



YOUR MEMORIES • YOUR METROPARKS  
*Celebrating 125 Years*

Mill Creek MetroParks  
PO Box 596  
Canfield, OH 44406  
330.702.3000

[millcreekmetroparks.org](http://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
Lanterman's Mill	330.740.7115
MetroParks Police	330.744.3848
Natural Areas & Preserves	330.702.3000



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# JUNE 2016

## PROGRAMS & EVENTS



Garden Adventure Day  
June 4

# JUNE SPECIAL EVENTS

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

## Garden Adventure Day



**JUNE 4 • 11 am - 2 pm**

Enjoy an adventure in Fellows Riverside Gardens while digging into fun gardening activities. Rain or shine. Free.



Receive notices of MetroParks events by email!

Sign up for our mailing list at

[millcreekmetroparks.org](http://millcreekmetroparks.org)

MILL CREEK METROPARKS

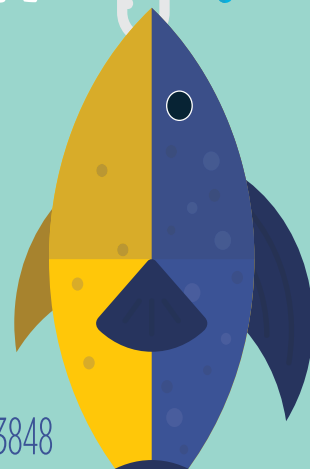
## HOOKED FISHING ON

METROPARKS FARM  
JUNE 25 • 10 AM - 2 PM

Children will learn the sport of fishing.

Free event. All ages welcome.

Call MetroParks Police for details 330-744-3848







HEALTHY LIVING

**CHAIR TO MAT MOVEMENT \$**  
*Fellows Riverside Gardens*  
**6/1, 6/8, 6/15, 6/22, 6/29** | 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. Drop-in. \$10/class

**T’AI CHI STEP ONE IN THE GARDENS \$**  
*Fellows Riverside Gardens*  
**6/1, 6/8** | 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

**YOGA IN THE GARDENS \$**  
*Fellows Riverside Gardens*  
**6/2, 6/7, 6/9, 6/14, 6/16, 6/21, 6/23, 6/28, 6/30**  
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

**MEDITATION & MINDFULNESS \$ ♦**  
*Fellows Riverside Gardens*  
**6/12** | 10:30 am – Noon  
Explore a diversity of meditation and mindfulness methods with Karres Cvetkovich. Register/pay by 6/10. \$15; \$18 drop-in

**SOUND BATH EXPERIENCE \$ ♦**  
*Fellows Riverside Gardens*  
**6/21** | 6 – 7 pm  
Ages 13+. Enjoy this deep meditative experience with the low frequency sound and vibrations of gongs, crystal singing bowls, pyramids, flutes and other instruments. Register/pay by 6/19. \$25

EXPRESS YOURSELF

**FLORAL DRAWING WORKSHOP \$ ♦**  
*Fellows Riverside Gardens*  
**6/11, 6/18 & 6/25** | 10 am – 12:30 pm  
Use your creative skills and journey into the stages of floral drawing with Marianne Hilke during this 3-day workshop. Deadline to register is 6/9. \$40; FFRG \$34

**MOSAIC GARDEN STEPPING STONE \$ ♦**  
*Fellows Riverside Gardens*  
**6/21** | 5:30 – 9 pm  
Barbara Arndt will guide you in creating a mosaic stepping stone that will be a highlight of your garden. Register/pay by 6/19. \$36; FFRG \$32

**LIVING WREATH: SUCCULENTS \$ ♦**  
*Fellows Riverside Gardens*  
**6/28** | 6:30 – 8:30 pm  
Create an easy-care wreath for your outdoor or indoor garden space with Pam Baytos. Register/pay by 6/26. \$40; FFRG \$34

THIS & THAT

**METROMUTTS: Farm Hike**  
*Bikeway Trailhead at MetroParks Farm*  
**6/4** | 10 am  
Hike all four beautiful habitats of the Mindy Henning Memorial trail at the MetroParks Farm with your furry friend. Bring boots. Moderate, 2.5 mi.

