Throughout the duration of MCMP events, programs and/or classes, there are opportunities for photographic and video coverage by MCMP which may include your participation or observance of the activity. MCMP reserves the right to use the photos and video at its discretion for media coverage and promotional materials, including broadcasts, posters, publications, and marketing materials of MCMP. 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 video-taped. MCMP shall otherwise assume that it has your permission to photograph or video you and/or your child’s involvement and participation in this activity. If you have any questions, please contact the Marketing or Graphics Departments at 330.702.3000.
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

SEPTMBER 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 or register online at runsignup.com

Proceeds benefit the Wick Recreation Children's Play Area

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.

Receive notices of MetroParks events by email!
Sign up for our mailing list at millcreekmetroparks.org
FAMILY FUN
LATE SUMMER SCAVENGER HUNT
Lake Newport Wetlands
8/3 - 3 pm
Discover Mother Nature’s treasures by joining us for a Nature Scavenger Hunt. Line up your camera or phone to record your findings and share your discoveries.
Call FNC for details.

TRACTOR-TRAILER WAGON RIDE
MetroParks Farm
9/10 or 9/17 - 1 - 4 pm
Bring the family for a guided tractor wagon tour of the farm leaving approach every ½ hour. Barns are open to visit the animals. Donations accepted. Cash or check only.

CUISINE
PIEROGIS $ $
MetroParks Farm
9/10 11 am - 1:30 pm
Bring your apron, rolling pin and a gallon size bowl with you to learn how to make your own traditional savory pierogi with Cindy Velt. Registration at FNC by 9/13. $18, $16 NR.

WEDDING SEASON COOKIES $ $
Folksville Riverside Gardens
9/26 6:30 - 8:30 pm
Adults and families with a paid adult. Two-hour class for beginners with Cindy Velt on techniques for decorating cut-out cookies. Registration by 9/23. $40, $36 NR.

EXPRESS YOURSELF
CREATIVE JOURNALING SERIES $ $
Various MetroParks Locations
9/8 & 10/14 / 10 - 11:30 am
A great way to journal or to learn how to journal. 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, call FNC at 734-2405. Series: $42 NR. $48 NR. Individual classes: $16 NR $18 NR.

HARVEST GRAPEVINE WREATH
Folksville Riverside Gardens
9/10 11 am - 1:30 am
Using your own materials, Judy Stonerall will walk you through the process of crafting a harvest-inspired fall wreath. Registration by 9/7 $24. FRGC $20

CONCRETE GARDEN LANTERNS $ $
Folksville Riverside Gardens
9/16 6 - 9 pm
Learn to cast something unique for your garden. Join Dan Desin in using hypertufa cement mixture to construct a blooming globe lantern. Registration by 9/7 $30, $26 NR.

HORTICULTURE
MEN’S GARDEN CLUB TALK
Alum Creek Riverside Gardens
9/16 8 - 9 pm
The Men’s Garden Club of Youngstown invites you to attend their meeting. Free and open to the public.

BOTANICAL MORNINGS $ $
Folksville Riverside Gardens
9/23 9 - 10 am
Discover the progress of seasons here at Folksville Riverside as summer makes way for autumn. Registration at FNC by 9/17.

TREES & SHRUBS FOR THE HOME LANDSCAPE $ $
Folksville Riverside Gardens
9/30, 10/21, 11/18, Saturdays, 9 am – noon
Trees and shrubs provide the framework for garden, landscape architecture, choosing the best specimen for Northeast Ohio and proper planting. Essential maintenance practices and pruning will also be covered. Registration by 9/18 $43. 50, $55 NR.

HIKES & WALKS
Call FNC for details

HIKE WITH A NATURALIST
Wilders Nature Preserve
9/2 9 – 11 am
Enjoy the serenity of nature, as summer begins to fade into autumn, with a naturalist-guided hike. Moderate, 3 mi.

RECREATIONAL HIKES
9/9 9 am - Meet at FNC, Moderate, 2.5 mi. OR 9/29 - Meet at GC over parking lot on Weel Gulf Drive. Easy, 1 or 3 mi.

END OF SUMMER WILDFLOWER HIKE
Skyview Trailhead at MRT
9/17 2 – 4 pm
Follow us as we explore nature and history in Yellow Creek Park, a miniature version of Mill Creek Park. Moderate, 2 mi.

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

AUTUMN ON THE WOODS
Neshock Woods
9/30 10 – 11 am
Enjoy a crisp autumn outing in the naturally guided Neshock Woods as we enjoy and explore the wonders of the season. Moderate, 2 mi.

KAYAK
KAYAK PADDLING BASICS - Give it a Try
Lake Gano Boathouse
9/11 10 - 11:30 am
Giving kayaking a try with a little help from our kayak vendors. Registration at FNC by 9/14 $10, $13 NR.

