



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	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 NOVEMBER 2015

Programs & Events



Olde Fashioned Christmas  
at the Mill  
November 28 & 29



# NOVEMBER SPECIAL EVENTS

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

## OLDE FASHIONED CHRISTMAS AT LANTERMAN'S MILL

SPONSORED BY



NOVEMBER  
28 & 29

11 AM TO 5 PM



See Lanterman's Mill dressed in holiday finery for this traditional special event. Taste chestnuts roasted on an open fire, give Santa your wish list, watch artisans demonstrate old fashioned crafts, purchase unique handcrafted gifts, and enjoy entertainment by a juggler, balloon artist and many fine musicians. To share the holiday spirit with others, bring a new hat, scarf, or pair of mittens to decorate a "Giving Tree." Donated items will warm up children in need this winter. Call Ford Nature Center for details.



Receive notices of MetroParks events by email! Sign up for our mailing list at [MillCreekMetroParks.org](http://MillCreekMetroParks.org)





DANCE CLASSES

TROLLEY TOURS

BUNDLE UP TROLLEY TOURS \$ ♦

*Boards at Ford Nature Center*  
**11/1, 11/15, 11/21** | 2 – 3:30 pm  
Enjoy a chilly version of our standard 90-minute tour of Mill Creek Park. Trolley is not heated — plan to bundle up! Register/pay in advance at FNC. Adults: \$6 R, \$9 NR; 12 & under/60 & over: \$4 R, \$7 NR

CUISINE

BREAD MAKING 101 \$ ♦

*Fellows Riverside Gardens*  
**11/21** | Noon – 4 pm  
Grab your apron and learn the basics of turning flour, water, salt and yeast into a scrumptious loaf of bread with Sara Scudier. The class will feature the how and why of prefermenting some of the flour, plus kneading, shaping and baking. Register/pay by 11/19. \$24; FFRG \$20

FAMILY FUN

HARVEST FEAST AND FUN \$ ♦

*MetroParks Farm*  
**11/14** | 10 am – 1 pm  
**FEAST:** Enjoy a turkey or chicken wrap, sides, and pumpkin dessert. Pose for a photo with Thanksgiving characters. Fee/reservations required for lunch; must be received by 11/4 at MPF. \$5 child, \$7.50 adults  
**FUN:** Celebrate the harvest with Mahoning County Jr. Fair Poultry Club. Learn about poultry, visit with guest characters, and enjoy games, and stories. Crafts & face painting fee \$1.

SANTA’S WINTER BARN

*MetroParks Farm*  
**11/29** | 11 am – 2 pm  
Santa will make a special appearance with some of his animal friends from around the world like camels, yaks and reindeer. Sit in Santa’s sleigh for a holiday picture. Event is in the Barn which is not heated, so dress appropriately. Children’s holiday craft fee \$1

HIKES & WALKS

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

AUTUMN IN THE WOODS

*Hitchcock Woods*  
**11/1** | 11 am – 1 pm  
Join us for a wander through the rarely explored Hitchcock Woods where we hope to see deer, turkeys, and much more. Park on Deer Path Drive. Moderate, 2 mi.

TEN MILES TODAY

*Ford Nature Center*  
**11/8** | 1 – 4:30 pm  
If you missed our June trek, here’s your second chance. While some hike fast, others use a more moderate pace. Start/finish at FNC. Difficult because of distance and terrain, 10 mi.

TURKEY TALES & TRAILS

*MetroParks Farm*  
**11/15** | 2 – 4 pm  
Meet our favorite Thanksgiving bird, learn about wild turkeys then hike with us as we search for the colorful Turkey Tail Fungi. Easy, 1 mi.

MCGUFFEY HISTORY & NATURE

*McGuffey Wildlife Preserve*  
**11/22** | 2 – 3:30 pm  
We’ll discuss the life of William Holmes McGuffey while discovering nature in the preserve named in his honor. Moderate, 1 mi.

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

**VOLUNTEER-LED RECREATIONAL HIKES**  
**11/4** | 9 am — Meet at FNC. Moderate, 2 or 4 mi.  
**11/18** | 9 am — Meet at overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.  
**11/24** | 6 pm — “Moon Walk” Meet at MPF. Easy, 2 mi.

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*  
**11/3, 11/10, 11/17, 11/24, 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*  
**11/3, 11/10, 11/17, 11/24, 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: Recall Clinic \$ ♦

*MetroParks Farm - Barn #4*  
**11/4** | 6 pm  
Presented by The Learning Dog. This class will teach your dog one of the most important commands he or she can learn – emergency recall. You will naturally improve your everyday “come” command and create a word that sends your dog running back to you. Bring treats and a long leash (15-20 ft.) – no retractable leashes, please. Register at FNC by 11/2. MetroMutt members free, not yet members \$5.

SHOP IN THE GARDENS HOLIDAY OPEN HOUSE

*Fellows Riverside Gardens*  
**11/6 – 11/8** | 9 am – 5 pm  
Shop for unique finds and gifts, plus gorgeous accessories and décor. All Holiday items are 20% off.

CONTRA DANCE AT PIONEER PAVILION \$

*Pioneer Pavilion*  
**11/14** | 7 – 10 pm  
Join in the fun of a Contra Dance on the ballroom floor at historic Pioneer Pavilion. This unique folk dance form from the British Isles can be enjoyed by beginners and veterans alike. Dancers are instructed for each dance. \$7 at the door. Call FNC for details.

