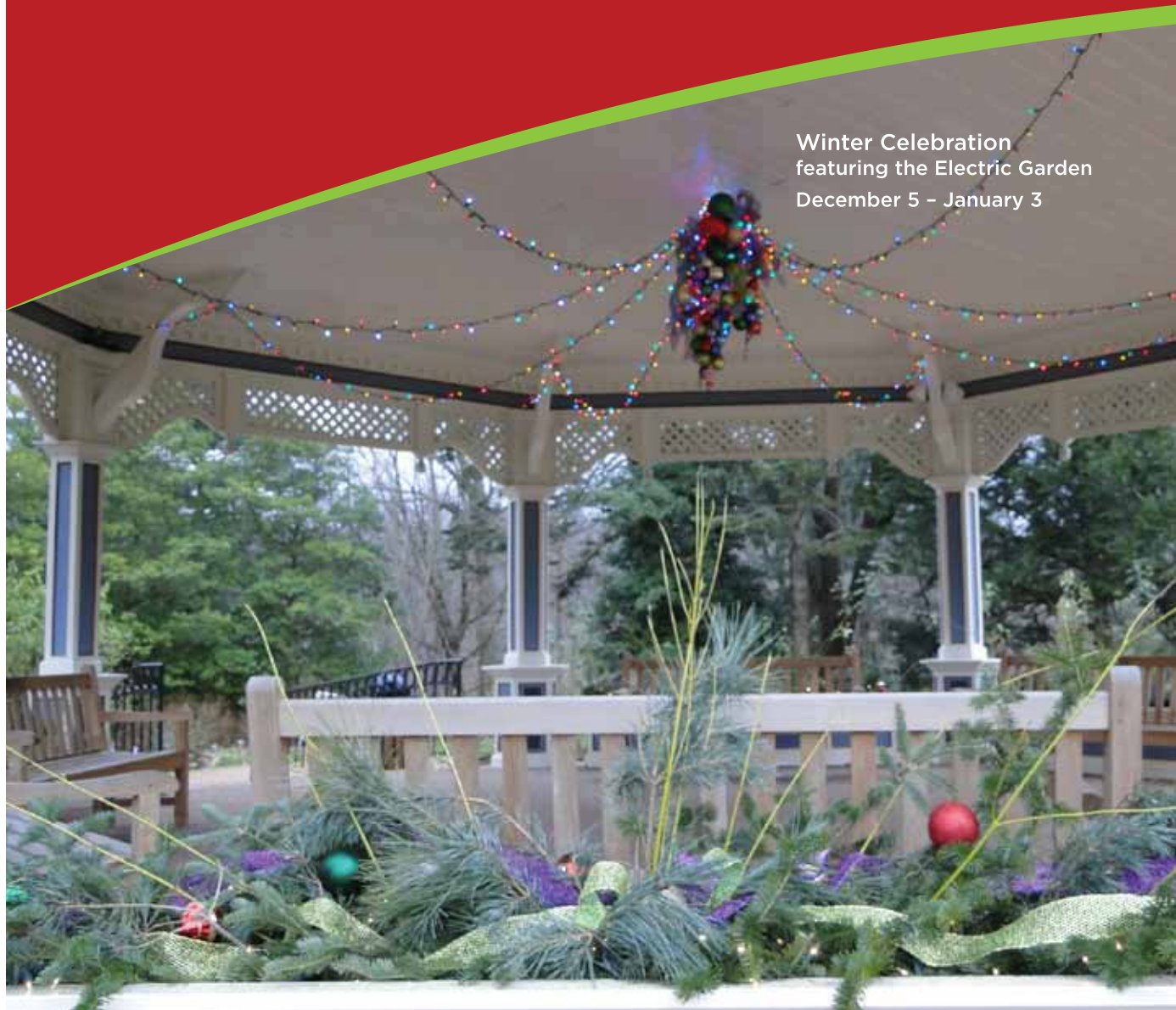
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Mill Creek MetroParks

DECEMBER 2015

Programs & Events

Winter Celebration
featuring the Electric Garden
December 5 - January 3



DECEMBER SPECIAL EVENTS

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

WINTER CELEBRATION

The Forest

FELLOWS RIVERSIDE GARDENS

December 5 - January 3

Tuesdays - Fridays, 9 am - 5 pm
Saturdays & Sundays, 9 am - 8 pm

The magic of the natural world comes to Fellows Riverside Gardens this holiday season. Enjoy a stroll through a reimagined forest to discover enchanting fairies, a life-size eagle's nest, and bountiful blooms.

