



Mill Creek MetroParks
PO Box 596
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330.702.3000

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



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March 2017

PROGRAMS & EVENTS



TROLLEY TOURS

March Special Events

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

A close-up photograph of several yellow orchids with red and white markings on their petals, set against a blurred background of green leaves and a stone wall.

Jewels OF WINTER

at 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.

A background image for the Spring Clinic & Trade Show featuring a close-up of green grass on the left and dark brown soil on the right, with a silver garden trowel with a wooden handle lying diagonally across the bottom right.

& SPRING CLINIC TRADE SHOW

The Mahoning Valley Landscape & Nursery Association, Mill Creek MetroParks, and OSU Extension - Mahoning County will sponsor this spring horticulture clinic. Call 330.540.2306 for details or visit www.mvlna.org for more info.

Fellows Riverside Gardens
March 8 | 8 am - 3 pm

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

Cuisine

BREAD MAKING 101 \$ ♦

Fellows Riverside Gardens
3/18 | Noon – 4 pm
Come learn the basics of turning flour, water, salt and yeast into a scrumptious loaf of bread with Sara Scudier. The class will feature both lecture and hands on mixing, kneading, proofing, shaping and baking a loaf of bread. Attendees will take home their own loaf of bread. Register/pay by 3/16. \$24; FFRG \$20

QUICK SOUPS \$ ♦

Fellows Riverside Gardens
3/25 | 10 am – 12:30 pm
Hands-on demonstration and tasting. Are you in too much of a hurry for a nourishing meal? Make a quick soup! Whip up egg drop, cream of spinach (or veggie of your choice), or chicken noodle. Jack Kravitz will show you how to make each in less than a 1/2 hour. Register/pay by 3/23. \$17; FFRG \$15



FOR THE BIRDS

OUTSTANDING OWLS

Yellow Creek Park
3/11 | 7 – 8:30 pm
Come join us as we demystify the lives of owls. We will start with a short presentation to help us understand whooo we have in our local forests. Afterwards we will go out owling – searching for owls at night. Call FNC for details. Moderate, 1 mi.

BIRDING THE SANCTUARY ♦

Mill Creek Wildlife Sanctuary
3/18 | 8 – 9:30 am
Join Jeff Harvey of Wild Birds Unlimited for an early bird walk at Mill Creek Wildlife Sanctuary. Space limited. Register by calling FNC by 3/16. Wear boots.

WONDERFUL WOODPECKERS

Ford Nature Center
3/26 | 11 am – 12:30 pm
Knock, knock, knock, who's there? It's a woodpecker of course! Come join us as we learn how these wonderful birds do what they do. There will be a short presentation with a hike to follow. Easy, 0.5 mi.

Horticulture

MEN'S GARDEN CLUB TALK

Fellows Riverside Gardens
3/1 | 7 – 8 pm
The Men's Garden Club of Youngstown invites you to attend their meeting which includes topics by local and regional speakers on horticulture and nature.

ORCHID REPOTTING SEMINAR \$ ♦

Fellows Riverside Gardens
3/7 | 6 – 8 pm
Orchid expert, Dave Miller will explain the basics of repotting orchids and assist you in the process. Orchid, orchid bark mix and pots are included. Register/pay by 3/5. \$26; FFRG \$22

GARDEN INSPIRATION WALK

Fellows Riverside Gardens
3/18 | 10 – 11 am
Explore awe-inspiring aspects of FRG, including its collections and celebrations throughout the year. Drop-in. Free.

BOTANICAL MORNINGS \$ ♦

Fellows Riverside Gardens
3/31 | 9 – 10 am
Discover the progress of seasons 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 3/29. \$5

EXHIBITS

THE OWL AND THE WOODPECKER

Fellows Riverside Gardens – Weller Gallery
3/4 – 5/21 | Tuesday – Sunday, 10 am – 5 pm
The Owl and The Woodpecker introduces visitors to the incredible species of owls and woodpeckers in North America through the lens of Paul Bannick.

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.

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

Hikes and Walks

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

SYRUP SAUNTER: Sap to Tap

Ford Nature Center
3/4 | 2 – 4:30 pm
Wind through the park to a grove of sugar maples in the Wick Area. Learn about the syrup making process with the Rocky Ridge Neighborhood Assoc. Bring your travel mug and enjoy coffee (provided by Branch St. Coffee Roasters) or tea. Moderate/difficult, 3mi.

FIRST SPRING WILDFLOWER PART II

Meet at Ford Nature Center
3/12 | 2 – 4 pm
Last month we hunted for blooms of our first spring wildflower – Skunk Cabbage. Today, we'll check on the progress of this amazing plant. Moderate, 2.5 mi.

LOOKIN' FOR GREEN

Ford Nature Center
3/16 | 6 – 7:30 pm
Come out and join us as we enjoy daylight savings time while lookin' for green. Spring's arrival next week should bring us a bit o' luck as we hike around Lake Cohasset. Moderate, 3 mi.

HAPPY SPRING!

MetroParks Farm – Bikeway Trailhead
3/19 | 2 – 3:30 pm
Spring begins tomorrow! Let's celebrate as we enjoy the sights and sounds of the new season while saying goodbye to the old. Moderate, 2 mi.

Recreational Hikes – Faster paced
Call FNC for details.

