



YOUR MEMORIES • YOUR METROPARKS
Celebrating 125 Years

Mill Creek MetroParks
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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
Lanterman's Mill	330.740.7115
MetroParks Police	330.744.3848
Natural Areas & Preserves	330.702.3000



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SEPTEMBER 2016

PROGRAMS & EVENTS



SEPTEMBER SPECIAL EVENTS

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




GREEN CATHEDRAL

Half Marathon • 5K • Kids Fun Run

SEPTEMBER 11, 2016

Wick Recreation Area
in Mill Creek Park





*Proceeds benefit the
Wick Recreation Area Children's Play Area*

START TIMES:

8:00 am	Kids Fun Run
8:30 am	Half Marathon
8:45 am	5K Run/Walk

Sponsored by:



Registration form available at
www.millcreekmetroparks.org
or register online at runsignup.com

MILL CREEK METROPARKS

SUNSET

AT THE FARM

SEPTEMBER 24 • 4:30 - 7:30 PM

at the MetroParks Farm

Sponsored by:



Watch the sun set on the horizon as you enjoy the late summer atmosphere at the Farm. Enjoy folk music as you roast a marshmallow over the campfire, explore the animal barns and a corn maze, watch cider and homemade apple butter being made and try a sample, play some old-time games, ride a horse-drawn wagon, and more. Most activities free. Pony rides, face-painting, food and other activities available for a small fee.



Receive notices of MetroParks events by email!

Sign up for our mailing list at

millcreekmetroparks.org

FAMILY FUN

FORD HUNT (& HIKE)

Ford Nature Center
9/1 – 9/30 | Tuesday - Saturday, 10 am – 5 pm;
Sunday, Noon – 5 pm; Closed Monday
Locate 25 chipmunks hidden to commemorate the park district’s 125th anniversary. Then go for a hike of your choice, perhaps along a woodland trail to observe the busy late summer antics of this creature.

OLD-FASHIONED FUN AT LANTERMAN’S MILL \$

Lanterman’s Mill
9/17 | 10 am – 2 pm
Join us for some old-fashioned fun. Try out activities & games from a past era. Tour the grist mill to see how things were done in the 1800’s. Watch demonstrations and create a craft. Regular Mill Admission applies. Craft fee \$2. Call FNC for details.

FARM TOURS

MetroParks Farm
9/18 | 1 – 4 pm
Bring the family for a guided tractor wagon tour of the farm leaving approx. every ½ hour. Barns are open to visit the animals. Donations accepted. Craft fee \$1

HORTICULTURE

MEN’S GARDEN CLUB

Fellows Riverside Gardens
9/7 | 7 – 8 pm
The Men’s Garden Club of Youngstown invites you to attend their general meeting that includes topics by local and regional speakers on horticulture and nature. Drop-in. Free

BOTANICAL MORNINGS \$ ♦

Fellows Riverside Gardens
9/23 | 9 – 10 am
Discover the bountiful blooms here at Fellows Riverside Gardens with one of our knowledgeable staff members. Register/pay by 9/21. \$5



MINDY HENNING MEMORIAL TRAIL

THIS & THAT

METROMUTTS: Howl at the Moon Hike
MetroParks Bikeway Trailhead at MetroParks Farm
9/14 | 7:30 – 8:30 pm
On our first ever MetroMutts night hike we hope to admire a harvest moon while hiking on the MetroParks Bikeway. Member dogs receive glow sticks to light up the night. Bring a flashlight. Moderate, 2 mi. Call FNC for details.

WALTZ DANCE CLASS \$

Pioneer Pavilion
9/20, 9/27, 10/4, 10/11, 10/18 | 6 – 7 pm
Enjoy learning this classic flowing dance. No partner? No problem! It is a paired dance, but everyone learns together. Beginners welcome and encouraged. Call FNC for details. \$6/class at the door.

SWING DANCE CLASS \$

Pioneer Pavilion
9/20, 9/27, 10/4, 10/11, 10/18 | 7 – 8 pm
Come out and have fun learning this easy to follow popular dance. No partner? No problem! It is a paired dance, but everyone learns together. Beginners welcome and encouraged. Call FNC for details. \$6/class at the door.