Sponsored by WKBN & WYFX

FEATURING

Electric Garden

Saturdays and Sundays, open until 8 pm

The grounds will be lit with thousands of twinkling lights. Plus, find the perfect gift at the Shop in the Gardens and savor refreshments available for purchase in the Garden Café.

Holiday Tree Walk

Experience over 40 live fir trees on display throughout the Davis Center uniquely decorated by local non-profit organizations.



Receive notices of MetroParks events by email! Sign up for our mailing list at millcreekmetroparks.org



FOR THE BIRDS

COFFEE WITH THE BIRDS ♦

Ford Nature Center
12/12 | 9:30 – 10:15 am or 10:15 – 11 am
Watch birds with Ohio Certified Volunteer Naturalist Nancy Brundage while sipping coffee (or tea). Bring your favorite mug. Space limited, register by 12/11

CHRISTMAS BIRD COUNT ♦

Greater Youngstown Area
12/19 | All day
According to Audubon.org, prior to the turn of the 20th century, people engaged in a holiday tradition known as the Christmas “Side Hunt”: They would choose sides and go afield with their guns; whoever brought in the biggest pile of feathered (and furred) quarry won. Frank Chapman of the American Museum of Natural History in NYC tried to change this in 1900 by starting the Christmas Bird Count. Our area has been participating since 1904! National Audubon Society administers the CBC and chapters organize local counts. Volunteers are invited to help census birds within the count circle, which encompasses the Greater Youngstown Area. All abilities are welcome. Devote as much time as you want. Focus on your back yard if you wish. Contact CBC Coordinator Gary Meiter at 234.564.7900 to register.

GOLF

12 DAYS OF CHRISTMAS AT THE GOLF SHOP SALE
Mill Creek Golf Course Golf Shop
12/11 – 12/22
Keep an eye on Facebook for daily specials.

THE “BIG” CHRISTMAS SALE
Mill Creek Golf Course Golf Shop
12/23 | 10 am – 7 pm
FREE holiday cookies, coffee & refreshments surprise give-a-ways, free gift wrapping, massive discounts and savings on remaining in-stock merchandise.

UPCOMING GARDEN TRAVEL TOUR

PHILADELPHIA FLOWER SHOW
3/4 - 3/6/2016 | Call FRG for details.



TROLLEY TOURS

REMEMBERING VOLNEY ROGERS \$ ♦
Boards at Ford Nature Center
12/2 | 1 – 2:30 pm
Volney Rogers was born on December 1st and 73 years later, passed away on December 3rd. We'll view his work in Mill Creek Park, and visit his grave at Tod Cemetery on Belmont. The trolley is not heated so be sure to bundle up. Register/pay in advance at FNC. Adults \$6 R, \$9 NR. 12 & under/60 & over \$4 R, \$7 NR

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

THIS & THAT

CHA-CHA DANCE CLASS \$
Pioneer Pavilion
12/1 | 6 – 7 pm
Learn this fun and versatile Latin dance. No partner? No problem! It's a paired dance, but everyone learns together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail. Call FNC for details. \$5/class at the door.

THE HUSTLE DANCE CLASS \$
Pioneer Pavilion
12/1 | 7 – 8 pm
Popular in the 1970's, this unique dance form fits with many modern songs! No partner? No problem! Everyone learns this paired dance together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail. Call FNC for details. \$5/class at the door.

METROMUTTS: Jingle Hike
Lanterman's Mill parking lot
12/5 | 11 am
Jingle all the way down the Gorge and enjoy the Mill decked out in holiday décor during this annual celebration of the season. Santa will be there for a holiday photo with your canine. Enjoy cookies and refreshments after the hike. 1 or 2 mi, weather dependent. 'Tis the season to give! Bring along an item to donate to Legacy Dog Rescue. Blankets, towels, dog food, collars, leashes, toys, treats, crates, beds, garbage bags, newspapers, plastic baggies, plastic totes with lids, rubbing alcohol, paper towels, bleach, laundry detergent and disinfectant spray would be appreciated.

