

LEARN ABOUT GARDENING, NATURE, BIRDS, BUGS, FROGS AND MORE AT THE ESSEX COUNTY ENVIRONMENTAL CENTER

Essex County Executive DiVincenzo Invites Children and Families to Expand their Understanding and Appreciation of the Environment

Essex County, NJ – A variety of programs are being offered at the Essex County Environmental Center during the month of April that will teach children and adults about nature and help them gain a greater appreciation and understanding of our environment. Essex County Executive Joseph N. DiVincenzo, Jr. invites children and adults to visit the Environmental Center where they can enjoy an enriching recreational experience through nature and conservation activities.

“Our Environmental Center has become the premiere location for environmental education and nature appreciation. With the help of our partner groups, our dynamic schedule of events and activities will captivate all ages,” DiVincenzo said. “Walk in our woods, discover habitats, get pointers on gardening, learn about nature photography and much more. It’s all about nature and it’s all at our Environmental Center,” he added.

Events scheduled for April are as follows:

“Little Explorers Spring Nature Program” is for children ages 2 to 5. This child-caregiver class uses stories, walks and crafts to develop an awareness and appreciation for science and nature for the child as well as the caregiver. Each week, a different nature or science topic is covered. **Cost is \$12 per child/session.** Advance registration and payment are required. For information, call 973-228-8776. *Little Explorers Winter Nature Program* will be held as follows:

Age: 2 year olds
Dates and Time: Tuesdays, April 16 & 23 at 10 a.m.

Age: 3 year olds
Dates and Time: Thursdays, April 11, 18 & 25 at 1 p.m.

Ages: 4 and 5 year olds
Dates and Time: Tuesdays, April 16 & 23 at 4 p.m.
OR Thursdays, April 11, 18 & 25 at 9:30 a.m.

Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Bird Club” is for children ages 5 through 10. Come explore the wooded wetland and see what birds live here. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. **Cost is \$10 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Bird Club* will be held as follows:

Date: Thursday, April 11, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue

Roseland, NJ

“Thursday Evening Yoga” is for adults. In this “all levels” yoga series, each student is invited to explore and play through the breath and asanas/poses, flowing at their own pace with self-compassion and joy; followed by an optional gentle shoulder massage and restorative pose or Savasana of transformation and peace. All levels are welcome. Dress comfortably and bring a mat. **Cost is \$15 per class and \$10 for those 65 years and older.** No refunds for missed classes. Advance registration, monthly payment and minimum number of participants are required. For information, call 973-228-8776. *Thursday Evening Yoga* will be held as follows:

Dates: **Thursdays, April 11, 18 & 25, 2019**
Time: **6:30 p.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“Climate Crisis: How Eating Sustainably Grown Foods Benefits Our Bodies and Our Planet” is for adults. Sustainable farming methods must be resource-conserving, socially supportive, commercially competitive, and environmentally sound. Is organic meat and produce better than sustainable foods? This talk given by Sandy Williams of Field Goods explores many of the problems and questions related to our nation’s broken food system, including climate change and the healthcare crisis. Climate change may seem insurmountable, but individuals can make a meaningful difference. Find out how! Program includes samples and tasting of products and produce from small sustainable farms. **This is a free program.** Advance registration required For information, call 973-228-8776. *Climate Crisis* will be held as follows:

Date: **Thursday, April 11, 2019**
Time: **7 p.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“Spring Forest Egg Hunt” is for families with children ages 1 to 6. Celebrate the beginning of spring with a story of the Little White Rabbit, a visit from a live rabbit, and an egg hunt within the forest grounds of the Environmental Center. Kids should bring their favorite basket to collect eggs and earn surprises! We encourage participants to go green by exchanging eggs for small prizes. When the eggs are turned in, the Center is able to reuse them for future events and programs. Find a golden egg for an “eggstra” special surprise (valued over \$100). Light refreshments and photo-op with bunny included. Bring your own camera. Bad weather cancels. **Cost is \$15 per child.** Advance registration is required and limited spaces are available. For information, call 973-228-8776. *Spring Forest Egg Hunt* will be held as follows:

Date: **Saturday, April 13, 2019**
Time: **11 a.m. to 12:30 p.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“Horticulture for Seniors” is for senior citizens. Join the Rutgers Master Gardeners of Essex County for this horticulture class especially designed for senior citizens. The topic for April is *Arranging Spring Flowers*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior

to program. For registration or more information, call Helen at 973-731-0717 or the Master Gardner Helpline at 973-228-2210. *Horticulture for Seniors* will be held as follows:

