



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
Lantermans Mill	330.740.7115
MetroParks Police	330.740.7102
Natural Areas & Preserves	330.702.3000



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MILL CREEK METROPARKS

# September

2018 PROGRAMS & EVENTS



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



**METROPARKS FARM**  
9/22 | 4:30 - 7:30 PM

Traditional fun, family event with a corn maze, old-fashioned games, tractor-wagon rides, and more. Watch the sun set on the horizon and enjoy the change from summer to autumn. Fees apply for some activities.

Sponsored by:



PROCEEDS FROM THE GREEN CATHEDRAL BENEFIT  
CHILDREN'S PLAY AREAS IN MILL CREEK METROPARKS



For more details and registration,  
visit [millcreekmetroparks.org](http://millcreekmetroparks.org)

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Receive notices of MetroParks events by email! Sign up for our mailing list at [millcreekmetroparks.org](http://millcreekmetroparks.org)



# Hikes & Walks

Call FNC for details.

## HIKE WITH A NATURALIST

Meet at Lily Pond Parking Lot

9/1 | 8:30 - 10:30 am

Enjoy an early morning hike through the woods looking for seasonal changes. Moderate with hills, 2 mi.

## MIDWEEK RELAX HIKE

Yellow Creek Park – Meet at Yellow Creek Lodge Parking Lot

9/5 | 5:30 - 7 pm

Stroll along the trails of Yellow Creek Park to unwind while being surrounded by nature. Water level permitting, we plan to pass through the creek. Moderate, 2.5 mi.

## VOLUNTEER NATURALIST HIKE

Meet at Ford Nature Center

9/8 | 1 - 2:30 pm

Enjoy this afternoon hike with a Volunteer Naturalist to the Lily Pond. Moderate, 2 mi.

## RECREATIONAL HIKES

9/12 | 9 - 10 am

Meet at East Newport Dr. Boat Launch Parking Lot. Moderate, 1 or 3 mi.

9/26 | 9 - 10 am

Meet at MetroParks Bikeway Trailhead at MetroParks Farm. Easy, 2 or 4 mi.

## GOOD-BYE SUMMER, HELLO FALL

Vickers Nature Preserve

9/15 | 9 - 11 am

Let's get out for a walk before the weather changes. Let's see how Vickers has changed over the summer and look for signs of Fall's arrival. Moderate, 3 mi.

## GUIDED BIRD WALK ♦

Mill Creek Wildlife Sanctuary

9/22 | 9 am

Join local artist, educator, and Park volunteer John Guy Petruzzi for a guided bird walk at the Mill Creek Wildlife Sanctuary. Rain or shine, boots are recommended. Space is limited. Register at FNC by 9/20. Moderate, 2 mi.

## EQUINOX WALK

Lanterman's Mill Parking Lot

9/22 | 10 - 11:30 am

Enjoy a wonderful walk through Gorge Trail, while taking in the beautiful autumn colors. Moderate, 2 mi.

## LOOKING FOR PAWPAWS

Hitchcock Woods

9/23 | 2 - 4 pm

Celebrate the new season with a hike in Hitchcock Woods looking for Ohio's largest native fruit, the pawpaw. Moderate, 2 mi.

## 10 MILER

Ford Nature Center

9/23 | 1 pm

An energizing 10 miler travelling around Lakes Cohasset & Newport and Lanterman's Gorge. Difficult due to distance and terrain, 10 mi. (5 mi. option available)

## TAKE-A-HIKE HIKING CHALLENGE ♦

Various MCMP Locations

Through 10/31

Take a hike and participate in this new hiking challenge right here in Mill Creek MetroParks! Call FNC or visit [millcreekmetroparks.org](http://millcreekmetroparks.org) to get started today!

# Cuisine

## PIEROGIS \$ ♦

MetroParks Farm

9/15 | 11 am - 1 pm

Hands-on. 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 9/12. \$16 R; \$18 NR

## LAID BACK COOKING: Squash \$ ♦

Fellows Riverside Gardens

9/25 | 6:30 - 8:30 pm

Demonstration and tasting. Look at squash in different ways with Jack Kravitz. Register/pay by 9/22. \$19; FFRG \$17

## BEGINNER COOKIE DECORATING:

Fall \$ ♦

MetroParks Farm

9/29 | 11 am - 1 pm

Hands-on. Adults & ages 10+ with paid adult. Learn decorating techniques to create a set of colorful cookies to take home with Cindy Velt. Register/pay at FRG by 9/26. \$36 R; \$40 NR

# For the Birds

## BIRDING THE SANCTUARY ♦

Mill Creek Wildlife Sanctuary

9/15 | 8 - 9:30 am

Enjoy fall migration with Jeff Harvey on this early morning hike at Mill Creek Wildlife Sanctuary. Space is limited. Boots required. Register at FNC by 9/13. Moderate, 1.25 mi

## BIRDING 101: Molting

McGuffey Wildlife Preserve

9/29 | 9 - 11 am

Join us on our fourth part of our Birding 101 series as we look for birds molting into their non-breeding plumage. Binoculars recommended. Call FNC for details. Moderate, 1 mi.