LET'S DANCE! \$
MetroParks Farm – McMahon Hall
12/8 | 6 – 9 pm
Spend the evening dancing the Waltz, Fox Trot, Tango, Rhumba, Cha-Cha, Salsa, Hustle, West Coast, Polka and more with Lynda McPhail of A Time to Dance. Half-hour dance lesson at 6 pm. Both singles and couples welcome. Call FNC for details. \$5/person

HIKES & WALKS

Please dress for the weather and wear proper footwear. Interpretive Hikes – Slower paced with stops. Call FNC for details.

WALKING IN A WETLAND WONDERLAND
Newport Wetlands parking lot
12/6 | Noon – 2 pm
Though your nose will get a chilling, we'll frolic and play the Naturalist's way walking in a wetland wonderland. Wear boots! Call FNC for details. Moderate, 2 mi.

VOLNEY ROGERS AND HIS LEGACY
Ford Nature Center
12/13 | 2 – 3:30 pm
Join us as we visit places significant to Volney Rogers and reflect upon his life and legacy. Moderate, 3 mi.

PLACE OF PINES
Ford Nature Center
12/20 | 2 – 4 pm
The scent of pine is in the air. Join us on a hike around Lake Cohasset, supposedly a Native American Indian word for “place of pines.” Enjoy the sights, sounds, and scent of the upcoming season of winter. Moderate, 3 mi.

FIRST WINTER WALK
Calvary Run parking area (near Lake Glacier Boathouse)
12/22 | 6 – 7 pm
Astronomical Winter arrived just before midnight. Welcome the season with a walk on the longest night, beneath the nearly full moon, and through the Gardens' extensive display of holiday lights. Moderate, 1 mi.

SECOND WINTER WALK
Meet at Lily Pond
12/27 | 5 – 7 pm
If you weren't able to attend Tuesday, meet us at sunset for an early night hike along Lake Glacier and through The Electric Garden! Prepare for possibly icy conditions. Moderate, 2 mi.

Recreational Hikes – Faster paced
Call FNC for details.

VOLUNTEER-LED RECREATIONAL HIKES
12/2 | 9 am — Meet at MetroParks Bikeway Trailhead at Kirk Road. Easy, 2 or 4 mi.
12/16 | 9 am — Meet at overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.
12/30 | 9 am — Meet at FNC. Moderate, 2 or 4 mi.



METROMUTTS: Dog Trainer Q&A \$ ♦
Ford Nature Center
12/9 | 6 pm
Are you having problems with your dog's behavior? Bring your issues to this open discussion and Katie Costello from the Learning Dog will answer your questions and help you fix them. Register at FNC by 12/7. MetroMutts members free, not yet members \$5. Please leave dogs at home.

EXPRESS YOURSELF

WINTER GLASS MOSAIC \$ ♦
Fellows Riverside Gardens
12/8 | 6 – 8 pm
Create your own, one of a kind winter themed glass mosaic with Barbara Arndt. Choose from: holiday tree, snowflake, snowman, or get creative with your own design. Select your mosaic when registering. All necessary equipment will be supplied. Register/pay by 12/6. \$26; FFRG \$22

BOXWOOD TREE \$ ♦
Fellows Riverside Gardens
12/10 | 6:30 – 8:30 pm
Decorate your home for the season with a beautiful tree made of fresh boxwood decorated with ornaments and ribbons with Deby Clark. Register/pay by 12/8. \$40; FFRG \$34

WINTER WHITE WREATH \$ ♦
Fellows Riverside Gardens
12/15 | 6:30 – 8:30 pm
Enjoy designing this Winter White Wreath with Marie Borocz to use all winter long. With a white grapevine wreath as the base, you will be using fresh seeded eucalyptus and limonium, which will dry on the wreath, plus white assorted pods. Register/pay by 12/13. \$34; FFRG \$28

HOLIDAY CENTERPIECE \$ ♦
Fellows Riverside Gardens
12/22 | 6:30 – 8:30 pm
Your holiday table will sparkle and glisten with this long and low centerpiece. Marie Borocz will guide you in using fresh mixed holiday greens, red carnations, white mums, and some holiday glitz and glitter. Register/pay by 12/20. \$40; FFRG \$34

EXHIBITS

14th INTERNATIONAL EXHIBITION OF BOTANICAL ART AND ILLUSTRATION
Fellows Riverside Gardens – Weller Gallery
10/30 – 1/10 | 9 am – 5 pm
The Hunt Institute of Pittsburgh brings the remarkable work of 35 botanical documentation artists to the Weller Gallery. Botanical art depicts plant portraits, both visually pleasing and botanically accurate.

