



Mill Creek MetroParks  
PO Box 596  
Canfield, OH 44406  
330.702.3000

[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



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# September 2017

## PROGRAMS & EVENTS



Green Cathedral Half Marathon •  
5K • Kids Fun Run | September 10



# September Special Events

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

Mill Creek MetroParks

## GREEN CATHEDRAL

Half Marathon · 5K · Kids Fun Run

SEPTEMBER 10, 2017  
Wick Recreation Area

Kids Fun Run - 8 am  
Half Marathon - 8:30 am  
5K - 8:45 am

Sponsored by:



Registration form available at  
[millcreekmetroparks.org](http://millcreekmetroparks.org) or register  
online at [runsignup.com](http://runsignup.com)

Proceeds benefit the Wick Recreation Children's Play Area

Receive notices of MetroParks events by email!

Sign up for our mailing list at

[millcreekmetroparks.org](http://millcreekmetroparks.org)

## Sunset at the FARM

September 23 • 4:30 – 7:30 pm  
MetroParks Farm

Watch the sun set on the horizon as you enjoy the change from summer to autumn at the MetroParks Farm with family fun activities. Listen to music around the campfire as you roast marshmallows. Explore the barns and corn maze. Watch cider and homemade apple butter being made. Take part in old-fashioned games. And hop on a tractor-wagon ride. Most activities are free. Pony rides, face painting, and food are available for a small fee.



FAMILY FUN

LATE SUMMER SCAVENGER HUNT

*Lake Newport Wetlands*  
9/9 | 3 – 5 pm  
Discover Mother Nature's treasures by joining us for a Nature Scavenger Hunt. Use your camera or phone to record your findings and share your discoveries. Call FNC for details.

TRACTOR-WAGON RIDES

*MetroParks Farm*  
9/10 or 9/17 | 1 – 4 pm  
Bring the family for a guided tractor wagon tour of the farm leaving approx. every ½ hour. Barns are open to visit the animals. Donations accepted. Craft fee \$1

CUISINE

**PIEROGIS** \$ ♦  
*MetroParks Farm*  
9/16 | 11 am – 1:30 pm  
Bring your apron, rolling pin and a gallon size bowl with lid to learn how to make your own traditional savory pierogi with Cindy Velt. Register/pay at FRG by 9/13. \$16 R; \$18 NR

**WEDDING SEASON COOKIES** \$ ♦  
*Fellows Riverside Gardens*  
9/26 | 6:30 – 8:30 pm  
Adults and ages 10+ with paid adult. A two-hour class for beginners with Cindy Velt on techniques for decorating cut-out cookies. Register/pay by 9/23. \$40; FFRG \$36



HIKES & WALKS

*Call FNC for details.*  
**HIKE WITH A NATURALIST**  
*Vickers Nature Preserve*  
9/2 | 9 – 11 am  
Enjoy the slowness of nature, as summer begins to fade into autumn, with a naturalist guided hike. Moderate, 3 mi.

**RECREATIONAL HIKES**  
9/6 | 9 am - Meet at FNC. Moderate, 2 or 4 mi.  
9/20 | 9 am - Meet at GC overflow parking lot on West Golf Drive. Easy, 1 or 3mi

**END OF SUMMER WILDFLOWER HIKE**  
*Bikeway Trailhead at MPF*  
9/17 | 2 – 4 pm  
Fall is just around the corner, so come out and look for the last of this year's wildflowers as we hike along the Mindy Henning Memorial Trail. Moderate, 2.5 mi.

**AUTUMN WELCOME**  
*Yellow Creek Park*  
9/24 | 2 – 4 pm  
Join us as we explore nature and history in Yellow Creek Park, a miniature version of Mill Creek Park. Moderate, 2 mi.

**AUTUMN IN THE WOODS**  
*Hitchcock Woods*  
9/30 | 1 – 3 pm  
Join us for an autumn hike through the rarely explored Hitchcock Woods as we discover and enjoy the wonders of the new season. Moderate, 2 mi.

