



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	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

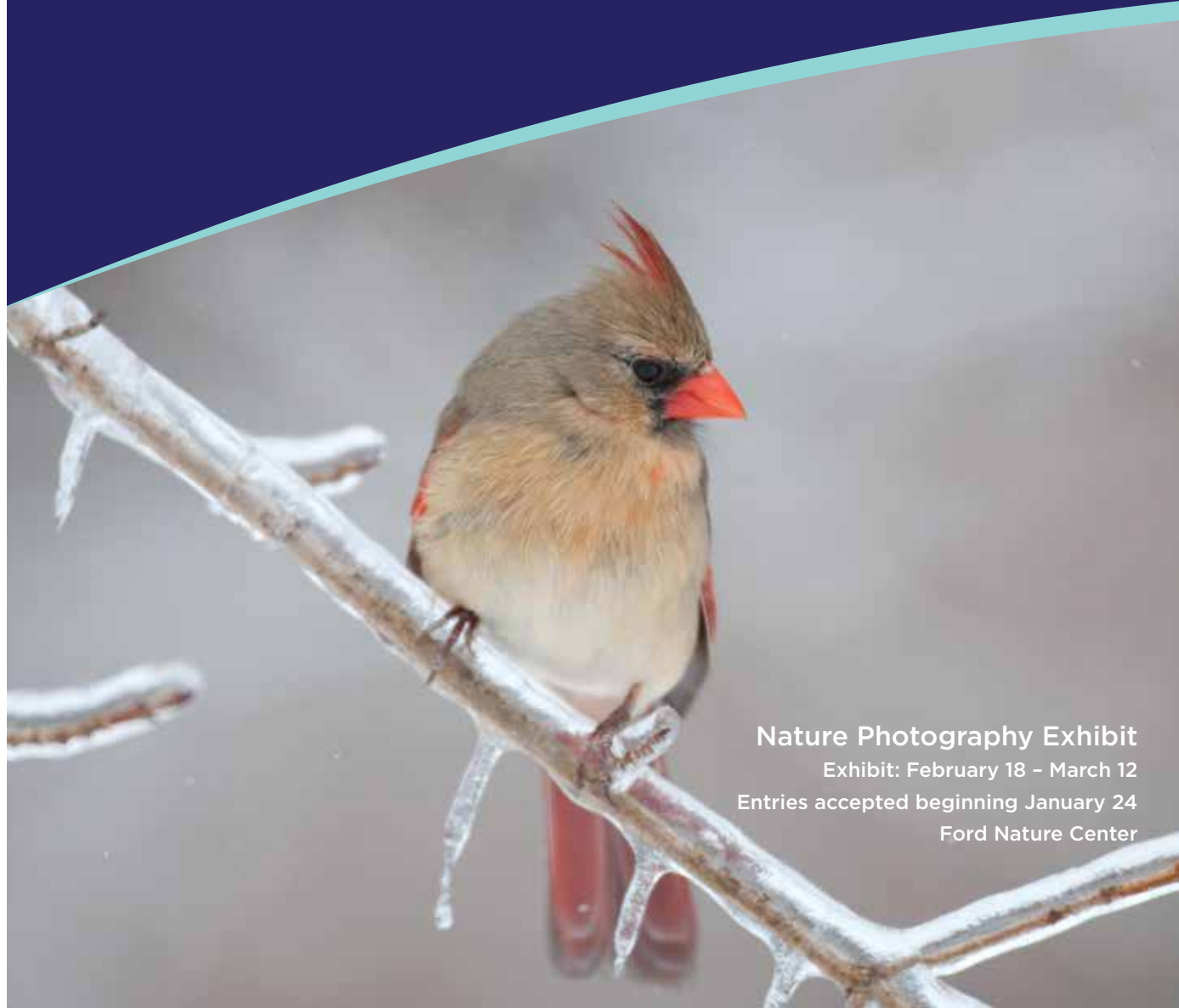


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January 2017

PROGRAMS & EVENTS



Nature Photography Exhibit
Exhibit: February 18 – March 12
Entries accepted beginning January 24
Ford Nature Center

January Special Events

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

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.

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

HIKES AND WALKS

RESOLUTION HIKE

Newport Wetlands
1/8 | 2 – 4:30 pm
Overindulge during the holidays? Resolve to exercise more during 2017 but haven't gotten off the couch? Join our steady, but moderate, pace around Lake Newport — scenic in every season of the year. Moderate/difficult, 5 mi

THE SNOW MOON

Ford Nature Center
1/13 | 7 – 8:30 pm
On this Friday the 13th full moon night hike, we'll be walking on the cold crunchy stuff (hopefully) to discover why some Native American tribes referred to this month's moon as the "Snow Moon." Moderate, 2 mi.

HOT DRINK HIKE

Ford Nature Center
1/15 | 2 – 4 pm
Come out to enjoy a warm cup of coffee or tea around a bonfire before & after our loop hike out of FNC. Be sure to bring your hot drink travel mug. Hike departs at 2:30 pm. Call FNC for details. Moderate 1.2 mi.

SOUNDS OF WINTER

Hitchcock Woods
1/22 | 2 – 4 pm
Too much noisy TV? Get outside and join us as we hike the trail at Hitchcock Woods. We'll enjoy the quiet of winter and listen for the sounds of nature. Crunching snow, wind in the trees, drumming of woodpeckers and the songs of chickadees may break the silence. Moderate. 2 mi.