METROMUTTS: Jumpers and Pullers \$ ♦

Stitt Pavilion
9/28 | 6 – 7 pm
Presented by the Learning Dog, this program focuses on two of the most common concerns that dog owners face: jumping up on people and pulling on leash. MetroMutts Members FREE, not-yet-members \$6. Call FNC to register by 9/25. Additional fee after deadline.

PROGRAM KEY

- \$ Fee charged for this program
- R = Mahoning County Resident
- NR = Non-Resident
- FFRG = Friends of Fellows Riverside Gardens
- ♦ Registration Required
- G Guardian/adult must accompany child



KIDS & TEENS

CHILDREN’S NATURE HOUR: Chipmunk Song \$ ♦ ♦ G

Ford Nature Center
9/22 | 10 – 11 am
Chipmunks are busy as can be in autumn. Learn all about these striped, tunnel-loving critters! Ages 3-6, plus adult. Register/pay at FNC by 9/28. \$4 R; \$6 NR. Add'l fee after deadline.

SPROUT CLUB \$ ♦ ♦ G

Fellows Riverside Gardens
9/22, 10/13 & 11/17 | 1 – 2 pm
Ages 3-5, plus adult. Join the Sprout Club this autumn to learn about the amazing world of plants with topics that include: trees, potatoes, and plant teas! Register/pay by 9/20. \$15/series; \$7/class

HIKES & WALKS

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

SUMMER MORNING STROLL

Lake Newport Wetlands Parking Lot
9/10 | 9 – 11 am
Enjoy a morning exploration around Lake Newport. Moderate 4.5 mi.

LATE SUMMER HIKE AT THE FARM

Bikeway Trailhead at MetroParks Farm
9/18 | 2 – 4 pm
Enjoy the sounds, sights and smells of late summer by exploring the different habitats found along the Mindy Henning Memorial Trail. Moderate, 2 mi.

AUTUMNAL EQUINOX HIKE

Ford Nature Center
9/22 | 6 – 7:30 pm
Celebrate the beginning of autumn with an evening hike around Lake Cohasset. Moderate, 3 mi.

SAME TRAIL TWELVE TIMES

Lanterman’s Mill
9/25 | 2 – 4 pm
Hike the gorge and see what inspired Volney Rogers to establish our park district 125 years ago. Moderate, 2 mi.

Recreational Hikes – Faster paced
Call FNC for details.

VOLUNTEER-LED RECREATIONAL HIKES

9/11 | 2 pm. Meet at FNC. Moderate, 2 or 4 mi.
9/14 | 9 am. Meet at Bikeway Trailhead at Kirk Rd. Moderate, 2 or 4 mi.
9/28 | 9 am. Meet at Golf Course overflow parking lot on West Golf Dr. Easy, 1 or 3 mi.

FLOWER SHOW

GARDEN FORUM FLOWER SHOW

Fellows Riverside Gardens
9/17 | 10 am – 5 pm
An autumn garden flower show presented by Garden Forum of Greater Youngstown.

GOLF

LABOR DAY WEEKEND HOLIDAY SALE

Mill Creek Golf Shop
9/3, 9/4, 9/5
Take advantage of the many great savings. Special pricing on select merchandise in the Golf Shop. Plus extra saving for Mill Creek Players Club Card Members.

WICK AREA PAR-3 COURSE ADULT GOLF INSTRUCTION ♦

Par-3 Golf Course
9/8 | 10 – 11:30 AM
Free PGA golf instruction from our golf professionals. Open to any adult interested in wanting to learn the game of golf. Call the Par-3 Course to register.

HEALTHY LIVING

YOGA IN THE GARDENS \$

Fellows Riverside Gardens
9/1, 9/6, 9/8, 9/13, 9/15, 9/20, 9/22, 9/27, 9/29 | 9:30 – 11 am
Enjoy yoga with Marina Perdos that will help you keep a healthy outlook. Bring a mat and small blanket. \$12/class

CHAIR TO MAT MOVEMENT \$

Fellows Riverside Gardens
9/6, 9/13, 9/20, 9/27 | 11:30 am – 12:30 pm
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
9/7, 9/14, 9/21, 9/28 | Noon – 1 pm
Warm-ups, breathing exercises and movements with Marie Lew will ease stress, improve health, and increase vitality. Drop-in. \$10/class

T’AI CHI BASICS FOR BEGINNERS \$ ♦

Fellows Riverside Gardens
9/8 – 11/10 | Thursdays, Noon – 1 pm
Learn this classic art of energy balancing while developing coordination, flexibility and leg strength with Marie Lew during this ten-week course. \$100; 10% discount (\$90) if registered by 9/3.