**METROMUTTS: Dancing with Your Dog \$ ♦** *Slippery Rock Pavilion*  
**6/15** | 6 pm  
Presented by The Learning Dog. Canine freestyle dancing is a choreographed performance organized with music, illustrating the training and joyful relationship of a dog and handler team. Boogie with your doggy at this new and fun MetroMutts training program. Basic training skills helpful for this class. Register/pay at FNC by 6/12. MetroMutts members FREE, not-yet-members \$6. Add'l fee after deadline.

CUISINE

**FROM THE GARDEN: Chillin’ & Grillin’ \$ ♦** *Fellows Riverside Gardens*  
**6/7** | 6:30 – 8:30 pm  
Enjoy a summer evening by the grill with Chef David Armstrong. Demonstration and tasting. Register/pay by 6/5. \$36; FFRG \$30

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

HIKES & WALKS

*Interpretive Hikes – Slower paced with stops to discuss hike’s topic. Call FNC for details.*

**ALMOST SUMMER EVENING STROLL**  
*Ford Nature Center*  
**6/10** | 7 – 9 pm  
Relax, look, and listen for the sights and sounds of nature on this evening hike around Lake Cohasset. Moderate, 3 mi.

**SUNDAY MORNING HIKE**  
*Fellows Riverside Gardens*  
**6/12** | 9 – 11 am  
Greet the day with a morning hike along Old Tree Trail and Lake Glacier. Afterwards treat yourself to coffee and pastries at the Garden Café. Moderate, 3 mi.

**PAPA BEAR HIKE**  
*Lower Bears Den parking lot*  
**6/19** | 2 – 4 pm  
Celebrate Father’s Day with a hike! We will explore Bears Den area. Moderate, 3 miles.

**SUMMER SOLSTICE AT THE FARM**  
*Bikeway Trailhead at MetroParks Farm*  
**6/20** | 9 - 11 am  
Welcome summer by exploring the diverse habitats of the Mindy Henning Trail. Moderate, 2 mi.

**SAME TRAIL TWELVE TIMES**  
*Lanterman’s Mill*  
**6/26** | 11 am - 1 pm  
Mill Creek Gorge inspired Volney Rogers to establish our park district 125 years ago. We'll celebrate by hiking the gorge every month this year and see its ever changing beauty. Moderate, 2 mi.

*Recreational Hikes – Faster paced and focus on exercising in the outdoors. Call FNC for details.*

**VOLUNTEER-LED RECREATIONAL HIKES**  
**6/1** | 9 am – Meet at Ford Nature Center. Moderate, 2 or 4 mi.  
**6/7** | 6 pm – Meet at Bikeway Trailhead at Kirk Road. Moderate, 2 or 4 mi.  
**6/15** | 9 – Meet at Bikeway Trailhead at MetroParks Farm. Easy, 2 or 4 mi.  
**6/21** | 9 am - Meet at Golf Course overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.  
**6/22** | 6 pm - Meet at Ford Nature Center. Moderate, 2 or 4 mi.

**10-MILER**  
*Ford Nature Center*  
**6/5** | 1 - 5 pm  
This energizing ten-mile hike starts at FNC and travels around Lake Cohasset, Lake Newport, and Lanterman’s Gorge. Difficult due to distance and terrain, 10 mi.

KAYAKING

**GUIDED KAYAK TOURS \$ ♦**  
*East Newport Boat Launch*  
**6/4** | 10 am – Noon  
**6/11** | 1 - 3 pm  
**6/18** | 8:30 – 10:30 am  
We invite you to our naturalist & volunteer-escorted trips. Single kayaks and a tandem are available. Age and experience restrictions apply. Register/pay at FNC two days prior to tour. \$12/person R; \$15/person NR; second person in tandem ½ price. Additional fees apply after deadline.

TROLLEY TOURS

**125th ANNIVERSARY TROLLEY TOURS \$ ♦** *Boards at Ford Nature Center*  
**6/2, 6/7, 6/12, 6/16, 6/21, 6/21, 6/26, 6/30**  
2 – 3 pm or 3:30 – 4:30 pm  
Enjoy stunning natural and historic views of 125-year-old Mill Creek Park aboard the Cohasset Express. Limited seating. Register/pay at least 2 days prior at FNC. Adults: \$7 R, \$10 NR; 12 & under/60 & over: \$5 R, \$8 NR. Add'l fees after deadline.

