



YOUR MEMORIES • YOUR METROPARKS  
*Celebrating 125 Years*

Mill Creek MetroParks  
PO Box 596  
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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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# OCTOBER 2016

## PROGRAMS & EVENTS



Pumpkin Carving  
October 13, 14 & 15

# OCTOBER SPECIAL EVENTS

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

## Seed Swap

Fellows Riverside Gardens  
October 2 • 2 - 4 pm

Learn about different types of seeds, how to propagate seeds, how to participate in seed libraries, and gather information from local vendors and organizations. Free, with seed donation to the Antonucci Horticulture Seed Library.

## PUMPKIN CARVING

SPONSORED BY



FELLOWS RIVERSIDE GARDENS

OCTOBER 13, 14 & 15 | 9 AM - 3 PM

Have fun helping to carve pumpkins for display  
at the Pumpkin Walk at Twilight on October 16!

Carving area is in the Service Building which may be chilly, so dress  
in warm layers. Carving tools will be available or bring your own.

Free Event. While pumpkin supplies last.  
For details, call 330.740.7116.

## Pumpkin Walk at Twilight

October 16 | 5:30 - 8:00 pm  
Fellows Riverside Gardens

Experience the magic of the fall season! Take a stroll along the  
Gardens' pumpkin-lined paths as day turns to night. Enjoy live  
entertainment and children's activities.

SPONSORED BY

FREE AND OPEN TO THE PUBLIC.



Sponsored in part by Friends of Fellows Riverside Gardens.

## Shop in the Gardens

HOLIDAY OPEN HOUSE  
at Fellows Riverside Gardens

NOVEMBER 4 & 5 • 10 AM - 5 PM

NOVEMBER 6 • NOON - 5 PM

UNIQUE FINDS AND GIFTS, PLUS GORGEOUS  
ACCESSORIES AND DÉCOR. OPEN TO THE PUBLIC.

ALL HOLIDAY ITEMS ARE 20% OFF.

Receive notices of MetroParks events by email!

Sign up for our mailing list at

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



KIDS & TEENS

TALES FOR TOTS: Bats! \$ ♦ G

*Ford Nature Center*  
10/7 | 10 – 11 am  
Ages 2-3. What's furry and flies? Bats of course! Join us as we learn about these night-time explorers. Fun activities include a story, craft, and short walk. Register/pay at FNC by 10/5. Add'l fee after deadline.

TROLLEY TOURS

125TH ANNIVERSARY TROLLEY TOURS \$ ♦

*Boards at Ford Nature Center*  
10/4, 10/9, 10/13, 10/18, 10/23, 10/27 | 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.

FOR THE BIRDS

BIRDING THE SANCTUARY ♦

*Mill Creek Wildlife Sanctuary*  
10/15 | 8 – 9:30 am  
Search for birds with Jeff Harvey of Wild Birds Unlimited. Boots required. Space limited. Register by calling FNC by 10/13.



HIKES & WALKS

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

MORNING AT THE PRESERVE

*Mill Creek Preserve*  
10/1 | 8 – 9:30 am  
Celebrate the first day of October by joining us for an early morning hike to discover and enjoy the autumn wildflowers and birds at Mill Creek Preserve. Call FNC for details. Moderate, 1.5 mi.

AUTUMN 10-MILER

*Ford Nature Center*  
10/2 | 1 – 4 pm  
Enjoy the fall colors during an energizing ten-mile hike along trails throughout Mill Creek Park. Difficult due to distance and terrain, 10 mi.

GLACIER'S GORGEOUS GLOW

*Fellows Riverside Gardens*  
10/9 | 11 am – 1 pm  
Join us for a hike around Lake Glacier. The variety of colors are a perfect backdrop for a midday outing. Afterward, you can purchase lunch or coffee from the Garden Café. Moderate 4 mi.

THE HUNTER'S MOON

*Bikeway Trailhead at MetroParks Farm*  
10/14 | 6:30 – 8:30 pm  
Come out and enjoy this October evening! We'll hike along the Mindy Henning Memorial Trail as the sun sets and the Hunter's Moon rises. Moderate 2 mi.

HIKE TO PUMPKIN WALK BEFORE TWILIGHT

*Calvary Run parking area (near Glacier Boathouse)*  
10/16 | 2 – 3:30 pm  
Before the tremendous crowd arrives, hike with us to Fellows Riverside Gardens and stroll through the magnificent display of jack-o'-lanterns. Moderate/difficult, 1 mi.

SAME TRAIL TWELVE TIMES

*Lanterman's Mill*  
10/23 | 2 – 4 pm  
Hike the gorge and see what inspired Volney Rogers to establish our park district 125 years ago. Call FNC for details. Moderate, 2 mi.

VOLUNTEER-LED RECREATIONAL HIKES

10/12 | 9 am. Meet at East Newport Boat Launch parking lot. Moderate, 1 or 3 mi.  
10/26 | 9 am. Meet at Bikeway Trailhead at Kirk Road. Moderate, 2 or 4 mi.

*Recreational Hikes – Faster paced*  
Call FNC for details.