SELF-CARE HEALING: Power of Pranayama \$ ♦

Fellows Riverside Gardens
9/9 | 12:30 – 2 pm
Find peace and well-being through conscious breathing lead by Marina Perdos. Register/pay by 9/6. \$20; FFRG \$18

HERBAL CIDERS \$ ♦

Fellows Riverside Gardens
9/10 | 10 – 11:30 am
Learn how to make and craft your own nutritious vinegar-based tonics. Register/pay by 9/8. \$16; FFRG \$14

COMPASSIONATE MINDFULNESS SERIES \$ ♦

Fellows Riverside Gardens
9/11, 9/18 & 9/25 | 10:30 am – Noon
Get closer to the truth of who you are in the mindful spaces between the busywork of life. Deadline for series is 9/9. \$42/monthly series; \$16/class

SOUND BATH EXPERIENCE \$ ♦

Fellows Riverside Gardens
9/20 | 6 – 7 pm
Ages 13+. Enjoy this deep meditative experience with vibrations of gongs and crystal singing bowls led by Maria and Calvin Wagner. Register/pay by 4 pm on 9/20. \$25

YOGA BASICS COURSE \$ ♦

Fellows Riverside Gardens
9/25 – 11/13 | Sundays, 9 – 10 am or
9/27 – 11/15 | Tuesdays, 6 – 7 pm
Choose Sunday mornings or Tuesday evenings for this relaxing eight-week yoga course. \$80; 10% discount (\$72) if registered by 9/20.

FRAGRANT FRIDAY: Respiratory Oils \$ ♦

Fellows Riverside Gardens
9/30 | 10 – 11:30 am
Fragrant Fridays offer a space to learn about the power of supportive respiratory essential oils aiding in relieving seasonal allergies with Marina Perdos. Register/pay by 9/27. \$20; FFRG \$18

FOR THE BIRDS

BIRDING THE SANCTUARY ♦

Mill Creek Wildlife Sanctuary
9/17 | 8 – 9:30 am
Search for birds with Jeff Harvey of Wild Birds Unlimited. Boots required. Space limited. Register by calling FNC by 9/15.



KAYAKING

HARVEST MOON KAYAK \$ ♦

Meet at East Newport Boat Launch
9/10 | 5:30 – 7:30 pm
View the Harvest Moon as the sun sets on an evening kayak. Age restrictions apply. Register/pay at FNC by 9/8. \$12/person R; \$15/person NR; second person in tandem ½ price. Add'l fee after deadline

EXHIBITS

...FROM LILIAN’S GARDEN!

Fellows Riverside Gardens – Weller Gallery
9/1 – 11/20 | Tuesday – Sunday, 10 am – 5 pm
The gardens of her homes in Greece and Ohio inspire the work of Vasiliki (Lilian) Filippou.
Meet the Artist:
9/3 | 1 – 3 pm
10/23 | 1 – 3 pm
11/4 | 1 – 3 pm

WHAT WORLD IS THIS

Fellows Riverside Gardens – Outdoor Gallery
Through October | dawn until dusk
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 | Tuesday – Sunday, 10 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.



PLANT SALE

AUTUMN PLANT SALE

Fellows Riverside Gardens
9/24 | 10 am – 5 pm or 9/25 | Noon – 5 pm
Ornamental cabbage, gourds, pumpkins, chrysanthemums, plus a large variety of spring blooming bulbs will be for sale.

EXPRESS YOURSELF

FLORAL DRAWING: Colored Pencil Workshop \$ ♦

Fellows Riverside Gardens
9/17, 9/24 & 10/1 | 10 am – 12:30 pm
During this three-day workshop, Marianne Hilke encourages you to use your creative skills and journey into the stages of floral drawing using colored pencil with a floral project. A supply list will be provided. Register by 9/13. \$44; FFRG \$36

TROLLEY TOURS

125TH ANNIVERSARY TROLLEY TOURS \$ ♦

Boards at Ford Nature Center
9/6, 9/15, 9/20, 9/25, 9/29 | 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.