NAKED TREES

Lily Pond parking area
1/29 | 1 – 3 pm
The trees might be bare but you can still tell who's there! Come out and join us on a brisk hike through the park and learn how you can identify trees even when there are no leaves. Call FNC for details. Moderate 1.5 mi.

Recreational Hikes – Faster paced
Call FNC for details.

VOLUNTEER-LED RECREATIONAL HIKES

1/11 | 9 am. Meet at overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.
1/25 | 9 am. MetroParks Bikeway Trailhead at Kirk Road. Easy, 2 or 4 mi.

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

Exhibits



CAUGHT IN TIME

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. Meet the Artist: 1/29 | 2 – 4 pm

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, part of Mill Creek MetroParks.

HORTICULTURE

MEN'S GARDEN CLUB TALK

Fellows Riverside Gardens
1/4 | 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.

GARDEN INSPIRATION WALK

Fellows Riverside Gardens
1/21 | 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.

For the Birds

HAND FEED A CHICKADEE

Ford Nature Center
1/14 | 9:30 – 10:30 am
Black-capped Chickadees are inquisitive birds that sometimes can be coaxed into landing in your hand — especially if you tempt them with food. We'll provide the birdseed if you'll provide the hands.

Express Yourself

CULTIVATING HYGGE

Fellows Riverside Gardens
1/14 | 1 – 4 pm
Take a moment to savor of the slowness of the winter season and cultivate the Danish way of being called hygge (hoo ga). Hygge is about coziness, embracing the season, and finding warmth and well-being in every situation. Spend the afternoon relaxing in the Gardens library (and outside) while crafting, sipping tea, enjoying the beauty of nature, and finding light during the darkness. Please bring a journal and writing utensil, and dress for the outdoors. Register/pay by 1/12. \$10

IKEBANA VASE

Fellows Riverside Gardens
1/24 | 5:30 – 8:30 pm
Ikebana is the Japanese art of flower arrangement. Create a nature-inspired Ikebana vase with Lynn Cardwell. The vase will be glazed, fired and ready to take home four to five weeks after the class. Register/pay by 1/22. \$34; FFRG \$28



HAND FEED A CHICKADEE

HEALTHY LIVING

THE PILLARS OF HEALTH & WELLNESS: Healthy Choices for a New Year

Fellows Riverside Gardens
1/3 | 6 – 8 pm
Join Dr. Kathy Padgett 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 healthy choices for a new year. Register/pay by 12/31. \$10

YOGA BASICS COURSE

Fellows Riverside Gardens
1/8 – 2/26 | Sundays, 9 – 10 am or
1/10 – 2/28 | Tuesdays, 6 – 7 pm
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; no drop-ins. \$80; 10% discount (\$72) if registered by 1/3.

YOGA IN THE GARDENS

Fellows Riverside Gardens
1/10, 1/12, 1/17, 1/19, 1/24, 1/26, 1/31 | 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
1/10, 1/17, 1/24, 1/31 | 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
1/11, 1/18, 1/25 | 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

MINDFULNESS COURSE: New Directions for the New Year

Fellows Riverside Gardens
1/15, 1/22 & 1/29 | 10:30 am – Noon
Practice awareness, compassion, and focus while alleviating mental and physical tension. Enjoy the miracle of the seasons of 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. Led by experienced meditation instructor, Karres Cvetkovich. Register/pay by 1/13. \$44; FFRG \$38

SOUND BATH EXPERIENCE

Fellows Riverside Gardens
1/17 | 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 1/17. Space is limited. \$25

FAMILY FUN

IT'S FOR THE BIRDS

Ford Nature Center
1/14 | 11 am – Noon
Our overwintering 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

THIS & THAT

HOW TO TAKE BETTER NATURE PHOTOGRAPHS

Ford Nature Center, Pioneer Pavilion
1/7 | 1 – 3 pm
Ever wonder what other functions your camera has besides automatic? Join us as Bob Coggeshall presents "How to Take Better Nature Photographs". Learn about composition, lighting, depth of field and more. Afterwards, we'll go for a hike to practice your new skills.

METROMUTTS: Cabin Fever Hike

Ford Nature Center
1/14 | 11 am
Are you and your canine companion experiencing cabin fever? Come shake it off and enjoy a beautiful winter hike. End the hike by enjoying some hot chocolate around a campfire. Moderate, 1 mi.

KIDS & TEENS

CHILDREN'S NATURE HOUR: Stranger in the Woods

Ford Nature Center
1/12 | 10 – 11 am
Children ages 3 – 5 with adult are invited to join us for a reading of the beloved children's book, *Stranger in the Woods*. We'll discover which animals are still active in the winter, create an edible ornament for the birds, hand feed chickadees, and create our own Stranger in the Woods. Register/pay at FNC by 1/10. \$4 R; \$6 NR. Add'l fee after deadline.

WILDERNESS TRACKERS

Ford Nature Center
1/21 | 2 – 3:30 pm
Ages 6 – 9. Children will explore mammals and the tracks they leave behind while participating in activities, games & crafts. Kids will create a mold of an animal track to take home. Dress warm for a short hike, weather permitting. Register/pay at FNC by 1/19. \$3 R; \$5 NR

Winter Recreation

SLED RIDING & ICE SKATING

James L. Wick, Jr. Recreation Area
Through February, weather permitting
Sled Riding: 9 am – 9 pm, **Ice Skating:** 9 am – 3 pm and 5 – 9 pm, **Hockey:** 3 – 5 pm
Enjoy the winter months sled riding 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. Sled riders 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.**



IKEBANA