# 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

# Healthy Living

## YOGA IN THE GARDENS \$

Fellows Riverside Gardens

9/4, 9/6, 9/11, 9/13, 9/18, 9/20, 9/25, 9/27 | 9:30 - 11 am

Enjoy yoga with Marina Perdos that 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

9/5, 9/12, 9/19, 9/26 | 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 BASICS COURSE \$ ♦

Fellows Riverside Gardens

9/9 - 10/28 | Sundays, 9 - 10 am or

9/11 - 10/30 | 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 9/2.

## T'AI CHI BASICS FOR BEGINNERS

COURSE \$ ♦

Fellows Riverside Gardens

9/13 - 11/15 | 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 9/6.

## FRAGRANT FRIDAYS COURSE:

Centering the Self \$ ♦

Fellows Riverside Gardens

9/14, 10/5 & 11/16 | 10 - 11:30 am

Learn about how essential oils move energy to balance the body with Marina Perdos. Bring pen and paper. Register/ pay by 9/11. \$64 R; \$70 NR

## SOUND BATH EXPERIENCE \$ ♦

Fellows Riverside Gardens

9/18 | 6 - 7 pm

Ages 13+. Enjoy a meditative experience with vibrations of gongs and crystal singing bowls led by Maria and Calvin Wagner. Space is limited. Register/pay by 4 pm on 9/18. \$25

# Lecture

## ROCK GARDENING: Reimagining a

Classic Style for Today's Garden

Fellows Riverside Gardens

9/20 | 6:30 - 7:30 pm

In this talk, Joseph Tychonievich will share beautiful images of rock garden to get you inspired, the basic principles of creating rock gardens, and an introduction to some of the most beautiful and easy to grow rock garden plants to get you started. Registration requested, not required. Sponsored by the John S. and Doris M. Andrews Memorial Lecture Series.

# Express Yourself

## FRESH FALL HARVEST \$ ♦

Fellows Riverside Gardens

9/18 | 6:30 - 8:30 pm

Welcome Fall by creating a fresh floral arrangement with Marie Borocz. Register/pay by 9/16. \$32; FFRG \$28

## HYPERTUFA PLAQUE \$ ♦

MetroParks Farm - Meet in Classroom A

9/24 | 6 - 8:30 pm

Using hypertufa as a sculptural medium, sculptor Dan Dinsio will guide you in making a wall plaque for your home. Please wear old clothing because it can get a little messy. Register/pay at FRG by 9/21. \$36 R; \$40 NR

# Golf

## FAMILY FUN SATURDAY GOLF \$ ♦

Mill Creek Golf Course

9/1, 9/8, 9/15, 9/22, 9/29 | Tee-time start - 4:30 pm

Bring the family to the course and experience the game of golf at a great family rate. Tee Times required and available in the Mill Creek Fieldhouse or by calling the GC. \$25/Family of 4.

## LABOR DAY WEEKEND GOLF SHOP

SALE

Mill Creek Golf Course Pro Shop

8/31 – 9/3 | 9 am - 5 pm

Pro Shop sale on all items that show off Red-White & Blue. Special savings on golf balls, clothing and accessories that promote the USA.

## FALL JUNIOR GOLF PROGRAM \$ ♦

Mill Creek Golf Course & Wick Recreation Par-3 Course

9/9, 9/16, 9/23, 9/30 | 1 - 3:30 pm

Junior golf program to encompass fundamentals, course etiquette, fitness and course management by PGA Professional staff. All playing levels and/ or abilities welcome. Register in the Fieldhouse or by calling the GC. \$99.99/Junior

# Kids & Teens

## CHILDREN'S NATURE HOUR: Busy

Beavers \$ ♦ G

Slippery Rock Pavilion

9/6 | 10 - 11 am

Ages 3-5, plus adult. What has a flat tail, webbed feet, and chops down trees? Beavers! Join us as we learn about our largest and busiest rodent. Register/pay at FNC by 9/4. \$4 R; \$6 NR

## FARM HANDS ♦

MetroParks Farm

9/6 | 4 - 6 pm

Ages 8-12. It takes some work to care for the animals daily. Come experience first-hand chore time at the farm. Space is limited. Register by 9/5.

## I SPY HIKING CLUB: School Days ♦

Hitchcock Woods

9/9 | 2 - 3 pm

Ages 6+. I spy with my little eye someone looking for adventure and tons of fun - and that's you! Explore the trails of Mill Creek MetroParks with a Naturalist, in our newest children's hiking series inspired by the I Spy books. Register at FNC by 9/7.

## TROT WITH YOUR TOT!

East Cohasset Hike & Bike Trail - Meet at Ford Nature Center

9/11, 9/22 | 10 - 11 am

Explore the wonderful outdoors and watch your little ones learn with Naturalist Cody Stoll. Parents, guardians, babies, toddlers, and strollers all welcome! Easy, 1 mi.

