



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	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



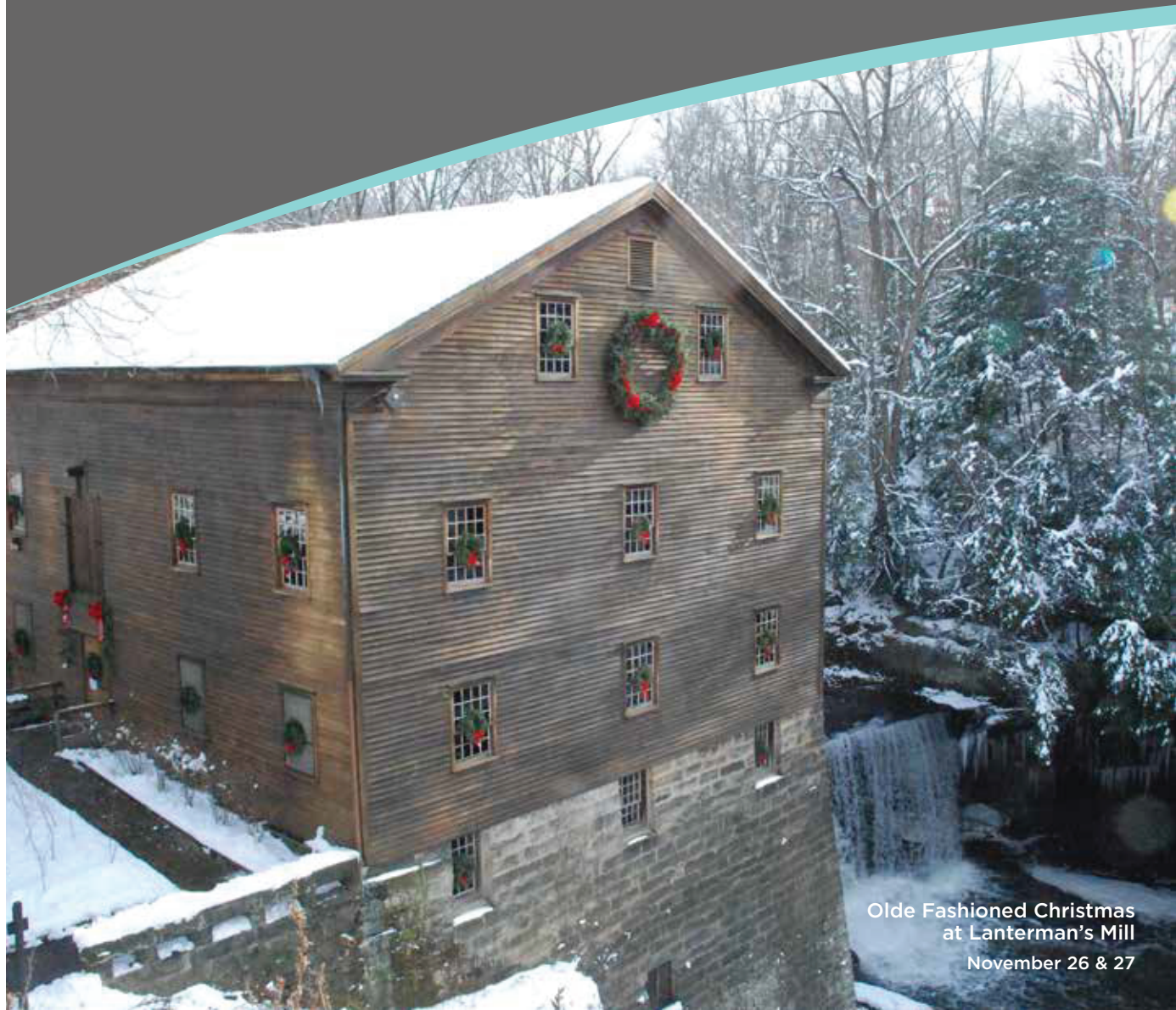
RECYCLED  
PAPER

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 observance 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.