KAYAK

**KAYAK PADDLING BASICS - Give It a Try!** \$ ♦  
*Lake Glacier Boathouse*  
9/16 | 10 - 11:30 am  
Give kayaking a try with a little help from our Kayak volunteers. Register/pay at FNC by 9/14 \$10 R, \$13 NR

**EVENING AUTUMN PADDLE** \$ ♦  
*East Newport Boat Launch*  
9/24 | 6 – 8 pm  
Enjoy a cool autumn evening out on Lake Newport. Single and tandem kayaks. Age and experience restrictions may apply. Register/pay at FNC by 9/22. \$12 R; \$15 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

EXPRESS YOURSELF

**CREATIVE JOURNALING SERIES** \$ ♦  
*Various MetroParks Locations*  
9/9 & 10/14 | 10 – 11:30 am  
11/11 | 10 am – Noon  
Curious about journaling? Or are you ready to juice up the white pages of your journal? Then join the Creative Journaling Series with writer, Ginny Taylor. For details or to register/pay, call FRG by 9/7. Series: \$42 R; \$48 NR. Individual class: \$16 R; \$18 NR

**HARVEST GRAPEVINE WREATH** \$ ♦  
*Fellows Riverside Gardens*  
9/9 | 10 – 11:30 am  
Using silk and dried materials, Judy Stanislaw will guide you in the artistry of crafting a harvest-inspired half wreath. Register/pay by 9/7. \$24; FFRG \$20

**CONCRETE GARDEN LANTERN** \$ ♦  
*Fellows Riverside Gardens*  
9/19 | 6 – 8 pm  
Looking for something unique for your garden? Join Dan Dinsio in using hypertufa cement mixture to construct a broken globe lantern. Register/pay by 9/17. \$36; FFRG \$32

HORTICULTURE

**MEN’S GARDEN CLUB TALK**  
*Fellows Riverside Gardens*  
9/6 | 7– 8 pm  
The Men's Garden Club of Youngstown invites you to attend their general meeting. Drop-in.

**BOTANICAL MORNINGS** \$ ♦  
*Fellows Riverside Gardens*  
9/29 | 9 – 10 am  
Discover the progress of seasons here at Fellows Riverside Gardens as summer makes way for autumn. Register/pay by 9/27. \$5

**TREES & SHRUBS FOR THE HOME LANDSCAPE** \$ ♦  
*Fellows Riverside Gardens*  
9/30, 10/21, 11/4, 11/18 | Saturdays, 9 am – Noon  
Trees and shrubs provide the framework for gardens, learn identification, choosing the best specimens for Northeast Ohio and proper planting. Essential maintenance practices and pruning will also be covered. Register/pay by 9/16. \$45 R; \$55 NR

FOR THE BIRDS

**BROWN BAG BIRDING** ♦  
*Ford Nature Center*  
9/19 | 11:30 am – 12:30 pm  
Bring a bag lunch, sit at our picnic tables and enjoy lunch and watching birds with OSU Certified Volunteer Naturalist Nancy Brundage. Bring a mug, beverage provided. Call FNC to register by 9/17.

**BIRDING THE SANCTUARY** ♦  
*Mill Creek Wildlife Sanctuary*  
9/16 | 8 – 9:30 am  
Enjoy an early morning bird walk led by Jeff Harvey. Space is limited. Boots required. Moderate, 1.25 mi. Register at FNC by 9/14.

EXHIBITS

**NATURAL SELECTION: Discoveries in Bloom**  
*Fellows Riverside Gardens – Weller Gallery*  
Through 9/17 | Tuesday – Sunday, 10 am – 5 pm  
Doug McLarty's photos employ eye catching botanical designs, unusual floral combinations and whimsical creations to help us examine and enjoy the rich diversity of nature.

**BLOSSOM**  
*Fellows Riverside Gardens – Weller Gallery*  
9/23 – 11/16 | Tuesday – Sunday, 10 am – 5 pm  
Blossom is an exhibit featuring watercolors by Youngstown artist, Daniel Rauschenbach.

**ORGANIC STEEL**  
*Fellows Riverside Gardens – Outdoor Gallery*  
Through October | dawn until dusk  
In Organic Steel, Tony Armeni breathes life into cold, hard material to celebrate life figures, flowers, and celestial spheres.

**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.

GOLF

**LABOR DAY WEEKEND GOLF SHOP SALE**  
*Mill Creek Golf Course Pro Shop*  
9/1 – 9/4 | 9 am – 5 pm  
Pro Shop sale with special savings on golf balls, clothing and accessories that promote the USA.

