



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	330.740.7102
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.

2019 Programs & Events



JANUARY

Mill Creek MetroParks



January Special Events

JEWELS of Winter

1/29 - 3/3 | Tuesday - Sunday, 10 am - 5 pm
Fellows Riverside Gardens

Find the spirit of the tropics within the comfort of the Davis Center as you observe orchids, the jewels of the plant world, on display.

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



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

Mahoning Valley Watercolor Society

Fellows Riverside Gardens – Weller Gallery
Through 1/6 | Tuesday – Sunday, 10 am – 5 pm
The MVWS members-only show demonstrates the variety of styles and interests of the artists in this local painting group.

YCSD VPA Unity Project

Fellows Riverside Gardens – Lobby
1/8 - 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. Reception 1/15, 6pm.

Nature Photography Exhibit

Fellows Riverside Gardens – Weller Gallery
1/19 - 3/24 | Tuesday – Sunday, 10 am – 5 pm
The skills of amateur photographers will be readily apparent as you stroll through the Weller 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.

HEALTHY LIVING

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.

Yoga in the Gardens \$

Fellows Riverside Gardens
1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/29, 1/31 | 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

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.

T'ai Chi Step One in the Gardens \$

Fellows Riverside Gardens
1/9, 1/16, 1/23, 1/30 | Noon – 1 pm
Warm-ups, breathing exercises and movements with Marie Lew will ease stress, improve health, and increase vitality. Drop-in. \$10/class

Manifest Your Greatness \$ ◆

Various MCMP Locations
1/18 | 10 – 11:30 am or
1/20 | Noon – 1:30 pm
Join Marina Perdos for the second annual Manifest Your Greatness, a cozy and special New Year's class. Learn a contemplative system while you create a personal mala bracelet to aid in manifestation. Bring a pen and paper. Register/pay by 1/11, at FRG. \$26 R; \$28 NR per class

HIKES & WALKS

Call FNC for details.

Recreational Hikes

1/2 | 9 – 10 am
Meet at Golf Course overflow parking lot on West Golf Drive. Easy, 1 or 3mi

1/16 | 9 – 10 am
Meet at MetroParks Bikeway Trailhead at Kirk Road. Easy, 2 or 4 mi.

1/30 | 9 – 10 am
Meet at East Newport Dr. Boat Launch Parking Lot. Moderate, 1 or 3 mi.

Sights and Sounds of Winter

Ford Nature Center
1/5 | 1 – 3 pm
Get outside and enjoy the season by joining us for a hike around and above the Lily Pond. We'll look for and listen to nature along the way. Moderate, 2 mi

Naked Tree Hike

Newport Boat House
1/13 | 2 – 4 pm
The trees might be bare, but you can still tell who's there! Come out for a brisk hike through the park and learn how to identify trees even when there are no leaves. Moderate, 3 mi.

Walking in a Winter Woodland

Hitchcock Woods
1/20 | 10 – 11:30 am
Join a naturalist for a hike through the winter woods to explore the outdoors and appreciate the beauty of winter. Easy, 1.4 mi.

Wild Women of Mill Creek: Cohasset Hike

Ford Nature Center
1/20 | 2 – 4 pm
Take a walk on the wild side! Join us on the maiden voyage for this series of programs designed for women of all ages. Easy, 2.5 mi.

The Snow Moon

Ford Nature Center
1/21 | 7 – 8:30 pm
We'll hope to crunch the cold crunchy stuff as we walk along Lake Cohasset—scenic day or night. Wear sturdy shoes. Moderate, 2 mi.

Hike with a Naturalist ◆

Sawmill Creek Preserve - Meet at Turner Road Access
1/26 | Noon – 2 pm
Come and enjoy a wintry walk in the woods and see what Sawmill Creek Preserve has to offer. Space is limited. Register at FNC by 1/24. Moderate with hills, 4 mi.

Winter Walk

East Cohasset Hike and Bike - Meet at Ford Nature Center
1/27 | 11 – 12:30 pm
Get outside and enjoy a walk in the winter. Breathe in the crisp cool air, take in the sights, and listen to the sounds breaking the calmness of winter. Moderate, 2 mi.

HORTICULTURE

Men's Garden Club Talk

Fellows Riverside Gardens
1/2 | 7 – 8 pm
The Men's Garden Club of Youngstown invites you to attend their general meeting. Drop-in.

