



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/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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JANUARY 2016

PROGRAMS & EVENTS



UPCOMING SPECIAL EVENTS

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



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

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



THIS & THAT

BOOK DISCUSSION: *Crow Planet: Essential Wisdom from the Urban Wilderness*

Ford Nature Center
1/2 | 10:30 am
This book by Lyanda Lynn Haupt shares complex natural history details on crows and their place in our world, as well as observations on the relationship between humans and nature. Read *Crow Planet*, and then join us to share your thoughts about the book.

PHOTOGRAPHY WORKSHOP ♦

MetroParks Farm
1/9 | 9 am - 5 pm
Members of the Youngstown Camera Club and Warren Photographic Society return to present informative sessions about a variety of photo topics. Bring your camera/manual, and lunch/drink. FREE, but register at FNC by 1/8.

METROMUTTS: Pupsicle Hike

Golf Course overflow parking lot
1/9 | 11 am
Shake off that cabin fever and bring your canine companion for a new year winter stroll down the East Golf Hike/Bike trail. Easy, 2 mi. Call FNC for details.



TEXTILES OF PERCEPTION

GARDEN TRAVEL TOUR

PHILADELPHIA FLOWER SHOW \$ ♦

Fellows Riverside Gardens
3/4 – 3/6
Interested in seeing the world’s oldest and largest indoor flower show, the Philadelphia Flower Show? Then join Friends of Fellows Riverside Gardens for a three-day garden tour to explore America’s Garden Capital. The theme for this year’s show is Explore America – 100 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

STRUTHERS WINTER CONCERT SERIES

Yellow Creek Lodge
1/14 | 7- 8:30 pm
Warm 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 | 9:30 – 10:30 am
Black-capped Chickadees are inquisitive birds that sometimes can be coaxed into landing in your hand - especially if you tempt them with food. Lend your hand and we'll provide the birdseed.

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 Birds Unlimited while sipping coffee (or tea). Bring your favorite mug. Space limited, call to register for a 45-minute session.

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

FAMILY FUN

FORD HUNT & HIKE: Snowflakes
Ford Nature Center
1/3 - 1/31 | Tuesday - Saturday, 10 am - 5 pm;
Sunday, Noon - 5 pm
2016 is our park district’s Quasquicentennial (125th anniversary). Stop by the Ford Nature Center to locate the 25 snowflakes – hidden to commemorate this milestone – and then go on a hike of your choice, perhaps amid snowflakes!

IT’S FOR THE BIRDS! \$

Ford Nature Center
1/16 | 10:30-11:30 am
Our overwintering birds are beautiful, fun to watch, and hungry! Join us as we create some easy-to-make bird feeders to hang in your own backyard. \$3 R, \$5 NR

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 from around the world. Botanical art depicts plant portraits, both visually pleasing and botanically accurate.

TEXTILES OF PERCEPTION
Fellows Riverside Gardens – Weller Gallery
1/15 – 2/21 | 9 am – 5 pm
The work of Cheryl Eddie Deibel steps away from tradition quilts and quilting techniques, but rather references the quilt, collaging the fabric, and exposing the layers. These floral abstractions are loosely based on the Fibonacci number series to define size and proportion. In order to achieve desired colors, Cheryl dyes her own fabrics using fabric reactive dyes.

AMERICA’S SCHOOLMASTER: The Early Days of William Holmes McGuffey
Fellows Riverside Gardens – Melnick Museum
January – December 2016 | 9 am – 5 pm
During the latter part of the 18th century and early in the 19th century, the Eastern wilderness was filling rapidly with settlers from the old colonies. Books were scarce and schools were few and inadequate. Into this field came William Holmes McGuffey to assume, without pretense but from a deep sense of duty, a leadership role which placed him among the cultural powers of the world. He truly was “America’s Schoolmaster,” teaching millions how to read and study. Learn more about the early days of McGuffey and his boyhood homestead located in Coitsville and now known as the McGuffey Wildlife Preserve, which is part of Mill Creek MetroParks.

