

Mill Creek MetroParks
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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	330.740.7102
Natural Areas & Preserves	330.702.3000





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, reports, 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 videotaped. 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 Community Engagement Department at 330.702.3000.

MILL CREEK METROPARKS

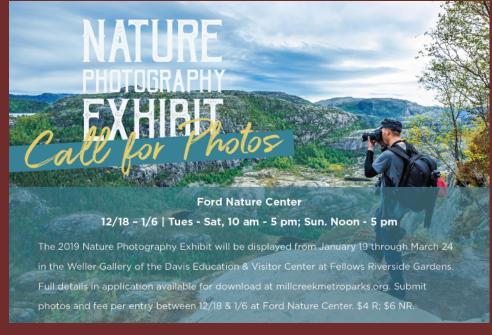
December

2018 PROGRAMS & EVENTS



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











Healthy Living

YOGA IN THE GARDENS \$

Fellows Riverside Gardens **12/4, 12/6, 12/11, 12/13** | 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 12/5, 12/12, 12/19 | 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 1/6 - 2/24 | Sundays, 9 - 10 am or

1/8 - 2/26 | 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 1/2.

CHAIR YOGA COURSE \$ ♦

Fellows Riverside Gardens

1/9 - 2/27 | Wednesdays, 10 - 11 am

Ease into more mobility and a greater sense of wellbeing in this eight-week course with Michelle O'Brien. Sessions focus on seated and modified standing poses, breathing techniques, and guided meditation. \$80; 10% discount (\$72) if registered by 1/2.

Cuisine

LAID BACK COOKING: Strudels \$ •

Hands-on. Learn how to make strudels, fruit to vegetable, with Jack Kravitz with some Laid Back Cooking. Register/ pay by 12/8. \$19; FFRG \$17



\$ Fee charged for this program R = Mahoning County Resident

Registration Required

Add'I fee after deadline

G Guardian/adult must accompany child

Hikes & Walks

Call FNC for details.

PLACE OF PINES Ford Nature Center

12/1 | 10 - 12 pm

The scent of pine is in the air! Enjoy the sights, sounds, and scents of the upcoming season of winter around the "place of pines", Lake Cohasset. Moderate, 3 mi.

RECREATIONAL HIKES

12/5 | 9 - 10 am

Meet at MetroParks Bikeway Trailhead at MetroParks Farm. Easy, 2 or 4 mi. 12/19 | 9 - 10 am

Meet at Ford Nature Center. Moderate, 2 or 4 mi.

HIKE WITH A NATURALIST

McGuffey Wildlife Preserve 12/9 | 1 - 3 pm

Enjoy an afternoon hike through fields and forest looking for seasonal changes. Moderate, 1 mi.

GEMINID METEOR SHOWER HIKE Vickers Nature Preserve

12/14 | 9 - 11 pm

It's a bird, it's a plane, no it's a shooting star! Come out and join us on a short hike to enjoy this annual meteor shower. Dress for the weather. Moderate, 1.5 mi.

WALKING IN A WETLAND WONDERLAND

Newport Wetlands parking lot **12/16** | 2 – 4 pm

Birds will sing, are you listening

In the lane, snow may be glistening

A beautiful sight, we're happy, alright! Walking in a wetland wonderland. Moderate, 2 mi

WINTER SOLSTICE

Meet at Calvary Run Parking Area **12/21** | 6 - 7 pm

Astronomical Winter arrives at 5:23 pm. Join us as we walk beneath "The Long Night Moon." Moderate 1 mi.

SIGNS OF WINTER

MetroParks Farm - Bikeway Trailhead 12/27 | 2 - 4 pm

Take a break from the festivities and join us as we search for signs of the winter season in nature. Moderate, 2 mi.

WINTER SCAVENGER HUNT HIKE Ford Nature Center

12/29 | 1 - 3 pm

Join us for a Winter Scavenger Hunt. We'll hike together looking for nature's hidden treasures. Moderate, 2 mi.

Kids & Teens

CHILDREN'S NATURE HOUR: Pick a

Pine Tree \$ ♦ G

Fellow Riverside Gardens **12/6** | 10 – 11 am

Ages 3-5, plus adult. Join us as we discover different types of pine trees and how some turn into Christmas trees! Story and craft included. Register/pay at FNC by 12/4. \$4 R; \$6 NR

SPROUT CLUB \$ ♦ G

Fellows Riverside Gardens **12/13, 1/17, 2/21** | 1 - 2 pm

Ages 3-5, plus adult. Join the Sprout Club this winter for learning and fun with hands-on activities doing science experiments, making ice cream and being a beaver. Deadline for series is 12/11. \$15/series; \$7/class

TALES FOR TOTS: The Snow Tree

Fellow Riverside Gardens 12/14 | 10 - 11 am

Ages 2-3, plus adult. Join us as we read and enact a holiday favorite, The Snow Tree! Outside discovery and a craft are part of the festivities. Register/pay at FNC by 12/12. \$4 R: \$6 NR

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.