# NOVEMBER 2016

## PROGRAMS & EVENTS



Olde Fashioned Christmas  
at Lanterman's Mill  
November 26 & 27



# NOVEMBER SPECIAL EVENTS

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

## 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)

## Olde Fashioned CHRISTMAS at Lanterman's Mill

*November 26 & 27 • 11 am – 5 pm*

See Lanterman's Mill dressed in holiday finery for this traditional special event. Taste chestnuts roasted on an open fire, give Santa your wish list, watch artisans demonstrate old fashioned crafts, purchase unique handcrafted gifts, and enjoy entertainment by a juggler, balloon artist and many fine musicians. To share the holiday spirit with others, bring a new hat, scarf, or pair of mittens to decorate a "Giving Tree." Donated items will warm up children in need this winter. Call FNC for details.

SPONSORED BY







EXHIBITS

**...FROM LILIAN'S GARDEN!**  
*Fellows Riverside Gardens – Weller Gallery*  
**Through 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: 11/4 | 1 – 3 pm*

**CAUGHT IN TIME**  
*Fellows Riverside Gardens – Weller Gallery*  
**11/23 – 2/16/17** | Tuesday – Sunday, 10 am – 5 pm  
Caught in Time celebrates the 125th Anniversary of beautiful and historic Mill Creek Park.

**AMERICA'S SCHOOLMASTER: The Early Days of William Homes 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, part of Mill Creek MetroParks.

EXPRESS YOURSELF

**FUSED GLASS ORNAMENTS** \$ ♦  
*Fellows Riverside Gardens*  
**11/8** | 5:30 – 7 pm  
Lynn Cardwell will guide you through the process of making three fused glass ornaments. Register/pay by 11/6. \$34; FFRG \$28

**SCULPTURAL GARDEN LANTERN** \$ ♦  
*Fellows Riverside Gardens*  
**11/15** | 6 – 7:45 pm  
Create a garden sculpture out of hypertufa that lights up at night with Dan Dinsio. Register/pay by 11/13. \$42; FFRG \$36

**THANKSGIVING ARRANGEMENT** \$ ♦  
*Fellows Riverside Gardens*  
**11/22** | 6:30 – 8:30 pm  
Using the warm hues of the season, Marie Borocz will guide you in designing a Thanksgiving arrangement. Register/pay by 11/20. \$34; FFRG \$28

HORTICULTURE

**MEN'S GARDEN CLUB**  
*Fellows Riverside Gardens*  
**11/2** | 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

**ADVANCED MASTER GARDENERS - INSECT ID: Pests & Beneficials** \$ ♦  
*Fellows Riverside Gardens*  
**11/5** | 10 am – Noon  
Learn how to identify insect friends, and foes, that are common to Ohio landscapes. Register/pay by 11/3. \$16

**BOTANICAL MORNINGS** \$ ♦  
*Fellows Riverside Gardens*  
**11/18** | 9 – 10 am  
Discover the change of seasons here at Fellows Riverside Gardens with one of our knowledgeable staff members. Register/pay by 11/16. \$5

FAMILY FUN

**FORD HUNT (& HIKE)**  
*Ford Nature Center*  
**11/1 – 11/30** | Tuesday – Saturday, 10 am – 5 pm; Sunday, Noon – 5 pm; Closed Monday.  
Stop by Ford Nature Center to locate 25 turkeys hidden to commemorate the park district's 125th anniversary. Then go for a hike of your choice, perhaps on the Ecology Trail, and keep your eyes open for the numerous wild turkeys that inhabit our area.

**ANIMALS IN AUTUMN**  
*Ford Nature Center*  
**11/12** | 1 – 2:30 pm  
Ohio wildlife is busy this time of year. What are they doing? We'll enjoy a short hike to discover how animals prepare for winter, then return to the nature center to create an autumn-themed craft. Ages: 5 years & over with adult. Call FNC for details.