CUISINE

Laid Back Cooking: Soups & Stews \$

◆
Fellows Riverside Gardens
1/29 | 6:30 – 8:30 pm
Hands-on and tasting. Stay nourished this winter with a variety recipes for soups and stews with Jack Kravitz. Register/pay by 1/26. \$22 R; \$24 NR

KIDS & TEENS

Little Explorers Club \$ ◆ G

Ford Nature Center
1/10, 2/7, 3/7 | 10 – 11 am
Ages 3-6, plus adult. Join the club as we explore and enjoy the wonders of winter! We'll discover who's over and under the snow, who's track is that, and woodpecker wham! Deadline for series is 1/8. \$12/series; \$5/class

Tales for Tots: Winter Tweets \$ ◆ G

Ford Nature Center
1/18 | 10 – 11 am
Ages 2-3, plus adult. Who's that tweeting outside the window? Join us as we discover which birds are visiting our feeders this season. Register/pay by 1/16. \$4 R; \$6 NR

FOR THE BIRDS

Hand Feed A Chickadee

Ford Nature Center
1/5, 1/12, 1/19, 1/26 | 9 – 11 am
Join us as we try to coax the inquisitive Black-capped chickadee into landing on our hands. We'll provide the birdseed if you provide the hands. Call FNC for details.

EXPRESS YOURSELF

Nature Photography Exhibit: Call for Photos \$

Ford Nature Center
Through 1/6 | Tues – Sat, 10 am – 5 pm; Sun. Noon – 5 pm
There's still time to submit photos for the amateur 2019 Nature Photography Exhibit to be displayed 1/20 – 3/24 at Fellows Riverside Gardens. Full details available at millcreekmetroparks.org. Submit photos and fees between 12/19 & 1/7 at FNC. \$4 R; \$6 NR.

Dichroic Fused Glass Pendants \$ ◆

Fellows Riverside Gardens
1/8 | 6 – 7:30 pm
Adults & ages 14+ with paid adult. Learn how to create two fused dichroic glass pendants with Lynn Cardwell. Register/pay by 1/6. \$28 R; \$32 NR

Succulent Dish \$ ◆

Fellows Riverside Gardens
1/19 | 10 am – Noon
Create a beautiful succulent dish garden of your very own with Judy Stanislaw. Register/pay by 1/17. \$34; \$30 FFRG

Mill Creek Photo Clique: Icy Shots Photo Op ◆

Lanternman's Mill
1/26 | 2 pm
Members only opportunity to photograph ice formations in and around Lanternman's Mill. Free, but members must register at FNC by 1/24.

FAMILY FUN

Mommy & Me Yoga Course \$ ◆ G

MetroParks Farm
1/11 - 2/15 | Fridays, 10 – 11 am
Ages 3+ and adult. Join Nikki Suraci, Certified Kidding Around Yoga Instructor, for a fun-filled six-week yoga course designed for kids and their adults. Register/pay by 1/9 at FRG. \$102/child and adult pair; \$5 additional child/class; \$20 drop-in/child and adult pair

Popcorn Matinee \$

MetroParks Farm
1/19 | 1 – 3 pm
It's National Popcorn Day. Celebrate with a viewing of *Charlotte's Web 2* on the big screen. Bring a blanket for floor seating. Drop-in. \$4/person; cash only. Includes popcorn and drink.

Crafty Critters

Fellows Riverside Gardens - Library
1/24 | 1 – 4 pm
Come down to the library at Fellows Riverside Gardens to enjoy some fun, simple crafts, stories, and a scavenger hunt. Drop-in.



THIS & THAT

Chat with a Naturalist

Ford Nature Center
1/5, 1/12, 1/19, 1/26 | 1 – 3 pm
Stop by the nature center to chat with a Naturalist and learn about seasonal and phenological happenings here at Mill Creek MetroParks. Feel free to bring questions!

Barking in the New Year

MetroParks Bikeway at Kirk Rd. Trailhead
1/12 | 11 am
Bring your canine companion for a new year winter stroll on the Kirk Road Trailhead. Easy 2 mi.

Swing Dance Class \$

Pioneer Pavilion
1/8, 1/15, 1/22, 1/29, 2/5 | 6 – 7 pm
Learn this fast paced dance form. 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.

Tango Dance Class \$

Pioneer Pavilion
1/8, 1/15, 1/22, 1/29, 2/5 | 7 – 8 pm
Try out this synchronized dance, well known for its romantic flavor. 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.

Book Discussion: The Invention of Nature

Bear's Den Cabin
1/26 | 10:30 am
Read and enjoy Andrea Wulf's account of naturalist Alexander Von Humboldt and his important influence on the way we understand the natural world. Then join our discussion to share your thoughts about the book. Call FNC for details.

Photo Clique: Photography Exhibit Meet and Greet

Fellows Riverside Gardens - Weller Gallery
1/27 | 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.

