



Mill Creek MetroParks  
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[millcreekmetroparks.org](http://millcreekmetroparks.org)

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

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# February 2017

## PROGRAMS & EVENTS



**Jewels of Winter**  
Fellows Riverside Gardens  
February 7 - March 12

# February Special Events

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



## Jewels OF WINTER

*Fellows Riverside Gardens*

FEBRUARY 7 - MARCH 12  
TUESDAY - SUNDAY, 10 AM - 5 PM

Orchids are the jewels of the plant world, full of color, let them dazzle you with their brilliance and splendor. During the heart of winter, find the spirit of the tropics here at the Davis Center as you observe these exotic beauties on display. Bring your camera, as there will be plenty of amazing flowers to photograph.

## TWICE LOVED BOOK SALE

February 18 - 26 | Tues. - Sun., 10 am - 5 pm  
at Fellows Riverside Gardens



Peruse the tables in the Weller Gallery for much loved books on gardening, cooking, crafts, and nature. There will also be magazines for sale.

Donations of related used books are appreciated at any time. All proceeds benefit the Maxine Antonucci Library.

## WINTER SEMINAR:

Great Gardens  
START HERE



Paul Zammit



Jerry Fritz



Nancy Drobnick

FEB. 18 • 9 AM-4:30 PM AT FELLOWS RIVERSIDE GARDENS

Presented by the Men's Garden Club of Youngstown and Mill Creek MetroParks. Includes a continental breakfast, engaging lectures from garden experts, such as: Paul Zammit, Jerry Fritz and Nancy Drobnick, lunch, and door prizes. For more information and to register, go to the Winter Seminar site: [www.mgcyc.org](http://www.mgcyc.org)

Receive notices of MetroParks events by email!

Sign up for our mailing list at  
[millcreekmetroparks.org](http://millcreekmetroparks.org)



## NATURE PHOTOGRAPHY EXHIBIT

February 18 - March 12

FORD NATURE CENTER

Hours: Tues. - Sat., 10 am - 5 pm; Sun., Noon - 5 pm

View images of wild plants, animals and scenes, and enjoy the amazing talents of local amateur photographers at the annual Nature Photography Exhibit. Second floor of Ford Nature Center during regular business hours. Entries accepted 1/25 through 2/5. Call Ford Nature Center or visit our website for details.



EXPRESS YOURSELF

TIN FLOWERS \$ ♦

*Fellows Riverside Gardens*  
**2/14** | 6 – 8 pm  
Ages 14+. Create a unique and beautiful garden sculpture made from tin cans! Dan Dinsio, artist/sculptor, will lead you step-by-step to design a vibrant and colorful flower that can be made to decorate your garden. This class involves painting, cutting, and forming a tin can into a unique work of art. Register/pay by 2/12. \$38; FFRG \$32

CREATIVITY HIKE: Crafts to Keep You Warm \$ ♦

*Pioneer Pavilion*  
**2/25** | 10 am – Noon  
Ever scroll through Pinterest and think, “I could do that” but didn’t quite have the courage to try? Come join us for not one, but two nature inspired Pinterest crafts and a short hike to get inspired. This month we will be making crafts to keep you warm so please bring an old sweater to be repurposed. Register/Pay at FNC by 2/23. \$3 R; \$5 NR. Add'l fee after deadline.

FAMILY FUN

GEOLOGY ROCKS: Engineering Our Earth \$ ♦

*Ford Nature Center*  
**2/4** | 2 - 4 pm  
Ages 7-10. Learn how natural processes have shaped the Mahoning Valley and the Earth over time to create the places we call home! Activities, games, and a craft are included. Register/pay at FNC by 2/2. \$3 R; \$5 NR. Add'l fee after deadline.