METROMUTTS: Wolves – Our Dogs’ Ancestors

*Birch Hill Cabin*  
**11/21** | 10 am  
Two hundred years ago, there were thousands of wolves roaming the Earth. Today, they are endangered because they are one of nature’s most feared and misunderstood creatures. We will learn the truth about wolves and how they became “man’s best friend.” Please leave dogs at home.

HORTICULTURE

MYTHS AND TRUTHS ABOUT HOLIDAY PLANTS \$ ♦

*Fellows Riverside Gardens*  
**11/14** | 10 – 11:30 am  
Some holiday plants ARE poisonous...but it isn’t the poinsettia you should be concerned about. Learn about the hidden lives of the plants of the holiday seasons, how to care for holiday plants and what to do with them when the holidays are over. Register/pay by 11/12. \$14; FFRG \$12

GARDENING BASICS: Plants for Winter Interest \$ ♦

*Fellows Riverside Gardens*  
**11/18** | 10 – 11:30 am  
Bridget Beck, Garden Designer, will lead students on a classroom winter garden “walk” and discuss some winter garden must-haves. Register/pay by 11/16. \$12; FFRG \$10

BOTANICAL MORNINGS \$ ♦

*Fellows Riverside Gardens*  
**11/20** | 9 – 10 am  
Discover the change of seasons this autumn with a Gardens staff member. Register/pay by 11/18. \$5/class

EXPRESS YOURSELF

FUSED GLASS ORNAMENTS \$ ♦

*Fellows Riverside Gardens*  
**11/3** | 5:30 – 7 pm  
You will be guided through the process of making fused glass ornaments. Fired and ready for pickup in 4 weeks. Register/pay by 11/1. \$34; FFRG \$28

THANKSGIVING ARRANGEMENT \$ ♦

*Fellows Riverside Gardens*  
**11/24** | 6:30 – 8:30 pm  
Using the warm hues of the season, Marie Borocz will guide you in designing an arrangement with carnations, mums, baby’s breath, and more. Register/pay by 11/22. \$34; FFRG member \$28

FOR THE BIRDS

BIRDING THE SANCTUARY ♦

*Mill Creek Wildlife Sanctuary*  
**11/7** | 8 – 9:30 am  
Jeff Harvey of Wild Birds Unlimited will lead this walk. Boots required. Register at FNC by 11/6

COFFEE WITH THE BIRDS ♦

*Ford Nature Center*  
**11/21** | 9:30 – 10:15 am or 10:15 – 11 am  
Watch birds with Ohio Certified Volunteer Naturalist Nancy Brundage while sipping coffee/tea. Bring your mug. Limited space; call FNC to register in advance.

AUDUBON SOCIETY/MAHONING VALLEY

*MetroParks Farm*  
**11/24** | 7 – 8 pm  
Stephanie Dyer, Environmental Program Manager with Eastgate Regional Council of Governments, will help us understand how to become responsible water quality stewards.

KIDS & TEENS

LET’S TALK TURKEY \$ ♦ G

*Ford Nature Center*  
**11/6** | 10 – 11 am  
Ages 3 – 6. Discover more about wild turkeys through fun activities! Register/pay at FNC by 11/4. \$4 R, \$6 NR. Add’l fee after deadline.

SPROUT CLUB: Gourds \$ ♦ G

*Fellows Riverside Gardens*  
**11/19** | 1 – 2 pm  
Ages 3 – 5. Learn about the amazing world of gourds. Class includes an activity and snack. Register/pay by 11/17. \$7/class



14th INTERNATIONAL EXHIBITION OF BOTANICAL ART AND ILLUSTRATION

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.

T’AI CHI STEP ONE IN THE GARDENS \$

*Fellows Riverside Gardens*  
**11/4, 11/11, 11/18, 11/25** | 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

MEDITATION & MINDFULNESS \$ ♦

*Fellows Riverside Gardens*  
**11/15** | 10:30 am – Noon  
Explore mindfulness methods to nurture happiness and equanimity. Guided by Karres Cvetkovich. Register/pay by 11/13. \$15/class; \$18/drop-in

SOUND BATH EXPERIENCE \$ ♦

*Fellows Riverside Gardens*  
**11/18** | 7 – 8 pm  
A Sound Bath is a deep meditative experience where you will relax by lying on your mat and just receive the sound that is played around you. The low frequency sound and vibrations of our gongs, crystal singing bowls, pyramids, flutes and other instruments take you on an inward healing journey, awakening every cell in your body. This experience will induce a deep state of relaxation and shift you into a higher level of awareness. You will leave feeling relaxed, peaceful and more in-tune with who you are. Register/pay by 11/16. \$27



SANTA’S WINTER BARN

HEALTHY LIVING

AUTUMN TREKKERS ♦

*September – November*  
Become an Autumn Trekker and explore the MetroParks! This unique hike & bike incentive program allows you to explore the MetroParks at your own pace and earn incentive prizes along the journey. Participants will receive a license plate holder for completing all listed bike trails and an exclusive window cling for completing all hiking trails. Registration forms available on our website and at FNC.

YOGA IN THE GARDENS \$

*Fellows Riverside Gardens*  
**11/3, 11/5, 11/10, 11/12, 11/17, 11/19, 11/24**  
9:30 – 11 am or 5:30 – 7 pm  
Join us 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*  
**11/4, 11/11, 11/18, 11/25** | 9 – 10 am  
Chair to Mat Movement™ is designed to increase mobility and flexibility for those who find seated floor movement challenging. Breathing techniques and mindfulness practices make this class accessible to most anyone. All movement is done seated in chairs, and standing on a mat. Drop-in. \$10/class



AUTUMN TREKKERS