



YOUR MEMORIES • YOUR METROPARKS
Celebrating 125 Years

Mill Creek MetroParks
PO Box 596
Canfield, OH 44406
330.702.3000

millcreekmetroparks.org
#MCMP125

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



Throughout the duration of MCMP events, programs and/or classes, there are opportunities for photographic and video coverage by MCMP which may include your participation or observation of the activity. MCMP reserves the right to use the photos and video at its discretion for media coverage and promotional materials, including broadcasts, reports, publications, and marketing materials of MCMP. If you do not wish to be photographed or video recorded at the event, please let the photographer or videographer know prior to being photographed or videotaped. MCMP shall otherwise assume that it has your permission to photograph or video you and/or your child's involvement and participation in this activity. If you have any questions, please contact the Marketing or Graphics Departments at 330.702.3000.



MAY 2016

PROGRAMS & EVENTS



MAY SPECIAL EVENTS

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

NATIONAL PUBLIC GARDENS DAY

Fellows Riverside Gardens
MAY 6

This annual celebration of the nation's public gardens raises awareness of the important role botanical gardens and arboreta play in promoting environmental stewardship, plant and water conservation, green spaces, and plant education in communities nationwide. In the Mahoning Valley this celebration takes place locally at Fellows Riverside Gardens. Visitors to the Gardens will find many activities to participate throughout the day.

- SPRING PLANT SALE
- FAMILY GARDEN ACTIVITIES from 11 am – 1 pm
- GUIDED GARDEN TOURS at 11 am and 2 pm
- SPECIAL IN THE GARDEN CAFÉ
- SHOP IN THE GARDENS 10% discount

SPRING PLANT SALE FELLOWS RIVERSIDE GARDENS



MAY 6 • FRIDAY • 10 AM – 6 PM

MAY 7 • SATURDAY • 10 AM – 3 PM

I I will v I I
I , I , v I ,
, , will 's beauty.



Receive notices of MetroParks events by email!

Sign up for our mailing list at

millcreekmetroparks.org

HORTICULTURE

MEN’S GARDEN CLUB

Fellows Riverside Gardens
5/4 | 7 – 8 pm
The Men’s Garden Club of Youngstown invites you to attend their general meeting that includes local and regional speakers and horticulture and nature topics. Drop-in. Free.

GUIDED HERB WALK

Fellows Riverside Gardens
5/7 | 11 am – Noon
Celebrate National Herb Day by joining Mandy Smith in a walk around the gardens and learning about some of the herbs that grow here and their benefits. Meet in the Davis Center Lobby. Drop-in. Free.

BOTANICAL MORNINGS \$ ♦

Fellows Riverside Gardens
5/27 | 9 – 10 am
Discover the joy in the blossoming spring at the Gardens with one of our knowledgeable staff members. Register/pay by 5/25. \$5

THIS & THAT

TRAVELING NATURALIST

Lily Pond
5/8 | 1:30 – 3:30 pm
Enjoy the beauty of Mill Creek MetroParks with your Mom. Make sure to stop by the Lily Pond and chat with a naturalist about the Pond’s wildlife and new improvements. Call FNC for details.

BOOK DISCUSSION: *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*

Ford Nature Center
5/21 | 10:30 – 11:30 am
Is there a secret to living longer? Read *The Blue Zones* by Dan Buttener, and join us to share your thoughts on the book’s ideas.

METROMUTTS: Tail-Waggin’ Trolley Tour ♦

Ford Nature Center
5/22 | 10–10:30 am, 10:30–11 am, or 11–11:30 am
You and your MetroMutt are invited for an exclusive member-only ride through the park on the Cohasset Express trolley. Call FNC to register for one time spot by 5/15. MetroMutts members only, please.



GOLF

HIGH SCHOOL GOLF SCHOOL \$ ♦

Mill Creek Golf Course
4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 6/7, 6/14, 6/28
3:30 – 5:30 pm
New for the 2016 golf season! Golf program geared to high school juniors and seniors wanting to take their games to the next level. Call the Golf Shop to register. \$399/Junior or Senior in High School for 9 weeks of instruction and Foot-Joy Golf Shoes

