January Special Events

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

Receive notices of MetroParks events by email!
Sign up for our mailing list at 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

February 18 – March 12

FORD NATURE CENTER

EXHIBIT
PHOTOGRAPHY
NATURE

Throughout the duration of MCP events, programs and/or classes, there are opportunities for photographic and video coverage by MCP which may include your participation or observation of the activity. MCP 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 MCP. 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 recorded. MCP shall otherwise assume that you have permission to photograph or video your involvement and participation in this activity. If you have any questions, please contact the Marketing or Graphics Departments at 330.702.3000.
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NATURE PHOTOGRAPHY EXHIBIT
FORD NATURE CENTER
February 18 – March 12

Entries accepted: January 24 – February 5
Exhibit: February 18 – March 12
Ford Nature Center Hours:
Tues. – Sat., 10 am – 5 pm; Sun., Noon – 5 pm

Enter your favorite original photos in the following categories:
• Wild Animals • Wild Scenes
• Plants • Wild or Not • People in Parks
• Mill Creek MetroParks Scenes
• Wild with a Human Touch • Monochrome
• Young Photographers

Applications available for download at millcreekmetroparks.org.
HIGHE S LIVING
THE PILLARS OF HEALTH & WELLNESS: Healthy Choices for a New Year
* Fellows Riverside Gardens
1/3 – 6 pm
Join Dr. Kathy Podgall 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 learning more about healthy choices for a new year.
Register by 1/13. $10

YOGA BASICS COURSE
* Fellows Riverside Gardens
1/8 – 226 (Sundays, 9 – 10 am)
Enjoy a gentle but thorough approach with daily deep relaxation during this eight-week yoga course, either choose Sunday mornings or Tuesday evenings. Bring a mat, small blanket, and pillow. Karres Cvetkovich is a seasoned and welcoming instructor. Participants need to pre-register; non-extras; $80, 10% discount ($72) if registered by 1/3.

YOGA IN THE GARDENS
* Fellows Riverside Gardens
1/16, 1/24, 1/31 | 1:30 pm – 2:30 pm
Char to Mat Movement™ with Michelle O'Brien is designed to increase mobility and flexibility for those who find seated movement challenging.
Drop-in. $10/class

CHAIR TO MAT MOVEMENT
* Fellows Riverside Gardens
1/16, 1/17, 1/24, 1/30 | 1:30 pm – 2:30 pm
Ease stress, improve health, and increase vitality. Join Marie Lee in warm-ups, breathing exercises and selected movements from a classic Chen Tai Chi form. Drop-in. $10/class

MINDFULNESS COURSE: New Directions for the New Year
* Fellows Riverside Gardens
1/19, 1/14, 1/21, 1/23 | 1 – 3 pm
Practice awareness, compassion, and focus while alleviating mental and physical tension. Enjoy the miracle of the seasonal life unfolding in our corner of the universe here at Fellows Riverside Gardens. Give yourself the opportunity to create new habits through the time and opportunity of three sessions of guided practice, meeting with the group weekly for mutual benefits. Remember that it requires a little repetition to set a new habit. Lead by experienced meditation instructor, Karres Cvetkovich. Register/pay by 1/13. $44; FFRG $38

SOUND BATH EXPERIENCE
* Fellows Riverside Gardens
1/14 | 7 – 8 pm
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, chimes, and other instruments will take you on an inward healing journey, awakening every cell in your body. This experience, led by Mara & 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 1/17. Space is limited. $25

FAMILY FUN
IT’S FOR THE BIRDS
* Fellows Riverside Gardens
1/14 | 11 am – Noon
Our ever-popular birds are beautiful, fun to watch, and hungry! Join us as we create some easy-to-make bird feeders to hang in your backyard. $3 R, $5 NR

WINTER RECREATION
SLED RIDING & ICE SKATING
James L. Wick, Jr. Recreation Area
Through February, weather permitting
Sled Riding: 9 am – 6 pm, Ice Skating: 9 am – 3 pm and 5 – 9 pm
Enjoy the winter months sledding on lighted slopes and ice skating on a constructed ice skating rink. Warm up in our warming house and enjoy a snack and drink from the Igloo Snack Hut Concession. Sledders and skaters will need to bring their own equipment. Warming house and concession stand hours vary, call WRA for details. No admission fee. Activities are weather dependent.

HEALTHY LIVING
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