CUISINE

BEGINNER COOKIE DECORATING: Valentine Bouquet \$ ♦

*Fellows Riverside Gardens*  
**2/11** | 11 am – 1 pm  
Adults and ages 10+ with paid adult. A two-hour class led by Cindy Velt for beginners on techniques for decorating cut-out cookies with royal icing that ends in the creation of a cookie bouquet to take home. All materials are provided to design a unique valentine’s gift for someone sweet in your life. Register/pay by 2/9. \$40; FFRG \$36

BAGEL MAKING 101 \$ ♦

*Fellows Riverside Gardens*  
**2/25** | 10 am – Noon  
Learn how to make bagels with Jack Kravitz. Using prepped dough, go through the hands-on process of shaping, rising, and cooking for the perfect bagel. Register/pay by 2/23. \$16; FFRG \$14

Exhibits

CAUGHT IN TIME

*Fellows Riverside Gardens – Weller Gallery*  
**Through 2/16/17** | Tuesday – Sunday, 10 am – 5 pm  
*Caught in Time* celebrates the 125th Anniversary of beautiful and historic Mill Creek Park, and honors the vision and efforts of its founder, Volney Rogers. The exhibit features the very best of local nature photographer C. Scott Lanz’s thousands of photographs taken in Mill Creek Park over the last fifteen years.

MILL CREEK METROPARKS HISTORY

*Fellows Riverside Gardens – Melnick Museum*  
**Ongoing** | Tuesday – Sunday, 10 am – 5 pm  
The Melnick Museum offers the visitor a peek into the unique history of Mill Creek MetroParks. Look back and discover how Volney Rogers garnered property and how that land has grown into Mill Creek MetroParks. Learn about the generosity of Elizabeth Fellows that was the beginning of Fellows Riverside Gardens. And take time to learn about the early days of McGuffey and his boyhood homestead located in Coitsville and now known as the McGuffey Wildlife Preserve.

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 and Teens

TALES FOR TOTS: Eastern Cottontails \$ ♦

*Bears Den Cabin*  
**2/10** | 10 – 11 am  
Ages 2 - 3, plus adult. Rabbits don’t just come out at Easter! Join us as we meet a real rabbit and learn about our Eastern Cottontails. A story, craft and looking for tracks are all part of the fun! Register/pay at FNC by 2/8. \$4 R, \$6 NR. Add'l fee after deadline.

HEALTHY LIVING

T’AI CHI STEP ONE IN THE GARDENS \$

*Fellows Riverside Gardens*  
**2/1, 2/6, 2/15, 2/22** | 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*  
**2/2, 2/7, 2/9, 2/14, 2/16, 2/21, 2/23, 2/28** | 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*  
**2/7, 2/14, 2/21, 2/28** | 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. Breathing techniques, as well as mindfulness practices make this class accessible to most anyone for health and fitness, as well as for relaxation. All movement is done seated in chairs, and in standing positions on a mat. Drop-in. \$10/class

THE PILLARS OF HEALTH & WELLNESS: Sleep and Rest \$ ♦

*Fellows Riverside Gardens*  
**2/7** | 6 – 8 pm  
Join Dr. Kathy Padgitt and her team of healthy living specialists on a journey of self-discovery. More than ever before, we need to be intentional about assessing and maximizing the quality of our lives and overall health. Come sample plant based food while you learn more about the value of a plant-based diet and sleep and rest techniques. Register/pay by 2/5. \$10

SOUND BATH EXPERIENCE \$ ♦

*Fellows Riverside Gardens*  
**2/14** | 6 – 7 pm  
Ages 13+. A Sound Bath is a deep meditative experience where you will relax by lying on your mat and just receive the sound that is played around you. The low frequency sound and vibrations of our gongs, crystal singing bowls, pyramids, flutes and other instruments take you on an inward healing journey, awakening every cell in your body. This experience, led by Maria & Calvin Wagner, will induce a deep state of relaxation and shift you into a higher level of awareness. You will leave feeling relaxed, peaceful and more “in-tune” with whom you are. Register/pay by 4 pm on 2/14. Space is limited. \$25

HIKES AND WALKS

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

SUPER STROLL SUNDAY

*Ford Nature Center*  
**2/5** | 2 – 4 pm  
Come enjoy the beautiful winter wonderland as we stroll along East Cohasset to the Suspension Bridge and back. Please bring a travel mug so you can enjoy a hot beverage while you hike. Coffee and tea provided. Moderate/Difficult, 4 mi.

ECLIPSE OF THE HUNGER MOON

*MetroParks Farm*  
**2/10** | 7 – 8:30 pm  
Tonight is a double feature...February's Full Moon AND a Lunar Eclipse! Hope for a clear sky as we walk beneath the only lunar eclipse visible here in 2017. Meet at Kiosk at MetroParks Bikeway Trailhead at MetroParks Farm. Call FNC for details. Easy, 1.5 mi.