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.

HEALTHY LIVING

YOGA IN THE GARDENS \$
Fellows Riverside Gardens
12/1, 12/3, 12/8, 12/10, 12/15 | 9:30 – 11 am or 5:30 – 7 pm
Join Marina Perdos in the mornings and Karres Cvetkovich in the evenings for a blend of energizing yoga styles that will help you keep a healthy outlook. All levels are welcome. Bring a mat and small blanket. Drop-in. \$12/class

CHAIR TO MAT MOVEMENT \$
Fellows Riverside Gardens
12/2, 12/9, 12/16 | 9 – 10 am
Chair to Mat Movement™ with Michelle O'Brien is designed to increase mobility and flexibility for those who find seated floor movement challenging. Breathing techniques, as well as mindfulness practices make this class accessible to most anyone for health and fitness, as well as for relaxation. All movement is done seated in chairs, and in standing positions on a mat. Drop-in. \$10/class

T'AI CHI STEP ONE IN THE GARDENS \$
Fellows Riverside Gardens
12/2, 12/9, 12/16 | Noon – 1 pm
Ease stress, improve health, and increase vitality. Join Marie Lew in warm-ups, breathing exercises and selected movements from a classic Chen T'ai Chi form. Drop-in. \$10/class

MUDRAS FOR HEALTHY LIVING \$ ♦
Fellows Riverside Gardens
12/12 | 1 – 2:30 pm
Yoga for your hands! Marina Perdos will introduce how sacred hand movements can help enrich your life and unlock stagnant energy, encouraging health and wellbeing for your Body, Mind & Spirit. Create inner peace and strength, reduce fatigue, and overcome fear and anxiety. Put your mind in a place of ease and calmness, and preserve and protect your physical and emotional health. No previous experience is needed, just be able to breathe and move your hands and arms. Register/pay by 12/10. \$24; FFRG \$20

MEDITATION & MINDFULNESS \$ ♦
Fellows Riverside Gardens
12/13 | 10:30 am – Noon
Explore a diversity of mindfulness methods and offerings to apply mindfulness skills in daily life to nurture greater happiness and equanimity. Practices are guided by Karres Cvetkovich. Register/pay by 12/11. \$15/class; \$18/drop-in



KIDS & TEENS

POLAR BEARS \$ ♦ G
Ford Nature Center
12/3 | 10-11am
Ages 2-3. The Polar Vortex is coming and which animal is excited? Polar Bears! Children and parents are invited to learn about these fascinating polar wonders. Register/pay 2 days in advance. \$4 R; \$5 NR. Additional fee after deadline.

SAPLINGS: Wreath of Greens \$ ♦
Fellows Riverside Gardens
12/12 | 10 – 11:30 am
Ages 6+. Create a holiday wreath to share with your family using evergreens and nature items. Learn about the trees that provide us with wonderful winter decorations. Register/pay by 12/10. \$15

SPROUT CLUB \$ ♦ G
Fellows Riverside Gardens
12/17, 1/21 & 2/11 | 1 – 2 pm
Ages 3-5. Join the Sprout Club this winter to learn about the amazing world of plants with topics that include: popcorn, spices, and candy trees! Each class will include an activity and snack. Attend all three classes and receive a plant-related prize. Deadline for series is 12/15. \$15/series; \$7/class

HOLIDAY NATURE CRAFTS \$ ♦
Pioneer Pavilion
12/19 | 10 – 11:30 am
Ages 7 & up. Get creative this holiday season by making festive crafts using nature's materials. Wood cookie, twig, and tin punch ornaments and more will make great gifts and memories. Register/ pay at FNC by 12/15. \$7 R, \$10 NR. Additional fee after deadline.