



Mill Creek MetroParks
PO Box 596
Canfield, OH 44406
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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MILL CREEK METROPARKS

January

2018 PROGRAMS & EVENTS

January Special Events

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



NATURE PHOTOGRAPHY EXHIBIT

2018 NATURE PHOTOGRAPHY EXHIBIT DATES

January 21 - April 1
at Fellows Riverside Gardens - Weller Gallery

Full details, categories, and application available for download at millcreekmetroparks.org.

Submit photos and fee per entry between 12/19 & 1/7 at Ford Nature Center. \$4 R; \$6 NR.

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

Cuisine

LAID BACK COOKING: Chili \$ ♦

Fellows Riverside Gardens
1/20 | 1 – 3 pm
Hands-on. Get cooking in the kitchen with Jack Kravitz with hearty, warming chili recipes. Learn how to make traditional chili, white turkey chili, vegetarian chili, and Cincinnati Chili. Register/pay by 1/17. \$19; FFRG \$17

PIEROGIS \$ ♦

MetroParks Farm
1/27 | 11 am – 1:30 pm
Hands-on. Bring your apron, rolling pin and a gallon size bowl with lid and spend the morning with Cindy Velt learning to make your own traditional savory pierogi by hand. Each student will make their own dough, roll, form and fill them with pre-made fillings and then we'll boil and finish them together. Recipes for the dough and fillings included. Register/pay at FRG by 1/24. \$16 R; \$18 NR

Healthy Living

YOGA BASICS COURSE \$ ♦

Fellows Riverside Gardens
1/7 – 2/25 | Sundays, 9 – 10 am or
1/9 – 2/27 | Tuesdays, 6 – 7 pm
Learn the basics of Yoga in a safe way with Karres Cvetkovich. Benefit from an experienced teacher and a welcoming environment. Focus on the fundamentals: ease of movement, being more limber, standing strong on your own two feet, and breathing well for positivity and alertness. Bring a mat and blanket, pillow if desired. Choose either Sunday mornings or Tuesday evenings for this seven-week course. Participants need to pre-register; no drop-ins. \$80; 10% discount (\$72) if registered by 1/3.

YOGA IN THE GARDENS \$

Fellows Riverside Gardens
1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30 | 9:30 – 11 am
Join Marina Perdos for a blend of energizing Yoga styles that will help you keep a healthy outlook on life. All levels are welcome. Bring a Yoga mat and small blanket. Drop-in. \$12/class

T'AI CHI STEP ONE IN THE GARDENS \$

Fellows Riverside Gardens
1/10, 1/17, 1/24, 1/31 | 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

FRAGRANT FRIDAYS: Creating Intention with Essential Oils \$ ♦

Fellows Riverside Gardens
1/26 | 1 – 2:30 pm
Marina Perdos will lead you through the sacred art of mala making and creating intention with essential oils. Bring pen and paper. Register/pay by 1/14. \$20 R; \$22 NR

CREATE FOCUSED INTENTION \$ ♦

Birch Hill Cabin
1/27 | 11 am – 12:30 pm
Join Marina Perdos in creating focused intention through breath, restorative yoga poses and the sacred art of mala making. Bring a Yoga mat, 2 Yoga blocks, 4 thick Yoga blankets, a Yoga strap, and an eye pillow. Register/pay at FRG by 1/14. \$20 R; \$22 NR

MANIFEST YOUR GREATNESS \$ ♦

Birch Hill Cabin
1/28 | 12 – 1:30 pm
Join Marina Perdos to create a mala bracelet for opening the heart, individual empowerment, and well-being. Bring pen and paper/journal. Register/pay at FRG by 1/14. \$20 R; \$22 NR

Program Key

- \$ Fee charged for this program
- ♦ Registration Required
- Add'l fee after deadline
- G Guardian/adult must accompany child
- R = Mahoning County Resident
- NR = Non-Resident
- FFRG = Friends of Fellows Riverside Gardens

Exhibits

YCSD VPA UNITY PROJECT

Fellows Riverside Gardens – Lobby
1/9 – 1/31 | Tuesday – Sunday, 10 am – 5 pm
The Youngstown City School District Visual & Performing Arts Unity Project is an art exhibit featuring the collaborative efforts of VPA visual art students in grades K-12 throughout the YCSD. For information regarding the VPA Unity Project or YCSD VPA contact Tracy Schuler Vivo; VPA Coordinator at 330.744.8830 or at Tracy.Schuler-Vivo@youngstown.k12.oh.us

Meet the Students & Teachers

Behind the Project — **1/16** | 5:30 – 6:30 pm

OIL AND PASTELS

Fellows Riverside Gardens – Weller Gallery
Through 1/14 | Tuesday – Sunday, 10 am – 5 pm
Realistic images of shape, form, time and space highlight Mill Creek Park and Youngstown. Sean Butler's art is created in oil paints and pastels on a variety of surfaces and represents sound compositional principles and potential within a medium to represent simple beauty.

