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

Jewels of Winter
ORCHID EXHIBIT
FELLOWS RIVERSIDE GARDENS
FEBRUARY 2 – MARCH 13
TUESDAYS – SUNDAYS, 9 AM – 5 PM

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

CALL FELLOWS RIVERSIDE GARDENS FOR ADDITIONAL INFORMATION
330.740.7116

NATURE PHOTOGRAPHY EXHIBIT
FEBRUARY 20 – MARCH 13

Entries accepted January 30 - February 7 for the annual Nature Photography Exhibit. We are seeking your favorite original photos! Categories are: Wild Animals, Wild Plants, Wild Scenes, People in Parks, Mill Creek MetroParks Scenes, Black & White, and Young Photographers. Applications available for download at millcreekmetroparks.org.

CALL FORD NATURE CENTER FOR ADDITIONAL INFORMATION
330.740.7107

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

FORD HUNT & HIKE: Snowflakes
Ford Nature Center
1/11, 1/12, 1/19, 1/20, 1/26, 1/27; 9 – 11 am
Explore a gentle but thorough approach with daily deep relaxation during the eight-day course, either Sunday mornings or Tuesday evenings. Bring a mat, small blanket, and pillow. Kames Ovilochski is a seasoned and welcoming instructor. Participants need to pre-register; no drop-ins. $50, $10 discount ($42) if registered by 1/5.

Yoga In The Gardens
Folks Riverides Gardens
1/13, 1/20, 1/27; Noon – 1 pm
Join Martina Perdok 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.

Tani Cha Step One In The Gardens
Folks Riverides Gardens
1/13, 1/20, 1/27; 9 – 10 am
Tani Cha is a movement modality with Michele O'Brien that is designed to increase mobility and flexibility for the joints. It is a floor movement challenging Breathing techniques, as well as mindfulness practices to make this class accessible to 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.

Blossoming Happily Into The New Year
Folks Riverides Gardens
1/14, 1/21, 1/28; 5:30 – 7 pm
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 Kames Ovilochski. Registration by 1/15. $15/class. $18/10-person group.

SOUND BATH EXPERIENCE
Folks Riverides Gardens
1/14, 2/18, 3/11, 4/1; 6 – 8 pm
A Sound Bath is a deep meditative experience where you will lay back, in your mat and just receive the sound that is played around you. The low frequency sound and vibrations of our gongs, crystal singing bowls, prisms, fubes and other instruments take you on an inward healing journey, awakening every cell in your body. This experience will leave you deep in relaxation and shift you into a higher level of awareness. You will leave feeling relaxed, peaceful and more “in tune” with whom you are. Registration by 1/16.$12.

Nurturing You And Your Baby
Folks Riverides Gardens
1/15, 2/19, 3/26, 4/23; 9 – 11 am
Learn self-care for you and your little one with Merina Perdok. Create a healthy nurturing environment for you and your baby! Learn several calming techniques to keep you and your baby balanced. Adults only, please bring a baby doll or stuffed animal to practice on. Registration by 1/28, $20, FFRG $20.

GARDEN TRAVEL TOUR

Philadelphia Flower Show
Folks Riverides Gardens
1/30 – 2/2
Interested in seeing the world’s oldest and largest indoor flower show, the Philadelphia Flower Show? Then join Friends of Folks Riverides Gardens for a three-day garden tour to explore America’s Garden Capital. The theme for this year’s show is Explore America – 120 Years of the National Park Service. In addition, our tour includes visits to Winterthur Museum Garden & Library to see famous March Bank in bloom and Longwood Gardens to experience Orchid Extravaganza. On Saturday, time has been allotted to explore Philadelphia on your own. Sites such as Independence Hall and the Liberty Bell or the Philadelphia Museum of Art are a few you might want to visit. Fee includes transportation, admissions, lodging and most meals. Deadline January 31. $575, FFRG $525.

ENTERTAINMENT

STROTHUS WINTER CONCERT SERIES

Yellow Creek Lodge
1/14; 7:30 pm
Warp up with an evening of music and dancing with The Jim Frank Combo.

For the Birds

BIRD IN THE HAND
Ford Nature Center
1/16; 9 – 10 am
Black-chinned Hummingbirds are incredible birds that sometimes can be coaxed into landing in your hand – especially if you tem them with food. Land your camera and we’ll provide thebirds.

COFFEE WITH THE BIRDS
Ford Nature Center
1/23; 8 – 8:45 am or 8:45 – 9:30 am
Watch birds with Jeff Harvey of wild bird Unlimited while sipping coffee (or tea). Bring your favorite mug. Space limited, call to register for a 45-minute session.