**SANTA'S WINTER BARN**  
*MetroParks Farm*  
**11/27** | 11 am – 2 pm  
Santa will make an appearance with some of his animal friends from around the world as he gets his reindeer ready for that big night. Come sit in his sleigh for a special picture and make a holiday craft to take home. Donations accepted. Event is held in the Barn which is not heated; dress appropriately. Craft Fee \$1.

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

HEALTHY LIVING

**YOGA IN THE GARDENS** \$  
*Fellows Riverside Gardens*  
**11/1, 11/3, 11/8, 11/10, 11/15, 11/17, 11/22, 11/29**  
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*  
**11/1, 11/8, 11/15, 11/22, 11/29** | 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

**SOUND BATH EXPERIENCE** \$ ♦  
*Fellows Riverside Gardens*  
**11/1** | 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 11/1. \$25

**THE PILLARS OF HEALTH & WELLNESS: Super Foods II** \$ ♦  
*Fellows Riverside Gardens*  
**11/1** | 6 – 8 pm  
Learn more about alkaline foods, plus the benefits of sprouting and fermenting, with Dr. Kathy Padgitt. Register/pay by 10/30. \$10

**T'AI CHI STEP ONE IN THE GARDENS** \$  
*Fellows Riverside Gardens*  
**11/2, 11/9, 11/16, 11/23, 11/30** | Noon – 1 pm  
Warm-ups, breathing exercises and movements with Marie Lew will ease stress, improve health, and increase vitality. Drop-in. \$10/class

**INCREASING POSITIVITY WITH MINDFULNESS SKILLS SERIES** \$ ♦  
*Fellows Riverside Gardens*  
**11/6, 11/13 & 11/20** | 10:30 am – Noon  
Karres Cvetkovich will guide you to dissolve anxiety with breath wisdom during this mindfulness series. Register/pay for series by 11/4. \$42/monthly series; \$16/class

**FRAGRANT FRIDAYS: Protection Oils** \$ ♦  
*Fellows Riverside Gardens*  
**11/18** | 10 – 11:30 am  
Fragrant Fridays offer a space to learn about the power of supportive essential oils for the nervous system with Marina Perdos. Register/pay by 11/15. \$20; FFRG \$18

**POWER OF MUDRA** \$ ♦  
*Fellows Riverside Gardens*  
**11/18** | 12:30 – 2 pm  
Create personal power, healing and open up your creativity with Marina Perdos. Register/pay by 11/15. \$20; FFRG \$18

**ENERGY CENTERS OF THE BODY** \$ ♦  
*Fellows Riverside Gardens*  
**11/19** | 9:30 – 11 am  
Explore the main energy centers of the body more commonly known as the chakras with Michelle O'Brien. Register/pay by 11/17. \$24; FFRG \$20

**HERBAL SALVES** \$ ♦  
*Fellows Riverside Gardens*  
**11/19** | 10 – 11:30 am  
Craft your own salve with skin-nourishing herbs that will keep your skin happy. Register/pay by 11/17. \$16; FFRG \$14

**THE PILLARS OF HEALTH & WELLNESS: Supplements** \$ ♦  
*Fellows Riverside Gardens*  
**11/29** | 6 – 8 pm  
Learn more about botanical supplements with Dr. Kathy Padgitt. Register/pay by 11/27. \$10



Dance Class

HIKES & WALKS

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

**EXPLORING MCGUFFEY**  
*McGuffey Nature Preserve*  
**11/6** | 11 am  
Explore nature and history at the nature preserve named in honor of William Holmes McGuffey. Moderate, 1 mi.

**FALL HIKE IN THE WOODS**  
*Hitchcock Woods*  
**11/13** | 2 – 4 pm  
Explore the sights and sounds of the season as we hike Hitchcock Woods. Park at Deer Path Drive off Hitchcock Road. Moderate, 2 mi.

**Same Trail Twelve Times**  
*Lanternman's Mill*  
**11/20** | 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**  
**11/2** | 9 am. *Meet at Ford Nature Center.* Moderate, 2 or 4 mi.  
**11/16** | 9 am. *Meet at Bikeway Trailhead at MetroParks Farm.* Easy, 2 or 4 mi.  
**11/30** | 9 am. *Meet at Golf Course overflow parking lot on West Golf Drive.* Easy, 1 or 3 mi.