NATURE PHOTOGRAPHY EXHIBIT

Fellows Riverside Gardens – Weller Gallery
1/21 – 4/1 | Tuesday – Sunday, 10 am – 5 pm
The annual Nature Photography Exhibit returns the Weller Gallery. Enjoy the beauty and color of nature - indoors! Amateur photographers are featured in this popular exhibit. View landscapes, wild animals, Mill Creek MetroParks scenes and more through the lens of talented photographers. (See ad inside cover)

NATURE PHOTOGRAPHY EXHIBIT MEET AND GREET

Fellows Riverside Gardens – Weller Gallery
1/28 | 1 – 3 pm
Meet the amazing talent behind the lens. Exhibitors of photos in the annual Nature Photography Exhibit will be on hand to talk about their work, while photography enthusiasts from the new Mill Creek Photo Clique will be available to share their thoughts about the exhibit and about the art of photography.

MILL CREEK METROPARKS HISTORY

Fellows Riverside Gardens – Melnick Museum
Ongoing | Tuesday – Sunday, 10 am – 5 pm
Enjoy a peek into the unique history of Mill Creek MetroParks.

Kids & Teens

TALES FOR TOTS: When it Starts to Snow \$ ♦

Birch Hill Cabin
1/12 | 10 – 11 am
Ages 2-3, plus adult. When it Starts to Snow what do animals do? Where do they go? Find out through story, craft, and outdoor discovery. Register/pay at FNC by 1/10. \$4 R; \$6 NR

JUNIOR OHIO CERTIFIED VOLUNTEER NATURALIST TRAINING ♦

Various MCMP Locations
1/29, 2/12, 2/26, 3/5, 3/19 | Mondays, 6:30 – 8:30 pm & **3/31** | Saturday, 10 am – 3:30 pm
9th grade and up. The Junior Ohio Certified Volunteer Naturalist program will expose students to relevant natural resource skills and knowledge. They will accomplish this with training, monthly meetings, and volunteer opportunities through OSU Extension and Mill Creek MetroParks. Register at Mahoning County OSU Extension Office 330.533.5538.

Family Fun

POPCORN AND PJ'S \$

MetroParks Farm
1/19 | 6:30 – 8:30 pm
To celebrate National Popcorn Day bring the kiddos dressed in their warmest PJ's, or sleeping bag, to a viewing of Charlotte's Web on our McMahon Hall screen. It's not a movie without popcorn; refills included. Movie runs approx. 90 minutes. Add'l fee for drinks. Cash only. \$2 per person; popcorn included.

FATHER/DAUGHTER GAME NIGHT \$ ♦

Pioneer Pavilion
1/27 | 5 – 7 pm
Baby it's cold outside! Girls and their favorite "father figure" (father, uncle, brother, guardian, grandfather) are invited to enjoy a roaring fire, a fun evening of board games, hot chocolate, and snacks. All ages welcome. A variety of board games will be provided. Every girl must have a "father figure" present. Call FNC to register/pay by 1/25. \$3 R; \$5 NR

This & That

SALSA DANCE CLASS

Pioneer Pavilion
1/9, 1/16, 1/23, 1/30 | 6 – 7 pm
Learn this fun and versatile dance. No partner? No problem! It's a paired dance, but everyone learns together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail. Call FNC for details. \$6/class at the door.

WEST COAST SWING DANCE

Pioneer Pavilion
1/9, 1/16, 1/23, 1/30 | 7 – 8 pm
Learn this slower paced form of swing dance. No partner? No problem! Everyone learns this paired dance together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail. Call FNC for details. \$6/class at the door.

MILL CREEK PHOTO CLIQUE: Photographing Backyard Birds

Ford Nature Center
1/13 | 10 – 11:30 am
Photo Clique gathering includes brief indoor presentation on photographing birds and time outside to put the information into practice near the FNC bird feeding station.

METROMUTTS: Barking Among The Pines

Ford Nature Center
1/13 | 11 am – Noon
Bring your pup for a hike among beautiful vistas and trees that are still green. Easy. 2 mi.