## AN APPLE A DAY \$ ♦ G

MetroParks Farm

9/13 | 10 - 11 am

Ages 3-5, plus adult. By September children are back to school and in the past you took an apple to your teacher. We will share an apple story, make an apple craft, and have an apple snack. Space is limited. Register by 9/11. \$3 R; \$4 NR, cash only

## TALES FOR TOTS: Mama Look! \$ ♦ G

Fellows Riverside Gardens

9/14 | 10 - 11 am

Ages 2-3, plus adult. Join us as we read the story, Mama Look, then take a "Mama Look" walk of our own, observing the animals around us. Register/pay at FNC by 9/12. \$4 R; \$6 NR

## SPROUT CLUB \$ ♦ G

Fellows Riverside Gardens

9/20, 10/18, 11/15 | 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 9/18. \$15/series; \$7/class

## POTATOES FOR PRESCHOOLERS

\$ ♦ G

MetroParks Farm

9/25 | 10 - 11 am

Ages 3-5, plus adult. Celebrate National Potato Month by digging potatoes and enjoying potato snacks along with story time and other activities. Space is limited. Register by 9/21. \$5 R; \$6 NR, cash only

# Kayak

## East Newport Boat Launch \$ ♦

Age and experience restrictions may apply. Register/pay at FNC two days in advance. \$12 R; \$15 NR

9/8 | 9 - 11 am | Paddlin' for Woodpeckers

9/23 | 10 am - Noon | Fall Sunday Paddle

# Exhibits

## WINGS OF LOVE

Fellows Riverside Gardens – Weller Gallery

Through 10/3 | Tuesday - Sunday, 10 am - 5 pm

A magnificent array of avian species exquisitely photographed by Pamela Cohen, to portray the wonders of nature.

Meet the Artist – 9/16 | 1 - 3 pm

## A DIAMOND IN THE ROUGH

Fellows Riverside Gardens – Outdoor Gallery

Through 12/31 | dawn to dusk

Local topiary artist, Mike Gibson creatively transforms trees and shrubs into whimsical living sculptures to be displayed in the Outdoor Gallery.

## 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.

# Flower Show

## GARDEN FORUM FLOWER SHOW

Fellows Riverside Gardens

9/15 & 9/16 | 10 am - 5 pm

An autumn garden flower show presented by Garden Forum of Greater Youngstown.



Tractor-Wagon Rides

# Family Fun

## TRACTOR-WAGON RIDES

MetroParks Farm

9/9, 9/16, 9/30 | 1 - 4 pm

Take a guided tractor and wagon ride through the MetroParks Farm. Fall is close; is harvest? Barns are open to visit with the animals. Craft fee: \$1, cash only

# Horticulture

## KOKEDAMA: The Hanging Garden \$ ♦

Fellows Riverside Gardens

9/11 | 6:30 - 8:30 pm

Create a kokedama, a form of Japanese garden art, with Pam Baytos. Register/pay by 9/9. \$24; FFRG \$22

## BOTANICAL MORNINGS TROLLEY \$ ♦

Fellows Riverside Gardens

9/28 | 9 - 10 am

Take a Trolley ride through the Park and look for signs of autumn. Limited seating. Register/pay at FRG by 9/26. \$7

# Trolley Tours

## MILL CREEK TROLLEY TOURS \$ ♦

Boards at Ford Nature Center

9/4, 9/13, 9/18, 9/27 | 2 - 3 pm, or 3:15 - 4:15 pm;

9/9, 9/23 | 12:45 - 1:45 pm, 2 - 3 pm, or 3:15 - 4:15 pm

Enjoy views of historic Mill Creek Park while riding the trolley. Limited seating. Register/pay at least 2 days ahead at FNC. Adults: \$7 R, \$10 NR; seniors/youth: \$5 R, \$8 NR.

## PICNIC IN THE PARK \$ ♦

Boards at Fellows Riverside Gardens

9/19 | 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 9/12. Adults: \$21 R; \$23 NR. Seniors/youth: \$19 R; \$22 NR.

# This & That

## METROMUTTS: Tail-Waggin' Wagon

Ride ♦

MetroParks Farm

9/8 | 11 am

You and your MetroMutt are invited for an exclusive member-only wagon ride tour through the MetroParks Farm. Call FNC to pre-register to secure your spot by 9/6. MetroMutts members only, please.

## TRAVELING NATURALIST

Lily Pond

9/8 | 1 - 3 pm

Explore the Lily Pond's habitat and learn how to keep its wildlife wild while chatting with a Naturalist. Call FNC for details.

## SWING DANCE CLASS \$

Pioneer Pavilion

9/18, 9/25 | 6 - 7 pm

Learn this fast paced dance form. No partner? No problem! Everyone learns together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail. Call FNC for details. \$6/class at the door.

## SALSA DANCE CLASS \$

Pioneer Pavilion

9/18, 9/25 | 7 - 8 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.

## METROMUTTS: Canines around

Cohasset

Ford Nature Center

9/23 | 11 am

Celebrate the changing of seasons from Summer to Fall with a beautiful hike with your canine. We will be hiking all the way around Lake Cohasset; the oldest of the three lakes. Moderate, 2.75 mi.