KIDS & TEENS

**CHILDREN'S NATURE HOUR: Squirrel Secrets** \$ ♦ G  
*Ford Nature Center*  
**11/10** | 10 – 11 am  
Squirrels are always so busy, running here and there. What are they hiding? And why? Let's investigate and learn the squirrel's secrets. Ages 3 -6, plus adult. Register/pay at FNC by 11/8. \$4 R; \$6 NR. Add'l fee after deadline.

TROLLEY TOURS

**125TH ANNIVERSARY TROLLEY TOURS** \$ ♦  
*Boards at Ford Nature Center*  
**11/1, 11/6** | 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.

CUISINE

**BREAD MAKING 101** \$ ♦  
*Fellows Riverside Gardens*  
**11/19** | Noon – 4 pm  
Grab your apron and come learn to bake a scrumptious loaf of bread with Sara Scudier. Register/pay by 11/17. \$24; FFRG \$20

THIS & THAT

**FOX TROT DANCE CLASS** \$  
*Pioneer Pavilion*  
**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*  
**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.

**METROMUTTS: Hemlock Hike**  
*Ford Nature Center*  
**11/5** | 11 am  
Bring your pup for a hike among beautiful vistas and trees that are still green. We will be venturing around our oldest lake, which got its name from the Native American word Cohasset, meaning "Place of Hemlocks" or "Place of Pines". Moderate, 3 mi.

**METROMUTTS: Doggy Game Night** \$ ♦  
*MetroParks Farm – McMahon Hall*  
**11/16** | 6 pm  
Presented by The Canine Campus Training and Wellness Center. Bring your furry friends for a night full of games, laughter and popcorn! MetroMutts members FREE, not-yet-members \$6. Call FNC to register by 11/13. Additional fee after deadline.

**LET'S DANCE!** \$  
*MetroParks Farm – McMahon Hall*  
**11/29** | 6 – 9 pm  
Spend the evening dancing the Waltz, Swing, Fox Trot, Cha-Cha, Salsa, Rumba, Tango, Hustle, West Coast, Polka and more with Lynda McPhail of A Time to Dance. Half-hour dance lesson at 6 pm. Both singles and couples welcome. Call FNC for details. \$6/person at the door.

FOR THE BIRDS

**COFFEE WITH THE BIRDS** ♦  
*Ford Nature Center*  
**11/5** | 9:30 – 10:15 am or 10:15 – 11 am  
Watch birds with OSU Certified Volunteer Naturalist Nancy Brundage, while sipping coffee (or tea). Bring your favorite mug. Space limited, call to register.

**BIRDING THE SANCTUARY** ♦  
*Mill Creek Wildlife Sanctuary*  
**11/19** | 8 – 9:30 am  
Search for birds with Jeff Harvey of Wild Birds Unlimited. Boots required. Space limited. Register by calling FNC by 11/17.

**RAPTORS!**  
*MetroParks Farm*  
**11/19** | 11 am – Noon  
Raptors are amazing, magnificent birds. Join us as Heather Merritt of "Birds in Flight Sanctuary" presents her birds of prey. Call FNC for details.



GOLF

**SNOWBIRD SCRAMBLE TOURNAMENT** \$ ♦  
*Mill Creek North Golf Course*  
**11/13** | 10:30 am Shotgun Start - 2:30 pm  
18 Hole Scramble with SEVERE pin placements. Teams can consist of 1 Professional and 3 Amateurs or 4 Amateurs. Prizes will be awarded for the low teams and skill event winners. Register by calling the Golf Shop. \$45/Player, \$180/Team

**BLACK FRIDAY GOLF SHOP SALE**  
*Mill Creek Golf Shop*  
**11/25** | 10 am - 4 pm  
Blow-Out Sale with an abundance of special savings.



Santa's Winter Barn