GET GOLF READY: Adult Clinic Lesson Series \$ ♦

Mill Creek Golf Course
4/27, 5/11, 5/25, 6/8, 6/22, 7/6, 7/20, 8/3, 8/17
6 – 7:30 pm
Learn all you need to play golf in just a few lessons. PGA Professionals will show you ways to play by combining fun, friends and fitness. Each session will focus on various golf skills. Call the Golf Shop to register. You can mix and match any variation of clinics sessions: \$25–one clinic; \$45–two clinics; \$60–three clinics; \$100–seven clinics

LADIES NIGHT OUT \$ ♦

Mill Creek Golf Course
5/4 | 5 – 9 pm
A night out for the ladies featuring a golf clothing trunk show, give-a-ways, contests, and prizes. Area vendors and sales representatives will preview the 2016 ladies clothing, shoe, purses and accessory lines. Enjoy drink specials, popcorn, and appetizers. Call the Golf Shop to register. \$15 per lady

LADIES GOLF SCHOOL (Level I) \$ ♦

Mill Creek Golf Course
5/5, 5/12, 5/19, 5/26 | 5:30 – 6:30 pm
This series will take place during May, June, July & August for ladies of all abilities. Participants will learn the game of golf, swing fundamentals, and proper etiquette. Open to beginners, intermediate and advanced lady golfers. Call the Golf Shop to register. \$99 per lady golfer

JUNIOR GOLF CLINIC ♦

Par 3 Golf Course – Wick Recreation Area
5/7 | Boys: 7:30 – 8:30 am; Girls: 8:30 – 9:30 am
Free PGA golf instruction from MCMP golf professionals. Clinic is geared towards members of the Mill Creek Junior golf league members, but is open to anyone between the ages of 7-12 years of age wanting to learn the game of golf.

ADULT GOLF CLINIC ♦

Par 3 Golf Course – Wick Recreation Area
5/17 | 10 – 11:30 am
Free PGA golf instruction from MCMP golf professionals. Clinic is geared towards members of the Mill Creek Adult Golf league members, but is open to any adult interested in wanting to learn the game of golf. Call the Par 3 Course to register.

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



KIDS & TEENS

WHAT’S THE BUZZ? \$ ♦ G

Ford Nature Center
5/12 | 10 -11 am
Children ages 3-6 will buzz into May and learn about the honeybee. There will be a story, craft, and activities which includes sampling local honey and visiting a real hive! Register/pay at FNC by 5/10. \$4 R; \$6 NR. Add'l fee after deadline.

SPROUT CLUB: HERBS \$ ♦ G

Fellows Riverside Gardens
5/19 | 1 – 2 pm
Children ages 3 – 5 will learn about the wonders of herbs. Register/pay by 5/17. \$7

EXPRESS YOURSELF

POSIES FOR MOM \$ ♦

Fellows Riverside Gardens
5/3 | 6:30 – 8:30 pm
Give your mom the gift of a fresh floral arrangement this Mother's Day. Marie Borocz will guide you in the design as you use white, pink, and purple carnations, white and purple daisies, purple statice, and baby’s breath. Register/pay by 5/1. \$34; FFRG \$28

LEAF BOWL \$ ♦

Fellows Riverside Gardens
5/17 | 5:30 – 7 pm
Lynn Cardwell will teach students to construct a clay bowl embossed with leaf patterns. The work will be glazed, fired, and ready to take home approximately four to five weeks after the class. Register/pay by 5/15. \$34; FFRG \$28

FAMILY RANGE NIGHT ♦

Mill Creek Golf Course
5/21 | 6 – 7:30 pm
Free PGA golf instruction specifically geared toward the family by our PGA professional golf staff. By far our most popular golf instruction series which includes, food, music, instruction games and prizes. Call the Golf Shop or sign-up on the Fieldhouse events bulletin board.

DONALD ROSS AMATEUR SERIES: Event #2 – 2 Person Best Ball Tournament \$ ♦

Mill Creek Golf Course – South Course
5/21 | Tee Time Start – 10 am
This season long golf series is available for all amateur golfers who have an active USGA GHIN Handicap. There will be divisions for both scratch and handicap for men, women and seniors of all abilities. Call the Golf Shop to register. \$25/player

GET GOLF READY: Junior Clinic Lesson Series \$ ♦

Mill Creek Golf Course
5/22, 5/29, 6/7, 6/14, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9 | 10 – 11:30 am
Each clinic will include range and course time varying with age and skill level. Range time will be supervised practice sessions with the student hitting approximately fifty balls. Learning pre-shot routines and alignment to various targets will be emphasized along with swing fundamentals. Call the Golf Shop to register. \$15/junior per session