**FAMILY FUN SUNDAY GOLF** \$ ♦  
*Mill Creek Golf Course*  
9/10 | 5 pm  
Sign up in the Fieldhouse or by calling the GC. \$25/Family of 4. Greens Fees & Cart included.

THIS & THAT

**TRAVELING NATURALIST**  
*Lily Pond*  
9/9 | Noon – 2 pm  
As you enjoy the last days of summer be sure to see what our naturalist has on display and learn about the area's wildlife and history. Call FNC for details.

**METROMUTTS: Green Cathedral Doggie Dash** \$ ♦  
*Wick Recreation Area*  
9/10 | 9 am  
The 5th Annual Green Cathedral is going to the dogs! The 1st ever Doggie Dash will take place this year! Bring your furry friend out for a fun trail walk to support the Wick Recreation Children's Play Area. All participating dogs will receive a participation award. Moderate, 1 mi. Min. pledge amount \$10. Call FNC to register by 9/1.

**O.W.L.S. (Older Wiser Limber Seniors): Farm Livin’** \$ ♦  
*MetroParks Farm*  
9/18 | 10 am – Noon  
Extra time on your hands? Take a field trip to Mill Creek MetroParks. Enjoy a short presentation, then coffee and tea. Registration requested, not required. Call FNC for details. \$1 at the door.

**WALTZ DANCE CLASSES** \$  
*Pioneer Pavilion*  
9/19, 9/26, 10/3, 10/10, 10/17 | 6 – 7 pm  
Enjoy learning this classic flowing 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

**SWING DANCE CLASSES** \$  
*Pioneer Pavilion*  
9/19, 9/26, 10/3, 10/10, 10/17 | 7 – 8 pm  
Learn 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

**METROMUTTS: Tails on the Trails**  
*MetroParks Bikeway Trailhead at MetroParks Farm*  
9/30 | 11 am  
Hike all four beautiful habitats of the Mindy Henning Memorial Trail out at the MetroParks Farm with your furry friend. Bring boots. Moderate, 2.5 mi.

FLOWER SHOW

**GARDEN FORUM FLOWER SHOW**  
*Fellows Riverside Gardens*  
9/16 & 9/17 | 10 am – 5 pm  
An autumn garden flower show presented by Garden Forum of Greater Youngstown.



TROLLEY TOURS

**PICNIC IN THE PARK TROLLEY** \$ ♦  
*Boards at Fellows Riverside Gardens*  
9/20 | 11 am – 2 pm  
Visit Mill Creek Park icons and learn their stories, while enjoying a box lunch by Kravitz's Garden Cafe. Register/pay at FNC by 9/13. Adults: \$21 R; \$23 NR. Seniors/youth: \$19 R; \$22 NR.  
LUNCH OPTIONS:  
• Corned Beef Sandwich on rye  
• Turkey & Swiss on hearth baked wheat  
• Hummus, roasted red peppers, lettuce, tomato on pita  
• Cranberry-walnut chicken salad on hearth baked Italian  
Each lunch order includes: Bag of chips, house baked cookie, piece of fruit, & soda or bottled water

**COHASSET EXPRESS NOSTALGIA TOUR** \$ ♦  
*Boards at Ford Nature Center*  
9/7, 9/12, 9/17, 9/21, 9/26 | 2 – 3 pm or 3:30 – 4:30 pm  
Enjoy views of historic Mill Creek Park aboard the trolley. Limited seating. Register/pay at least 2 days ahead at FNC. Adults: \$7 R, \$10 NR; seniors/youth: \$5 R, \$8 NR.

**AUTUMN TROLLEY RIDE!** \$ ♦  
*Boards at Ford Nature Center*  
9/30 | 2 – 3:30 pm or 4 – 5:30 pm  
Enjoy an autumn ride through Mill Creek MetroParks. Limited seating. Register/pay at least 2 days ahead at FNC. Adults: \$8 R, \$11 NR; Seniors/youth: \$6 R, \$9 NR.



KIDS & TEENS

**TALES FOR TOTS: Raccoons** \$ ♦ ■ G  
*Ford Nature Center*  
9/8 | 10 – 11 am  
Ages 2-3, plus adult. Join us as we learn about our ring-tailed bandit, the raccoon, through a story and fun activities. Register/pay at FNC by 9/6. \$4 R; \$6 NR.