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

FAMILY FUN

FORD HUNT (& HIKE)

*Ford Nature Center*  
10/1 – 10/31 | Tuesday - Saturday, 10 am – 5 pm; Sunday, Noon – 5 pm; Closed Monday  
Stop by to locate 25 colorful leaves hidden to commemorate the park district's 125th anniversary. Then go for a hike of your choice, perhaps on a trail along one of our lakes to enjoy the autumn colors.

PICK A PUMPKIN – WAGON TOURS \$

*MetroParks Farm*  
10/1, 10/8, 10/15, 10/22 | 11 am – 2 pm  
10/2, 10/9, 10/16, 10/23 | 1 – 4 pm  
Start off with a guided tractor wagon ride tour that stops at the pumpkin patch to pick your pint size pumpkin. Upon your return we will provide supplies to decorate your pumpkin to take home. Corn Maze and barns will also be open for visitors. \$1/wagon ride; \$3/wagon ride + pumpkin. Call MPF for details.

HIKE WITH A BABY \$ ♦

*MetroParks Farm*  
10/15 | 1 – 3 pm  
Ages infant – 18 months, plus adult. Bring your little one on this hike to see beautiful fall colors. No strollers. Please bring a baby carrier/backpack so we can enjoy the trails! End the hike with a fun craft. Register/pay at FNC by 10/12. \$2 R; \$4 NR per child. Add'l fee after deadline. Meet at the Education Building at MetroParks Farm. Moderate, 2 mi.

FAMILY HALLOWEEN BASH AT THE OLD MILL \$ ♦

*Lanterman's Mill*  
10/22 | 3:30 – 6 pm  
Dress in your Halloween finest for a family friendly Halloween party! Music, dancing, games, snacks, costume competition, and more. Adults must be accompanied by a child! Register/pay at FNC by 10/19, \$3 R, \$5 NR. Late registration and walk-ins (limited space) \$5 R, \$7 NR.

HEALTHY LIVING

YOGA IN THE GARDENS \$

*Fellows Riverside Gardens*  
10/4, 10/6, 10/11, 10/13, 10/18, 10/20, 10/25, 10/27  
9:30 – 11 am  
Join Marina Perdos for a blend of energizing yoga styles. Bring a mat & small blanket. Drop-in. \$12/class

CHAIR TO MAT MOVEMENT \$

*Fellows Riverside Gardens*  
10/4, 10/11, 10/18, 10/25 | 11:30 am – 12:30 pm  
Chair to Mat Movement™ with Michelle O'Brien is designed for those who find seated floor movement challenging. Drop-in. \$10/class

THE PILLARS OF HEALTH & WELLNESS: Foundational & Super Foods \$ ♦

*Fellows Riverside Gardens*  
10/4 | 6 – 8 pm  
Learn about the value of a plant-based diet with Dr. Kathy Padgitt. Register/pay by 10/2. \$10

T'AI CHI STEP ONE IN THE GARDENS \$

*Fellows Riverside Gardens*  
10/5, 10/12, 10/19, 10/26 | Noon – 1 pm  
Warm-ups, breathing exercises and movements with Marie Lew will ease stress. Drop-in. \$10/class

MINDFULNESS PRACTICES FOR GREATER AWARENESS, ATTENTION, AND FOCUS SERIES \$ ♦

*Fellows Riverside Gardens*  
10/9, 10/16 & 10/23 | 10:30 am – Noon  
See yourself in the fresh light of now with Karres Cvetkovich. Register/pay by 10/7. \$42/series; \$16/class

SOUND BATH EXPERIENCE \$ ♦

*Fellows Riverside Gardens*  
10/11 | 6 – 7 pm  
Ages 13+. A meditative experience with vibrations of gongs and crystal singing bowls led by Maria and Calvin Wagner. Register/pay by 4 pm on 10/11. \$25

POWER OF MANTRA \$ ♦

*Fellows Riverside Gardens*  
10/21 | 12:30 – 2 pm  
Create personal power, healing and open up your creativity with Marina Perdos. Register/pay by 10/18. \$20; FFRG \$18

THOUGHT-SHIFTING FOR WEIGHT REDUCTION \$ ♦

*Fellows Riverside Gardens*  
10/22 | 9:30 – 11 am  
Form new habits to assist in weight reduction to enjoy greater health and wellness. Register by 10/20. \$36; FFRG \$30

FRAGRANT FRIDAYS: Grounding Oils \$ ♦

*Fellows Riverside Gardens*  
10/28 | 10 – 11:30 am  
Learn about the power of supportive essential oils for the nervous system with Marina Perdos. Register/pay by 10/25. \$20; FFRG \$18

FALL INTO HEALTH & WELLNESS WITH ESSENTIAL OILS ♦

*Fellows Riverside Gardens*  
10/29 | 10 – 11:30 am  
Learn about essential, therapeutic-grade oils with a focus on the fall season. Register by 10/27. Free