Date: Monday, April 15, 2019
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Spring Camp” is for children in grades 1 through 5. Restore the bond between children and nature. Children will have the opportunity to explore nature right here at the Essex County Environmental Center. **Cost is \$160 per child for all three days or \$60 per child/per day.** Advance registration and payment are required. For details, call 973-228-8776. *Spring Camp* will be held as follows:

Dates: Tuesday, April 16; Wednesday, April 17; Thursday, April 18
OR Tuesday, April 23; Wednesday, April 24; Thursday, April 25
Time: 12:30 to 4:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Chair Yoga” is for adults. If you are new to yoga or feel that most yoga classes might be too strenuous, chair yoga can provide a more easy-going supported style. Come experience how gentle yogic breath decreases stress and increases comfort and fluidity of movement, not only through yoga practice, but potentially throughout life, as well. All poses are enjoyed at each participant’s own pace, seated or standing next to a chair and using it for support whenever needed. The class will end in a peaceful restorative pose and optional gentle shoulder massage. All levels are welcome. Dress comfortably and bring a mat. **Cost is \$15 class and \$10 per class for those 65 years and older.** No refunds for missed classes. Advance registration, monthly prepayment and a minimum number of participants are required. For information, call 973-228-8776. *Chair Yoga* will be held as follows:

Dates: Tuesdays, April 16, 23 & 30, 2019
Time: 3 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Frog Pond Science Club” is for children ages 5 through 9. Uncover and discover ecosystem interactions at the frog pond. Explore with nets, magnifiers and microscopes to investigate what lives at the pond and learn from a naturalist what can be done to protect and conserve the pond inhabitants. **Cost is \$10 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Frog Pond Science Club* will meet as follows:

Date: Tuesday, April 17, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Field Trip in Essex County Becker Farm” is presented by New Jersey Audubon. Explore both field and forest while enjoying beautiful vistas of the Passaic River Valley. This is the right time to discover spring migrants in all their glory, including warblers in full song. Meet at the Essex County Environmental Center. **Cost is \$6 for NJA members and \$8 for non-members.** To register, call 908-396-6386. *Birding Field Trip* will be held as follows:

Date: Thursday, April 18, 2019
Time: 8 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Troy Meadows Birding Walk” is presented by New Jersey Audubon. Explore both fields and forested wetlands in one of the largest well-preserved swamps in northern New Jersey. This is the right time to discover spring migrants in all their glory, including warblers in full song. Meet at Essex County Environmental Center. **Cost is \$6 for NJA members and \$8 for non-members.** To register, call 908-396-6386. *Birding Walk* will be held as follows:

Date: Saturday, April 20, 2019
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“New Jersey Woodturners” is for adults and children ages 3 and up. Learn to turn and discover the wonders of creating art from found pieces of wood. Topics vary by the month. Meet in Garibaldi Hall. **Cost is \$10 per adult and free for NJWA members.** Call Gualberto Malave at 908-310-3557 for details. *New Jersey Woodturners* will meet as follows:

Date: Monday, April 22, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Birding Field Trip in Essex County Branch Brook Park” is presented by New Jersey Audubon. Explore an iconic urban park. This is the right time to enjoy cherry trees in bloom and to discover early spring migrants in all their glory, including warblers in full song. Meet at the Essex County Cherry Blossom Welcome Center. **This is a free event.** To register, call 908-396-6386. *Birding Field Trip* will be held as follows:

Date: Thursday, April 25, 2019
Time: 8:30 a.m.
Place: Essex County Branch Brook Park
Cherry Blossom Welcome Center
Located between Mill Street and Heller Parkway
Newark, NJ

“Earth Day” is a community event. Bring your family, friends, and neighbors for our annual outdoor Earth festival. On this special day, celebrate nature with crafts, games, and recreational opportunities, such as canoeing and hiking. Enjoy demonstrations, information, a local eco-vendors’ sale, with Environmental Center staff and partner groups on hand to guide visitors throughout the day. Admission is free but eco-vendors will be selling merchandise. Earth Day will be held as follows:

Date: Saturday, April 27, 2019
Time: 11 a.m. to 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

During the month of April, a photography exhibit titled **“Wild about Flowers”** by Maria “Mane” Robinson will be on exhibit in the Essex County Environmental Center.

Registration is required for all programs at the Essex County Environmental Center, unless otherwise noted. For more information or to register, please call 973-228-8776.