EVENING AUTUMN PADDLE
East Newport Blast a Launch
9/24 6 – 8 pm
Enjoy a casual autumn outing on Lake Newport. Sing and tandem kayaks. Age and experience restrictions may apply. Registration at FNC by 9/22. $12, $15 NR.

GOLF
LABOR DAY WEEKEND GOLF SHOP $ $
Milk Creek Golf Course Pro Shop
9/3 – 9 am – 9 pm
Pro Shop sale with significant savings on golf balls, clothing and accessories that promote the USA.

FAMILY FUN GOLF $ $
Milk Creek Golf Course
9/10 5 pm
Sign up in the pro shop or by calling the GC. $25/4 family of 4. Greens Fees & Cart included.

TROLLEY TOURS
PICNIC IN THE PARK TROLLEY RIDE $ $
Barron’s at Folksville Riverside Gardens
9/19 11 am – 2 pm
Visit Mill Creek Park ICs and learn their stories, while enjoying a box lunch from Kristy’s Garden Cafe. Registration at FNC by 9/12. Adults: $21 NR. $25 NR.

LASER CRYSTAL BALL TROLLEY RIDE $ $
Mill Creek Park Metro Garden
9/19 11 am – 12 pm
Take a trip to the botanical gardens that is out of this world. Luminous Options include: $30 per adult, $25 per child. Both include a bento box lunch.

COHASSET EXPRESS NOSTALGIA TRAIN $ $
Barron’s at Mill Creek Park
9/19 11 am – 2 pm
Enjoy an outdoor trolley ride through Mill Creek Metro Parks. Limited seating. Registration at least 2 days ahead at FNC. Adults: $7. $5 NR; Seniors: $6. NR.

AUTUMN TROLLEY RIDE $ $
Barron’s at Mill Creek Park
9/19 11 am – 5 pm
Enjoy an autumn ride through Mill Creek Metro Parks. Limited seating. Registration at least 2 days ahead at FNC. Adults: $7. $5 NR; Seniors: $6. NR.

Healthy Living
MORNING RELAX, RESTORE & RENEW
Loftin’s Mill Creek B&B
9/19 9:30 – 10:30 am
Join Heidi Suraco for a retreat for well-being that combines yoga, breathing meditations, and healing touch. Bring a mat and small blanket. Rain or shine.

SPROUT CULTURE $ $
Folksville Riverside Gardens
9/14, 19, 20, 25, 4/14, 15 & 16 1 – 2 pm
Join us as we learn about our golden-balled, the radish, a story through and fun activities. Registration at FNC by 9/14. $15, $10 NR.

YOGA IN THE GARDENS $ $
Folksville Riverside Gardens
9/5, 9/13, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 8:30 – 9 am.
Marta Pather will help you keep a healthy outlook, lying a mat and small blanket. Drop-in, $12 cash

TAI CHI STEP ONE IN THE GARDENS $ $
Folksville Riverside Gardens
9/5, 9/13, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 8:30 – 9 am.
Tai Chi will lead you step by step to improve balance and flexibility.

PREGNANT FRIDAYS: SkinCare Wellness $ $
Folksville Riverside Gardens
9/16 – 11:30 am
Fridays offer a chance to learn about the power of essential oils with Martha Parchers. Registration by 9/15. $22, FRGC $20.

YOGA BASICS COURSE $ $
Folksville Riverside Gardens
9/16 – 10/22, Sundays, 8 – 9 am or 9/22 – 10/27, Wednesdays, 6 – 7 pm
Choose Sunday mornings or Tuesday evenings for this missing eight-week yoga course with Karin Cleveland. $100, 10% discount for FNC members registered by 9/17.

MINI MORNING SOUND THERAPY RETREAT $ $
Dawson Creek
9/19 9 – 11 am
Join Maria and Cabin 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. Registration at FNC by 9/14. $50, $65 NR.

SOUND BATH EXPERIENCE $ $
Folksville Riverside Gardens
9/18 9:00 – 9:30 am
Ages 13+. Enjoy a meditative experience with vibrations of gongs and crystal singing bowls by Maria and Cabin Wagner. Registration by 4 pm on 9/18. Space is limited. $25.

HERBAL GIFT SERIES $ $
Folksville Riverside Gardens
9/26, 10/3, 10/10 & 10/17 10 – 11 am
An exploration of herbalism with James and adult participants. Registration by 9/23. $32.

LETS MOVE! A Walk for Those with Mobility Challenges
East Golf Bike Trail, Shelds Road Parking Lot
8/31, 9/22, 10/7 & 10/28 6 – 7 pm
No matter your physical limitations, seize an opportunity to be active outdoors, in the company of experienced patients and others with mobility challenges. Meet at bench near the East Golf Bike Trail, Shelds Road parking lot. Distance and time are up to you.