HORTICULTURE

**MEN’S GARDEN CLUB**  
*Fellows Riverside Gardens*  
**6/1** | 7 – 8 pm  
The Men’s Garden Club of Youngstown invites you to attend their general meeting which includes topics by local and regional speakers on horticulture and nature. Drop-in. Free.

**BOTANICAL MORNINGS \$ ♦**  
*Fellows Riverside Gardens*  
**6/24** | 9 – 10 am  
Discover the bountiful blooms at Fellows Riverside Gardens with one of our knowledgeable staff members. Register/pay by 6/22. \$5

FLOWER SHOWS

**IKEBANA SHOW**  
*Fellows Riverside Gardens*  
**6/4 & 6/5** | 9 am – 5 pm  
Enjoy the unique beauty of Ikebana flower arranging with this exhibit.

**GARDEN FORUM FLOWER SHOW**  
*Fellows Riverside Gardens*  
**6/18 & 6/19** | 9 am – 5 pm  
This summer garden flower show is presented by Garden Forum of Greater Youngstown.

KIDS & TEENS

**LIFE IN AND AROUND THE POND \$ ♦ G**  
*Birch Hill Cabin*  
**6/10** | 10 – 11 am  
Ages 2-3. Join us as we discover who lives in and around the pond. There will be a story, craft, and fun activites. Register/pay 2 days in advance. \$4 R; \$6 NR. Add'l fee after deadline.

**SPROUT CLUB \$ ♦ G**  
*Fellows Riverside Gardens*  
**6/16, 7/14, 8/18** | 1 – 2 pm  
Ages 3-5. Join the Sprout Club this summer to learn about the amazing world of plants with topics that include: ladybugs, sunflowers, and mud pies! Deadline for series is 6/14. \$15/series; \$7/class

GOLF

**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 includes range and course time varying with age and skill level. Range time will be supervised. Pre-shot routines and alignment will be emphasized along with swing fundamentals. Call the Golf Shop to register. \$15/Junior per session

**LADIES GOLF SCHOOL (Level I) \$ ♦**  
*Mill Creek Golf Course*  
**6/2, 6/9, 6/16, 6/30** | 5:30 – 6:30 pm  
For all skill levels. Ladies will learn the game of golf, swing fundamentals and proper etiquette. Call the Golf Shop to register. \$99/per Lady Golfer

**2-PERSON NIGHT SHOOT-OUT TOURNAMENT \$ ♦**  
*Par-3 Golf Course*  
**6/10** | 8 – 9:30 pm  
The top 3 teams at the end of the evening will participate in a shoot-out format under the lights for the overall title. Call Par-3 Golf Course to register. \$15/person - \$30/team

**FAMILY RANGE NIGHT ♦**  
*Mill Creek Golf Course*  
**6/11** | 6 – 7:30 pm  
Free PGA golf instruction specifically geared toward families. Includes food, music, instruction games and prizes. Call the Golf Shop to register.

**DONALD ROSS AMATEUR SERIES: Event #5 \$ ♦**  
*Mill Creek Golf Course*  
**6/18** | 10 am – Noon, Tee Time Start  
Event #5 format: Individual Stroke Play Tournament. Divisions for both scratch and handicap for men, women, and seniors of all abilities. Call the Golf Shop for details and to register. \$45/player

**AJGA All-Stars Classic**  
*Mill Creek Golf Course*  
**6/19, 6/20, 6/21, 6/22, 6/23** | 7 am – 1 pm  
Presented by Mill Creek MetroParks Foundation. Junior golfers will take part in this national all-star event. Come watch the future generations of golfers on the LPGA, PGA and European PGA Tours. Register for volunteer opportunities throughout tournament week. Call the Golf Shop for details.

**MILL CREEK JUNIOR GOLF PROGRAM \$ ♦** *Mill Creek Golf Course*  
**6/30, 7/7, 7/14, 7/21, 7/28** | 8:30 – 12:30 pm (times vary with ages)  
For ages 7 – 15. Participants will develop golf skills in a safe, fun and educational environment while learning the game of golf. Five hours of instruction with certified PGA Professionals. Call the Golf Shop to register. \$99/Five-week series

FAMILY FUN

**FORD HUNT & HIKE: Sunshines**  
*Ford Nature Center*  
**6/1 – 6/30** | Tuesday – Saturday, 10 am – 5 pm; Sunday, Noon – 5 pm  
Stop by Ford Nature Center to locate 25 sunshines hidden to commemorate the park’s 125th anniversary.