DONALD ROSS AMATEUR SERIES: Event #3 – 2 Person Team Match Play Event #4 – Individual Match Play \$ ♦

Mill Creek Golf Course
Brackets posted on **5/23** | Tee Time Start TBD
This season long golf series is available for all amateur golfers who have an active USGA GHIN Handicap. There will be divisions for both scratch and handicap for men, women and seniors of all abilities. Call the Golf Shop to register. \$25/player, \$50/team

Memorial Day Weekend Golf Shop Sale *Mill Creek Golf Course*

5/27, 5/28, 5/29, 5/30
Don’t miss this Golf Shop Holiday Sale for the upcoming golf season.

AJGA Local Qualifier Tournament \$ ♦

Mill Creek Golf Course – South Course
5/28 | 11 am Tee Times
Regional & Local Qualifier for the Mill Creek Foundation AJGA All-Star Tournament at Mill Creek in June of 2016. Call the Golf Shop for details. \$45/player

HEALTHY LIVING

YOGA IN THE GARDENS \$

Fellows Riverside Gardens
5/3, 5/5, 5/10, 5/12, 5/17, 5/19, 5/24, 5/26, 5/31
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

CHAIR TO MAT MOVEMENT \$

Fellows Riverside Gardens
5/4, 5/11, 5/18, 5/25 | 9 – 10 am
Short Event Description Chair to Mat Movement™ with Michelle O'Brien is designed to increase mobility and flexibility for those who find seated floor movement challenging. Drop-in. \$10/class

T’AI CHI STEP ONE \$

Fellows Riverside Gardens
5/4, 5/11, 5/18, 5/25 | Noon – 1 pm
Warm-ups, breathing exercises and movements will ease stress, improve health, and increase vitality. Drop-in. \$10/class

SOUND BATH EXPERIENCE \$ ♦

Fellows Riverside Gardens
5/17 | 6 – 7 pm
Enjoy this deep meditative experience with vibrations of gongs, crystal singing bowls and more. For ages 13 and older. Register/pay by 5/15. \$25

FITNESS TOGETHER 5K RUN/WALK \$ ♦

Wick Recreation Area
5/21 | 9 – 11 am
Have fun while supporting a great cause! Fitness Together has dedicated the proceeds from this event to help support the completion of the Children’s Play-ground at Wick Recreation Area. Registration forms are available at facebook.com/ftpoland or facebook.com/fthowland. For more information call Fitness Together at 330.702.1311.

YOGA BASICS COURSE \$ ♦

Fellows Riverside Gardens
5/22 – 7/10 | Sundays, 8 – 9 am or
5/24 – 7/12 | Tuesdays, 6 – 7 pm
Choose Sunday mornings or Tuesday evenings for this relaxing eight-week yoga course. \$80; 10% discount (\$72) if registered by 5/17.

MEDITATION & MINDFULNESS \$ ♦

Fellows Riverside Gardens
5/22 | 10:30 am – Noon
Explore a diversity of mindfulness methods with Karres Cvetkovich. Register/pay by 5/20. \$15; \$18 drop-in

HIKES & WALKS

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

BLUEBELLS GALORE & MORE

Meet at Poland Woods, located off Route 170
5/1 | 11 am - 1 pm
Experience a woodland carpet of blue in one of the premier places for wildflowers in Northeast Ohio. Easy, 2 mi.

BIRDING THE PRESERVE

Mill Creek Preserve
5/7 | 8 – 9:30 am
Enjoy a naturalist-led bird hike in the diverse habitats at the Mill Creek Preserve. Call FNC for details. Moderate, 1.5 mi.

SAME TRAIL TWELVE TIMES

Lanterman’s Mill
5/15 | 10 – 11:30 am
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 and see its ever changing beauty. Call FNC for details. Moderate, 2 mi.

FROGS IN THE PRESERVE

Mill Creek Preserve
5/21 | 8:30 – 10 pm
Listen to the sounds of frogs. Tonight is for listening, not catching. Wear boots. We hope the nearly full moon will brighten our walk, but flashlights are permitted. Call FNC for details. Moderate, 1.5 mi.

SPRINGTIME AT THE FARM

MetroParks Farm – Bikeway Trailhead
5/22 | 2 – 4 pm
Enjoy the different habitats of MetroParks Farm in spring. We'll look for wildflowers, wildlife and birds, and check bluebird boxes along the way. Moderate, 2 mi.