VOLUNTEER-LED RECREATIONAL HIKES

3/8 | 9 am - *Meet at FNC.* Moderate, 2 or 4 mi.
3/22 | 9 am - *Meet at overflow parking lot on West Golf Drive.* Easy, 1 or 3 mi.



Trolley Tours

SHAMROCK TROLLEY \$ ♦

Boards at Ford Nature Center
3/17 | | 2 – 3 pm or 3:30 – 4:30 pm
Celebrate the day on a tour of Mill Creek MetroParks. Trolley is unheated – plan to bundle up in GREEN and look for GREEN! Register/pay at FNC. Adults: \$7 R, \$10 NR; 12 & under / 60 & over: \$5 R, \$8 NR. Add'l fees after deadline.

SPRING RIDE! \$ ♦

Boards at Ford Nature Center
3/19, 3/26 | 2 – 3 pm or 3:30 – 4:30 pm
Enjoy early Spring in Mill Creek Park with natural and historic views aboard the Cohasset Express. Trolley is unheated – plan to bundle up! Limited seating. Register/pay at least 2 days in advance at FNC. Adults: \$7 R, \$10 NR; 12 & under/60 & over: \$5 R, \$8 NR. Add'l fees after deadline.



Golf

ST. PATRICK'S GOLF SHOP HOLIDAY SALE

Mill Creek Golf Course Pro Shop
3/14 – 3/17 | 10 am – 5 pm
Holiday sale in the Mill Creek Golf Shop

MILL CREEK MEN'S SENIOR GOLF LEAGUE SIGN-UP'S

Mill Creek Golf Course
4/1 | 9 am – Noon
2017 Senior Golf League Sign-Up and Meet & Greet. Now is your chance to participate in Mill Creek's Men's Senior Golf League. Available for seniors 50+. Please call Senior League President: Joe Smik 330.965.1674 for details.

KIDS AND TEENS

CHILDREN'S NATURE HOUR: Spring is Near! \$ ♦ G

Birch Hill Cabin
3/9 | 10 – 11 am
Children ages 3-5, plus adult. Spring is just around the corner! Join us as we look for signs of the new season. A story, hike, craft and meeting a live rabbit are all part of the adventure. Register/pay at FNC by 3/7. \$4 R, \$6 NR. Add'l fee after deadline.

SPROUT CLUB \$ ♦ G

Fellows Riverside Gardens
3/23, 4/13, 5/16 | 1 – 2 pm
Ages 3-5, plus adult. Explore the world of plants through topics that include: maple syrup, worms, and dandelions! Deadline for series is 3/21. \$15/series; \$7/class

HEALTHY LIVING

T'AI CHI STEP ONE IN THE GARDENS \$

Fellows Riverside Gardens
3/1, 3/8, 3/15, 3/22, 3/29 | Noon – 1 pm
Warm-ups, breathing exercises and movements with Marie Lew will ease stress, improve health, and increase vitality. Drop-in. \$10/class

YOGA IN THE GARDENS \$

Fellows Riverside Gardens
3/2, 3/7, 3/9, 3/14, 3/16, 3/21, 3/23, 3/28, 3/30
9:30 – 11 am
Marina Perdos that will help you keep a healthy outlook. Bring a mat and small blanket. \$12/class

FRAGRANT FRIDAYS: Carrier Oils \$ ♦

Fellows Riverside Gardens
3/3 | 10 – 11:30 am
Learn about the power of supportive carrier oils and butters that blend with essential oils meditation with Marina Perdos. Register/pay by 2/28. \$22; FFRG \$20

YOGA BASICS COURSE \$ ♦

Fellows Riverside Gardens
3/5 – 4/2 | Sundays, 9 – 10 am or
3/7 – 4/4 | Tuesdays, 6 – 7 pm
Choose Sunday or Tuesday for this 5-week yoga course. \$50; 10% discount (\$45) if registered by 2/28.

CHAIR TO MAT MOVEMENT \$

Fellows Riverside Gardens
3/7, 3/14, 3/21, 3/28 | 11:30 am – 12:30 pm
Increase mobility and flexibility for those who find seated floor movement challenging. Drop-in. \$10/class

THE PILLARS OF HEALTH & WELLNESS: Stress Reduction \$ ♦

Fellows Riverside Gardens
3/7 | 6 – 8 pm
Learn more about the value of a plant-based diet and stress reduction techniques. Register/pay by 2/5. \$10

ENERGY CENTERS OF THE BODY COURSE \$ ♦

Fellows Riverside Gardens
3/11 & 3/18 | 10 am – Noon
Explore the chakras during this 2-day course. Register/pay by 3/9. \$36; FFRG \$32

SOUND BATH EXPERIENCE \$ ♦

Fellows Riverside Gardens
3/14 | 6 – 7 pm
Ages 13+. Enjoy this deep meditative experience with vibrations of gongs and crystal singing bowls. Register/pay by 4 pm on 3/14. Space is limited. \$25

T'AI CHI BASICS FOR BEGINNERS COURSE \$ ♦

Fellows Riverside Gardens
3/16 – 5/18 | Thursdays, Noon – 1 pm
Learn this art of energy balancing while developing coordination, flexibility and leg strength with Marie Lew. \$100; 10% discount (\$90) if registered by 3/11.