MAHONING VALLEY WATERCOLOR SOCIETY Fellows Riverside Gardens - Weller Gallery

Through 1/6/19 | Tuesday – Sunday, 10 am – 5 pm The MVWS show demonstrates the variety of styles and interests of the artists in this local painting group. 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.

This & That

NR = Non-Resident

MILL CREEK PHOTO CLIQUE: Photo walk - Capturing Volney's Special Spots ♦

FFRG = Friends of Fellows Riverside Gardens

Ford Nature Center

12/1 | 10 am - Noon

Bring your camera to capture Volney Rogers' favorite areas of MCP. On this walk, held on the birthday of the founder of MCP, you will be introduced to the locations that were special to him. Free, but please call FNC to reserve

NATURALIST SERIES: Backyard Bird Feeding ♦

Fellows Riverside Gardens

12/2 | 4 - 5 pm

Join the Audubon Society of Western Pennsylvania to take a look at some of the best techniques in attracting birds in your backyard, from feeder types and seeds, to native plants and cover, and what birds you can expect. Registration requested, not required. Register at FRG by 12/1.

JINGLE MUTTS \$ ♦

Pioneer Pavilion

12/8 | 11 am

Jingle all the way past the festive evergreens of East Cohasset. Moderate, 1 mi. Hike is free for all. Refreshments afterward. MetroMutts Members free, notyet-members \$2. Call FNC to register by 12/5. Additional fee after deadline

MILL CREEK PHOTO CLIQUE: **Mounting & Matting Photos ♦**

Ford Nature Center 12/15 | 10 am - Noon

Learn photo matting and mounting techniques that will assist in preparation for entering competitions or just for displaying them at home. Specific guidelines for MCMP annual Nature Photography Exhibit will be covered. Free, but please call FNC to reserve your spot.



HOLIDAY EVERGREEN WREATH \$ ♦ Fellows Riverside Gardens

12/1 | 10 am - Noon Adorn your entrance with a wreath of fresh pine, greens

and seasonal colors, led by Judy Stanislaw. Register/pay by 11/29. \$28; FFRG \$26

WINTER WHITE WREATH \$ ♦

Fellows Riverside Gardens

12/4 | 6:30 - 8:30 pm

Enjoy designing this white grapevine wreath with Marie Borocz, which can be displayed all winter long. Register/ pay by 12/2. \$34; FFRG \$28

FRESH BOXWOOD TREE \$ ♦

Fellows Riverside Gardens

12/11 | 6:30 - 8:30 pm

Marie Borocz will guide you in the design of a fresh boxwood tree to decorate your home for the holidays. Register/pay by 12/9. \$34; FFRG \$28

HOLIDAY CENTERPIECE \$ ♦

Fellows Riverside Gardens

12/18 | 6:30 - 8:30 pm

Create a beautiful addition for your holiday table with Marie Borocz. Register/pay by 12/16. \$34; FFRG \$28

CHRISTMAS BIRD COUNT 2018 Ford Nature Center

12/15 | 9 - 11 am Participate in a century old tradition, The Great Christmas

For the Birds

Bird Count. Our census will begin at the Ford Nature Center and we will work our way over to the Lily Pond. Moderate, 2 mi.

© John Guy Petruzzi



THE 12 DAYS OF CHRISTMAS SALE

Mill Creek Golf Shop **12/9 - 12/20 |** 10 am - 4:30 pm

Annual Golf Shop Holiday Sale. Each day a special sale price will be revealed on a select item. The savings will be too low to advertise, so stop in each day and check out the

4TH ANNUAL "BIG" CHRISTMAS **GOLF SHOP SALE**

Mill Creek Golf Shop

great savings.

12/21 | 10 am – 5 pm

Annual Golf Shop Holiday Sale. An abundance of special savings for the upcoming golf season. Free gift wrapping with any purchase. Free cookies, snacks and drinks while supplies last.

Family Fun

FROZEN IN TIME WORKSHOP \$ ♦

Fellows Riverside Gardens **12/15** | 1 - 3 pm

Adults & ages 10+ with paid adult. You and your family will learn how to create ornaments featured in this year's Winter Celebration display. Register/pay by 12/13. \$5/

WINTER SCAVENGER HUNT

Ford Nature Center

12/26 - 12/30 | Tuesday - Saturday, 10 am - 5 pm, and Sunday, Noon – 5 pm

Enjoy a winter scavenger hunt. Stop by Ford Nature Center to pick up your list, then go outside to track down nature's