EXPRESS YOURSELF

NATURE-INSPIRED LIDDED VESSEL \$ ♦

*Fellows Riverside Gardens*  
10/11 | 5:30 – 8 pm  
Create a nature-inspired lidded vessel for your home with Lynn Cardwell. Register/pay by 10/9. \$34; FFRG \$28

DRAWING & PAINTING LEAVES WORKSHOP \$ ♦

*Fellows Riverside Gardens*  
10/15 | 10 am – Noon or 1 – 3:30 pm  
Enjoy this one day workshop with Marianne Hilke. The morning session, 10 am – Noon, will focus on blocking in your drawing with graphite. The afternoon session, 1 – 3 pm, will build our leaves applying color, texture and various techniques through watercolor or acrylics. Register/pay by October 12. \$14/session; FFRG \$12/session

GOLF

PROS VS. JOES SCRAMBLE TOURNAMENT \$ ♦

*Par-3 Golf Course*  
10/2 | 10 am Tee Time Start  
3-Person Scramble vs. The Mill Creek PGA Pros. Cost: \$15/Player or \$45/Team. Register by calling Par-3 Golf Course at (330) 740-7114.

FALL 2-COURSE SCRAMBLE TOURNAMENT \$ ♦

*Mill Creek Golf Course*  
10/22 & 10/23 | 10 am Shotgun Start(s)  
2-day 36-Hole Scramble on the North & South Golf Courses. Teams can consist of 1 Professional and 3 Amateurs or 4 Amateurs. Cost: \$100/Player or \$400/Team. Register by calling the Golf Shop.

KAYAKING

KAYAKS & COLORS \$ ♦

*East Newport Boat Launch*  
10/8 | 2 – 4 pm  
Learn tidbits of Lake Newport's history while enjoying the fall colors of deciduous trees as we kayak around the lake. Register/pay at FNC by 10/8. \$12/person R; \$15/person NR; 2nd person in tandem ½ price. Add'l fee after deadline. Age & experience restrictions apply.

FALL SUNDAY AFTERNOON KAYAK \$ ♦

*East Newport Boat Launch*  
10/2 | 2 – 4 pm  
Enjoy autumn with a lazy Sunday afternoon paddle around Lake Newport. Register/pay at FNC by 10/8. \$12/person R; \$15/person NR; 2nd person in tandem ½ price. Add'l fee after deadline. Age & experience restrictions apply.



THIS & THAT

BOOK DISCUSSION: Bread, Wine, Chocolate: The Slow Loss of Foods We Love

*Ford Nature Center*  
10/1 | 10:30 – 11:30 am  
Read Simran Sethi's powerful description of the decline in natural diversity of foods we grow and eat, then join our discussion to share your thoughts about the book.

WALTZ DANCE CLASS \$

*Pioneer Pavilion*  
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*  
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.



HORTICULTURE

NATIVE PLANT SEED COLLECTION WORKSHOP \$ ♦

*Fellows Riverside Gardens*  
10/2 | 11:30 am – 2 pm  
Join Roxanne Swann from the Audubon Center for Native Plants to learn how to sustainably harvest native plant seed. Register/pay by 9/28. \$5

MEN'S GARDEN CLUB

*Fellows Riverside Gardens*  
10/5 | 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.

INVASIVE PLANTS: Issues & ID \$ ♦

*Fellows Riverside Gardens*  
10/8 | 10 am - Noon  
Learn about Ohio's most common invasives and discuss the ecological and economic issues they cause. Register/pay by 10/6. \$10

BOTANICAL MORNINGS \$ ♦

*Fellows Riverside Gardens*  
10/28 | 9 – 10 am  
Discover the change of seasons at Fellows Riverside Gardens with one of our knowledgeable staff members. Register/pay by 10/26. \$5

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:  
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*  
Ongoing | 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.

METROMUTTS: Howl-O-Ween Hike

*MetroParks Bikeway Trailhead at MetroParks Farm*  
10/15 | 11 am  
Bring your dog dressed in his/her Halloween finest! There will be a hike, dog costume contest, prizes, and refreshments in barn #4. MetroMutts members will receive a free pumpkin. Easy, 2 mi. Hike is free for all. Refreshments and Costume Contest: MetroMutts members free; not-yet-members \$2. Share the spirit! Please bring along an item to donate to Paw Platoon. Call FNC for details.

FOX TROT DANCE CLASS \$

*Pioneer Pavilion*  
10/25, 11/1, 11/8, 11/15, 11/22 | 6 – 7 pm  
Enjoy learning this smooth progressive dance characterized by long, continuous flowing movements across the dance floor. 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.

CHA-CHA DANCE CLASS \$

*Pioneer Pavilion*  
10/25, 11/1, 11/8, 11/15, 11/22 | 7 – 8 pm  
Learn this fun and versatile Latin 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.

MUSHROOMS WITH WALT

*Ford Nature Center*  
10/30 | 1 – 3 pm  
Walt Sturgeon of East Palestine is a nationally recognized mushroom expert. He will help us understand local fungi with an indoor slide presentation, followed by a hike to identify what we see. Call FNC for details. Moderate difficulty, 1 mi.