SWEETHEART HIKE

*Birch Hill Cabin*  
**2/12** | 2 – 4 pm  
Grab a loved one and come out to Mill Creek Park to enjoy the season of love. After a short hike there will be refreshments as well as supplies to make your loved one a Valentine’s Day gift they will always hold dear. Register/Pay at FNC by 2/10. \$7/pair R; \$10/pair NR. Add'l fee after deadline.

FIRST SPRING WILDFLOWER OF 2017

*Meet at Scholl Recreation Area*  
**2/26** | 2 - 4 pm  
A flower blooming in the snow? Join us as we search for the first Spring wildflower of the year. This amazing plant can push up through snow and ice! Moderate with some hills, 2 mi.

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

VOLUNTEER-LED RECREATIONAL HIKES

**2/8** | 9 am. Meet at FNC. Moderate, 2 or 4 mi.  
**2/22** | 9 am. Meet at MetroParks Bikeway Trailhead at MetroParks Farm. Easy, 2 or 4 mi.

FOR THE BIRDS

COFFEE WITH THE BIRDS ♦

*Ford Nature Center*  
**2/18** | 8 – 9:30 am  
This weekend is the 20th annual Great Backyard Bird Count! Join Jeff Harvey of Wild Birds Unlimited to watch our feathered friends at our feeders. Coffee and tea provided; please bring your favorite mug. Space limited, call to register by 2/17 for a 45-minute session (8 – 8:45 am or 8:45 – 9:30 am).



Horticulture

MEN’S GARDEN CLUB TALK

*Fellows Riverside Gardens*  
**2/1** | 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.



WALK-IN ORCHID REPOTTING CLINIC \$

*Fellows Riverside Gardens*  
**2/8** | 5:30 – 7:30 pm  
Bring your orchids for care and nurturing and have the experts repot them for you. \$5 per plant up to 4” diameter pot, includes pot and orchid bark. There will be an additional charge of \$2 per inch for repotting orchids needing pots larger than 4”. Additional pots and orchid bark mix may be purchased. Drop-in. \$5+

GARDEN INSPIRATION WALK

*Fellows Riverside Gardens*  
**2/11** | 10 – 11 am  
Explore awe-inspiring aspects of Fellows Riverside Gardens, including its collections and celebrations throughout the year. All walks are held outside, please dress for the weather. Drop-in. Free.

BOTANICAL MORNINGS \$ ♦

*Fellows Riverside Gardens*  
**2/24** | 9 -10 am  
Discover the progress of seasons here at Fellows Riverside Gardens with one of the Gardens knowledgeable staff members. Then, enjoy a complementary cup of coffee or tea in Kravitz’s Garden Café. Register/pay by 2/22. \$5

This and That

BOOK DISCUSSION: *Tom’s River: A Story of Science and Salvation*

*Ford Nature Center*  
**2/4** | 10:30 am – Noon  
Read Dan Fagin’s narrative of the devastating effects of industrial pollution on a New Jersey community, then join our discussion to share your thoughts about the book. Call FNC for details.

METROMUTTS: Beginner Obedience \$ ♦

*MetroParks Farm: McMahon Hall*  
**2/7** | 6 – 7 pm  
Presented by The Canine Campus Training and Wellness Center. Does your canine companion need to work on his or her doggy manners? Join us for an introduction to obedience where we will learn commands such as “sit,” “down,” and “stay,” and play some obedience games. MetroMutt members free, not-yet-members \$6. Call FNC to register by 2/4. Add'l fee after deadline.

METROMUTTS: I Chews You \$

*Birch Hill Cabin*  
**2/19** | 3 – 4:30 pm  
Bring your favorite Valentine, your MetroMutt, for a beautiful winter stroll. Warm up by the fireplace at Birch Hill Cabin afterward for hot drinks, cookies, and treats. Member dogs will receive a special Valentine. Moderate, 1.5 mi. Share the Love! Bring along items to donate to Pawz 2 Adopt. Hike is free for all. Refreshments afterward: MetroMutts members free; not-yet-members \$1.

SWING DANCE CLASS \$

*Pioneer Pavilion*  
**2/21, 2/28, 3/7, 3/14, 3/21** | 6 – 7 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.

HUSTLE DANCE CLASS \$

*Pioneer Pavilion*  
**2/21, 2/28, 3/7, 3/14, 3/21** | 7 – 8 pm  
Enjoy learning this dance that is simple, but beautiful to watch and exciting to 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.