CUISINE

FROM THE GARDEN: Soups On \$ ♦
Fellows Riverside Gardens
1/19 | Tuesday, 6:30 – 8:30 pm
Demonstration and tasting. Join Chef David Armstrong in the art of making soups to take off the chill of winter. Savor wild rice, mushroom and roasted chicken, Sirloin chili, and Spanish pea with ham. Soups will be served with a specialty beverage. Register/pay by 1/17. \$36; FFRG \$30

HORTICULTURE

THE WONDERS OF AIR PLANTS \$ ♦
Fellows Riverside Gardens
1/23 | 10 am - Noon
Air Plants, *Tillandsias*, are amazing wonders in the botanical world, and as an indoor plant, since they require no soil to thrive! Mandy Smith will introduce you to these unique plants and their care. Then put together a *Tillandsia* creation to take home and enjoy throughout the year. Register/pay by 1/21. \$30; FFRG \$26



TILLANDSIA

HEALTHY LIVING

YOGA BASICS COURSE \$ ♦
Fellows Riverside Gardens
1/10 – 2/28 | Sundays, 9 – 10 am
1/12 – 3/1 | Tuesdays, 6 – 7 pm
Enjoy a gentle but thorough approach with daily deep relaxation during this eight week yoga course, either choose Sunday mornings or Tuesday evenings. Bring a mat, small blanket, and pillow. Karres Cvetkovich is a seasoned and welcoming instructor. Participants need to pre-register; no drop-ins. \$80; 10% discount (\$72) if registered by 1/5

YOGA IN THE GARDENS \$
Fellows Riverside Gardens
1/12, 1/14, 1/19, 1/21, 1/26, 1/28 | 9:30 – 11 am
Join Marina Perdos 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

T’AI CHI STEP ONE IN THE GARDENS \$
Fellows Riverside Gardens
1/13, 1/20, 1/27 | 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

CHAIR TO MAT MOVEMENT \$
Fellows Riverside Gardens
1/13, 1/20, 1/27 | 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

BLOSSOMING HAPPILY INTO THE NEW YEAR ♦ \$
Fellows Riverside Gardens
1/14, 1/21 & 1/28 | 5:30 – 7 pm
This three-session workshop with Michelle O'Brien guides participants into new perspectives and applications for obtaining a healthier life style. From shedding excess weight to forming new habits - “wait” 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! Register/pay by 1/12 for series. \$36/series; \$15/class

MEDITATION & MINDFULNESS \$ ♦
Fellows Riverside Gardens
1/17 | 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 1/15. \$15/class; \$18/drop-in

SOUND BATH EXPERIENCE \$ ♦
Fellows Riverside Gardens
1/20 | 6 – 7 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 whom you are. Register/pay by 1/18. \$27

NURTURING YOU & YOUR BABY \$ ♦
Fellows Riverside Gardens
1/30 | 1 – 2:30 pm
Learn self-care for you and your little one with Marina Perdos. 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. Register/pay by 1/28. \$24; FFRG \$20



HIKES & WALKS

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

RESOLUTION 2016
Newport Wetlands
1/3 | 2 – 4:30 pm
Overindulge during the holidays? Resolve to exercise more during 2016? Join our steady, but moderate, pace around Lake Newport - scenic in every season of the year. Moderate/difficult, 5 mi.

SAME TRAIL TWELVE TIMES
Lanterman’s Mill parking lot
1/10 | 2 – 3:30 pm
Mill Creek Gorge inspired Volney Rogers to establish our park district 125 years ago. We'll celebrate the Quasquicentennial by hiking the gorge every month this year. Hike with us to enjoy the ever changing beauty. Moderate, 2 mi.

WHO’S KNOCKING?
Hitchcock Woods
1/17 | 2 – 4 pm
Who’s that knocking in the woods? Let’s look and listen for Ohio’s seven species of woodpeckers, while enjoying a winter hike. Park on Deer Path Drive. Moderate, 2 mi.

THE SNOW MOON
Ford Nature Center
1/22 | 7 – 8:30 pm
We can’t promise the cold crunchy stuff, but discover why some North American Indian tribes referred to this month’s moon 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 winter treasures. See what you and your family can find on this Winter Scavenger Hunt. Bring back evidence on your phone or camera. Fun for all ages.

ICE & FIRE \$ ♦
Ford Nature Center
1/31 | 1 – 3 pm
Join us for a frosty winter walk. Afterwards, we will warm up by the fire and enjoy hot chocolate and marshmallows. Register at FNC by 1/30. \$1 Suggested Donation. Moderate, 1.5 mi.

Recreational Hikes – Faster paced
Call FNC for details.

VOLUNTEER-LED RECREATIONAL HIKES
1/6 | 9 am - Meet at overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.
1/20 | 9 am - Meet at FNC. Moderate, 2 or 4 mi.

KIDS & TEENS

THE BIG BAD WOLF \$ ♦
Ford Nature Center
1/7 | 10 – 11 am
Ages 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 howl of a time as they learn the truth about these social, pack-living animals. Register/pay by 1/5. \$4 R; \$6 NR. Additional fee after deadline.

SPROUT CLUB: Spices \$ ♦ G
Fellows Riverside Gardens
1/21 | 1 – 2 pm
Ages 3-5. Explore the world of plants and spices. Register/pay by 1/19. \$7/class