**TRACTOR-WAGON RIDES**  
*MetroParks Farm*  
**6/5, 6/26** | 1 - 4 pm  
Take a guided tour through the MetroParks Farm. Tractor-wagon leaves approx. every ½ hr. Animal barns are open. Donations accepted. Craft fee \$1.

**FAMILY FUN FRIDAYS**  
*Fellows Riverside Gardens*  
**6/10 – 8/26** | 11 am – 1 pm  
Each Friday, take part in fun drop-in activities in the Family Garden. Learn about the different parts of plants and what makes them grow. Special guests visit each week with activities like yoga, storytelling, and more. Drop-in. Free.

**FAMILY TOURS ♦**  
*MetroParks Farm*  
**6/16, 6/23, 6/30** | 10 - 11:30 am  
Explore the MetroParks Farm with your family or bring your out-of-town guests. Tour includes tractor-wagon ride, guided visits to the barns, and playroom time. Space is limited. Call MPF to register.

EXPLORE!

SUMMER CAMPS&CLINICS

EXPLORE! \$ ♦

*Locations Vary*  
**6/14 – 6/16** | 10 am – 2 pm  
Nature detectives will investigate forests, fields, and ponds. Hikes, scavenger hunts, crafts and more! Register/pay at FNC by 6/7. \$50 R, \$60 NR. Additional fee after deadline.

**VOLLEYBALL CAMP \$ ♦**  
*Wick Recreation Area*  
**6/14 & 6/15** | 3:30 – 5:30 pm  
Ages 8-13. YSU Assistant Volleyball Coach Sarah Smith will focus on skills, success strategies, and learning games. Bring a water bottle. Limited space. Register/pay at FNC by 6/10. \$15 R, \$20 NR. Add'l fee after deadline.

**EXPLORE! Geocaching \$ ♦**  
*Locations Vary*  
**6/21 – 6/23** | 10 am – 3 pm  
Ages 10-15. Exploring, hiking, team-building, and problem-solving are part of the Geocaching adventure. Discover hidden geocaches and create some of your own. Register/pay at FNC by 6/14. \$60 R, \$70 NR. Add'l fee after deadline.

**EXPLORE! Heritage & History \$ ♦**  
*Locations Vary*  
**6/28 – 6/30** | 10 am – 3 pm  
Ages 8 & up. Learn how nature inspired the park’s founder, Volney Rogers. Crafts, hikes, and old-fashioned games! Register/pay at FNC by 6/21. \$60 R, \$70 NR. Add'l fee after deadline.

**UPCOMING CAMPS & CLINICS**  
*For details, visit millcreekmetroparks.org*  
**7/9** | BATTING CLINIC | Ages 7 – 16  
**7/11** | BARNYARD KIDS’ KAMP | Ages 5 – 6  
**7/12 – 7/14** | EXPLORE! Wilderness Skills | Ages 8 & up

EXHIBITS

**IN THE FOREST**  
*Fellows Riverside Gardens – Weller Gallery*  
Through **6/12** | 9 am – 5 pm  
The work of realist painter Jason Floyd Lewis relishes the natural beauty of uninhabited places.

**BETWIXT**  
*Fellows Riverside Gardens – Weller Gallery*  
**6/17 – 8/7** | 9 am – 5 pm  
“Betwixt” becomes a metaphor for what happens in this collaborative exhibit by Ed Hallahan and Jacki Mountain. The exhibit mixes wood (hard) and fiber (soft) into works that artistically blend these two contrasting elements into works of art.

**WHAT WORLD IS THIS**  
*Fellows Riverside Gardens – Outdoor Gallery*  
Through **October** | 9 am – 5 pm  
Ed Hallahan showcases carved and constructed wood sculptures reflecting the “vertical” in nature and art.

**AMERICA’S SCHOOLMASTER: The Early Days of William Holmes McGuffey**  
*Fellows Riverside Gardens – Melnick Museum*  
Through **1/2017** | 9 am – 5 pm  
Learn more about the early days of McGuffey and his boyhood homestead located in Coitsville and now known as the McGuffey Wildlife Preserve, part of Mill Creek MetroParks.