METROMUTTS: Fido Friendly Gardening ♦

Fellows Riverside Gardens
1/27 | 10 am
Leave Fido at home and come learn from certified Master Gardener Carol Knock on the best ways to keep the peace between your pup and your garden. Space is limited. Register at FNC by 1/25.

BOOK DISCUSSION: *Boundary Waters: The Grace of the Wild*

Ford Nature Center
1/27 | 10:30 am – Noon
Read and enjoy vivid descriptions of the Boundary Waters region interspersed with the author's observations on human relationships to wilderness, then join our discussion to share your thoughts about the book. Call FNC for details.

Hikes & Walks

THE SNOW MOON

Meet at Calvary Run Parking Area, near Lake Glacier Boathouse
1/2 | 7 – 8 pm
Welcome in the New Year with the first Full Moon of 2018. As a treat, we'll walk through Fellows Riverside Gardens' outdoor holiday light display, turned on especially for us. Call FNC for details. Moderate with hills, 1 mi.

RECREATIONAL HIKES

1/3 | 9 am - Meet at MetroParks Bikeway Trailhead at MetroParks Farm. Easy, 2 or 4 mi.
1/17 | 9 am - Meet at FNC. Moderate, 2 or 4 mi.
1/31 | 9 am - Meet at Golf Course overflow parking lot on West Golf Drive. Easy, 1 or 3mi

NEW YEAR, NEW SEBRING

Sebring Woods
1/7 | 2 – 4 pm
Come out and celebrate the new year at the newly renovated Sebring Woods! Enjoy the sights and sounds of winter with Naturalist Arika Preas in this rural wonderland. Call FNC for details. Moderate/Difficult, 1 mi.

WALKING IN A WETLAND WONDERLAND

Newport Wetlands Parking Lot
1/14 | 2 – 4:30 pm
Discover the wonders of the wetlands in winter with this hike around Lake Newport with Naturalist Marilyn Williams. Call FNC for details. Moderate/Difficult, 5 mi.

WINTER TRACKIN'

Sawmill Creek Preserve - Parking off of S. Turner Road
1/20 | 1 – 3 pm
Explore the winter wonderland along Sawmill Creek with Naturalist Bill Gilmour. Look for the sights and sounds of this hidden gem's animal residents. Call FNC for details. Moderate with hills, 4 mi.

THE BLUE MOON

Ford Nature Center
1/31 | 7 – 8:30 pm
If you missed this month's first Full Moon, join our walk along Lake Cohasset, and find out if tonight's Full Moon is "Blue" or not. Call FNC for details. Moderate, 2 mi.

MILL CREEK PHOTO CLIQUE: Photographing Backyard Birds

For the Birds

HAND FEED A CHICKADEE

Ford Nature Center
1/6, 1/13, 1/20, 1/27 | 9 – 11 am
Black-capped Chickadees are inquisitive birds that can be coaxed into landing on your hand - especially if you tempt them with food. We'll provide the birdseed if you provide the hands. Call FNC for details.

Horticulture

MEN'S GARDEN CLUB TALK

Fellows Riverside Gardens
1/3 | 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.

FLOWERS OF PHILLY GARDEN TRAVEL TOUR \$ ♦

Departs from Fellows Riverside Gardens
3/2 – 3/4 ; Friday – Sunday | 7 am – 10 pm
Join us as we explore the highly renowned Philadelphia Flower Show, Longwood Gardens, and more. Call 330.740.7116 ext. 210 to register by January 16. \$535; FFRG \$495

Express Yourself

ALCOHOL INK TILES \$ ♦

Fellows Riverside Gardens
1/13 | 10 am – Noon
Create decorative tile masterpieces using alcohol and inks with the guidance of Pam Baytos. Choose either a 6x6 tile or two 4x4 tiles to paint. All materials are provided. Register/pay by 1/10. \$16; FFRG \$14

NATURE PHOTOGRAPHY EXHIBIT: Call for Photos \$ ♦

Ford Nature Center
12/19 – 1/7 | Tues. – Sat, 10 am - 5 pm; Sun, Noon – 5 pm
There's still time to submit photos for the 2018 Nature Photography Exhibit to be displayed January 21 through April 1 in the Weller Gallery at Fellows Riverside Gardens. For amateurs submitting original photos. Full details and category definitions in application available for download at millcreekmetroparks.org. Submit photos and fee per entry between 12/19 & 1/7 at FNC. \$4 R; \$6 NR.