**SPROUT CLUB** \$ ♦ G  
*Fellows Riverside Gardens*  
9/14, 10/26, & 11/16 | 1 – 2 pm  
Ages 3-5, plus adult. Join the Sprout Club this autumn to learn about the amazing world of plants! Deadline for series is 9/12. \$15/series; \$7/class

HEALTHY LIVING

**MORNING RELAX, RESTORE & RENEW** \$  
*Lanterman's Mill Covered Bridge*  
9/2, 9/9, 9/16, 9/23, 9/30 | 9 – 10:30 am  
Join Heidi Suraci for a retreat for well-being that combines yoga, breathing meditation, and healing touch. Bring a mat and small blanket. Rain or shine. Drop-in. \$15/class

**YOGA IN THE GARDENS** \$  
*Fellows Riverside Gardens*  
9/5, 9/7, 9/12, 9/14, 9/19, 9/21, 9/26, 9/28 | 9:30 – 11 am.  
Marina Perdos will help you keep a healthy outlook. Bring a mat and small blanket. Drop-in. \$12/class

**T’AI CHI STEP ONE IN THE GARDENS** \$  
*Fellows Riverside Gardens*  
9/6, 9/13, 9/20, 9/27 | Noon – 1 pm  
Warm-ups, breathing exercises and movements with Marie Lew will ease stress, improve health, and increase vitality. Drop-in. \$10/class

**FRAGRANT FRIDAYS: Skincare Wellness** \$ ♦  
*Fellows Riverside Gardens*  
9/8 | 10 – 11:30 am  
Fragrant Fridays offer a space to learn about the power of essential oils with Marina Perdos. Register/pay by 9/5. \$22; FFRG \$20

**YOGA BASICS COURSE** \$ ♦  
*Fellows Riverside Gardens*  
9/10 – 10/29 | Sundays, 8 – 9 am or  
9/12 – 10/31 | Tuesdays, 6 – 7 pm  
Choose Sunday mornings or Tuesday evenings for this relaxing eight-week yoga course with Karres Cvetkovich. \$80; 10% discount (\$72) if registered by 9/3.

**T’AI CHI BASICS FOR BEGINNERS COURSE** \$ ♦  
*Fellows Riverside Gardens*  
9/14 – 11/16 | Thursdays, Noon – 1 pm  
Learn this classic art of energy balancing while developing coordination, flexibility and leg strength with Marie Lew during this ten week course. \$100; 10% discount (\$90) if registered by 9/7.

**MINI MORNING SOUND THERAPY RETREAT** \$ ♦  
*Birch Hill Cabin*  
9/16 | 9 am - 1 pm  
Join Maria and Calvin Wagner for a mindful morning mini retreat full of transformative Sound Therapy. Please dress comfortably and bring the following: yoga mat, pillow, blanket, journal and pen. Register/pay at FRG by 9/14. \$56 R; \$62 NR

**SOUND BATH EXPERIENCE** \$ ♦  
*Fellows Riverside Gardens*  
9/19 | 6 – 7 pm  
Ages 13+. Enjoy a meditative experience with vibrations of gongs and crystal singing bowls led by Maria and Calvin Wagner. Register/pay by 4 pm on 9/19. Space is limited. \$25

**HERBAL GIFT SERIES** \$ ♦  
*Fellows Riverside Gardens*  
9/26, 10/3, 10/10 | 6 - 7 pm  
Adults and ages 12+ with paid adult. Join Shannon Blackshire in this three-part series that goes from how to harvest, how to dry and the many different ways to process the bounty of your herb garden for years to come. Register/pay by 9/24. Series: \$68; FFRG \$62. Individual class: \$26; FFRG \$22

**LET’S MOVE! A Walk for Those with Mobility Challenges**  
*East Golf Hike Bike Trail, Shields Road Parking Lot*  
8/31, 9/28 | 4 – 5 pm  
No matter your physical limitations, seize an opportunity to be active outdoors, in the company of an exercise specialist and others with mobility challenges. Meet at bench near the East Golf Hike Bike Trail, Shields Rd parking lot. Distance and time are up to you!