Recreational Hikes – Faster paced
Call FNC for details.

VOLUNTEER-LED RECREATIONAL HIKES

5/4 | 9 am – Meet at FNC. Moderate, 2 or 4 mi.
5/10 | 6 pm – Meet at MetroParks Bikeway Trailhead, Kirk Road. Moderate, 2 or 4 mi.
5/18 | 9 am – Meet at Overflow Parking Lot on West Golf Drive. Easy, 1 or 3 mi.
5/24 | 6 pm – Meet at East Newport Dr. Boat Launch Parking Lot. Moderate, 1 or 3 mi.

TROLLEY TOURS

125th ANNIVERSARY TROLLEY TOURS \$ ♦

Boards at Ford Nature Center
5/5, 5/10, 5/15, 5/19, 5/24, 5/29 | 2 – 3 pm or 3:30 – 4:30 pm
Enjoy the stunning views of 125-year-old Mill Creek Park while riding the Cohasset Express. Limited seating. Register/pay at least 2 days in advance at FNC. Adults: \$7 R, \$10 NR; 12 & under/60 & over: \$5 R, \$8 NR. Add'l fees after deadline.

CUISINE

MOTHER’S DAY BRUNCH \$ ♦

Fellows Riverside Gardens
5/8 | Call for times
Bring your mom and enjoy this Mother’s Day Brunch catered by “Inspired Catering By Kravitz”. Reservations are required. Call FRG at 330.740.7116 for reservation times and cost.

KAYAKING

1ST KAYAK OF THE SEASON! \$ ♦

East Newport Boat Launch
5/28 | 10 am – Noon
Enjoy a naturalist led kayak trip around scenic Lake Newport and Wetlands. Age restrictions apply. Register at FNC by 5/26. \$12 R, \$15 NR. Add'l fee after deadline.



FAMILY FUN

FORD HUNT & HIKE: Frogs

Ford Nature Center
5/1 - 5/31 | Tuesday – Saturday, 10 am – 5 pm; Sunday, Noon – 5 pm
2016 is our park district's Quasquicentennial (125th anniversary). Stop by to locate the 25 frogs hidden to commemorate this milestone. Go on a hike of your choice — perhaps near water to observe some frogs!

TRACTOR-WAGON RIDES

MetroParks Farm
5/1, 5/22 | 1 – 4 pm & **5/7, 5/28** | 11 am – 2 pm
Tractor-wagon rides leave approx every ½ hr. for a guided tour through the MetroParks Farm. Barns are open to visit the animals. Donations are accepted. Craft fee \$1

HIKE WITH A BABY \$ ♦ G

Pioneer Pavilion
5/7 | 10:30 am - Noon
Ages infant – 18 months. Bring your little one on this hike to see “baby” plants and flowers blooming. Please bring a baby carrier/backpack so we can enjoy the trails! End the hike with a fun craft. Moderate, 1 mi. Register/pay at FNC by 5/4. \$2 R; \$4 NR per child. Add'l fee after deadline.

JUST KIDDING AROUND

MetroParks Farm
5/15 | 2 – 4 pm
Mahoning County Goat Club members will present this goat handling clinic. Learn about breeds, sample goat milk fudge, and go for a wagon ride. Hands-on activites will have small fee.

GOAT MILK SOAP \$ ♦

MetroParks Farm
5/15 | 4 – 5 pm
Learn how to make goat milk soap during this demonstration by the Mahoning County Goat Club. Call MPF to register by 5/11. Fee: \$2.

EXHIBITS

IN THE FOREST

Fellows Riverside Gardens – Weller Gallery
4/22 – 6/12 | 9 am – 5 pm
The work of realist painter Jason Floyd Lewis relishes the natural beauty of uninhabited places. He focuses on wooded interior spaces, often with rocks and water as central elements. Jason utilizes his personal approach to design, technique, and observation in creating paintings that emulate the dynamic experience he has in viewing the landscape.

AMERICA’S SCHOOLMASTER: The Early Days of William Holmes McGuffey

Fellows Riverside Gardens – Melnick Museum
Through 12/2017 | 9 am – 5 pm
During the late 18th century and early 19th century, the Eastern wilderness was filling with settlers from the old colonies. Books were scarce and schools were few and inadequate. William Holmes McGuffey took on a leadership role and proved to be “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 which is now known as the McGuffey Wildlife Preserve, part of Mill Creek MetroParks.