Horticulture

THE WONDERS OF AIR PLANTS
Folks Riverides Gardens
1/10, 2/14, 3/21; Noon – 2 pm
Air Plants, Terrariums are amazing wonders in the botanical world, and as an indoor plant, since they require no soil, they have been a hit among many. We will introduce you to these unique plants and their care. Then put together a Terrarium creation to take home and enjoy for the whole year! Pre-registration by 1/28, $30, FFRG $30.

Healthy Living

Yoga Basics Course
Folks Riverides Gardens
1/10 – 2/21; Sundays, 9 – 10 am
Enjoy a gentle but thorough approach with daily deep relaxation during the eight-day course, either Sunday mornings or Tuesday evenings. Bring a mat, small blanket, and pillow. Kames Ovilochski is a seasoned and welcoming instructor. Participants need to pre-register; no drop-ins. $50, $10 discount ($42) if registered by 1/5.

Yoga in the Gardens
Folks Riverides Gardens
1/12, 1/19, 1/26, 1/27, 2/3; 9:30 – 11 am
Join Martina Perdok 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
Folks Riverides Gardens
1/13, 1/20, 1/27; 9 – 10 am
Chair to Mat Movement™ with Michele O’Brien is designed to increase mobility and flexibility for the joints. It is a floor movement challenging Breathing techniques, as well as mindfulness practices to make this class accessible to 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.

Blossoming Happily Into the New Year
Folks Riverides Gardens
1/14, 1/21, 1/28; 5:30 – 7 pm
This three-session workshop with Michele O’Brien explores different homes and approaches to new perspectives and applications for obtaining a healthier life style. From shedding excess weight to forming new habits – “what no more” and become more of the person you want to be for the New Year. Bring a notebook and your desire to start the year right! Registration by 1/12 for series. $35/series. $15/class.

Meditation & Mindfulness
Folks Riverides Gardens
1/17, 1/30; 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 Kames Ovilochski. Registration by 1/15. $15/class. $18/10-person group.

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Volunteer-Led Recreational Hikes

1/16; 9 am – Meet at parking lot on West side of Mill Creek Drive, 2 mi.
2/20; 9 am – Meet at FFRG, 2 mi.

Kids & Teens

The Big Bad Wolf
Ford Nature Center
1/17; 10 am
Age 3-6. Wolves are one of the most feared and misunderstood creatures due to fairy tales like Little Red Riding Hood and The Three Little Pigs. Kids are invited to have a hovel of a time as they learn the truth about these social, pack-living animals. Registration by 1/15, $5, NR. Additional fee after deadline.

Sproat Club: Spices
Folks Riverides Gardens
1/21 – 2 pm
Age 3-6. Explore the world of plants and spices. Registration by 1/19. $7/class.

Hikes & Walks

Interpretive Hikes
Slower paced with stops Call FFRG for details.

Resolution 2016
Newport Westlands
1/13; 4 – 6 pm
Overdive during the holidays? Resolve to exercise more during 2016? Join us! Our steady, pace around Lava Newport- scenically in every season of the year. Modocadillo, 5 mi.

Same Trail Twelve Times
Luntman’s Mill parking lot
1/16, 2/23, 3/30
Mill Creek Gorge inspired Vohley Rogers to establish our park district, 125 years ago. Let’s celebrate the Quakesennial by hiking the gorge every month. This hike with us to enjoy the ever-changing beauty. Moderate, 2 mi.

Who’s Knockin’
Ritchlock Woods
1/17; 2 – 4 pm
What’s knocking in the woods? Let’s look for Ohio’s seven species of woodpeckers, while enjoying a winter hike. Park on Darby Path Drive, 2 mi.

The Snow Moon
Ford Nature Center
1/24; 2 – 4 pm
We can’t promise the cold crunchy stuff, but do discover why some North American Indian tribes name the snow moon’s as the “Snow Moon.” Moderate, 2 mi.

Winter Scavenger Hunt
Ford Nature Center
1/24; 2 – 4 pm
Cabin Fever? Get outside and hunt for nature’s wildlife. Have you ever wondered if you could find this winter Scavenger Hunt. Bring back your evidence on your phone or camera. Fun for all ages.

Ice & Fire
Ford Nature Center
1/31; 1 – 3 pm
Join us for a friendly winter walk. Afterwards, we will warm up by the fire and enjoy hot chocolate and marshmallows. Registration at FFRG by 1/30. $1 Suggested Donation. Moderate, 1.5 mi.

Gardening & Landscaping

Volunteer-Led Recreational Hikes

1/16; 9 am – Meet at parking lot on West side of Mill Creek Drive, 2 mi.
2/20; 9 am – Meet at FFRG, 2 mi.

Ricultural Hikes – Faster paced Call FFRG for details.

For Full Event Details, Visit millcreekmetroparks.org