

## **LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE, YOGA, COOKING, HEALTHY LIVING, 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 December 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 December are as follows:

**“Little Explorers Winter Nature Program”** is for children ages 2 to 4 years. 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 \$9 per child/per class.** Advance registration, payment and minimum number of participants required. For information, call 973.228.8776. *Little Explorers Winter Nature Program* will be held as follows:

**Age: 2 year olds**  
**Dates and Time: Fridays, December 1 & 15 at 10 a.m.**

**Age: 3 year olds**  
**Date and Time: Thursday, December 14 at 1 p.m.**

**Ages: 4 & 5 year olds**  
**Dates and Times: Thursday, December 14 at 9:45 a.m.**  
**OR Fridays, December 1 & 15 at 1 p.m.**

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

**“Gingerbread House Making Workshop”** can help participants get started on their own unique creation for the Essex County Environmental Center’s Sustainable Homes and Habitats Gingerbread Contest. All gingerbread projects must be completed by 1p.m. to be considered for the contest. **Some materials will be provided, however, participants are encouraged to bring**

**their own items.** This is the last day to register for the contest. **This is a free program.** Advance registration is required. For information, call 973-228-8776. *Gingerbread House Making Workshop* will be held as follows:

**Date:** Saturday, December 2, 2017  
**Times:** 11a.m. to 1 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

Residents are invited to participate in the *“13th Annual Sustainable Homes & Habitats Gingerbread Contest & Exhibit.”* All entries must be registered by Saturday, December 2<sup>nd</sup> and submitted by Monday, December 4<sup>th</sup>. Create a unique gingerbread house with natural accents and green building design features. Sustainable Gingerbread Homes will be on display from Wednesday, December 6<sup>th</sup> through Friday, December 15<sup>th</sup>. Prizes will be awarded in various categories. Call the Environmental Center at 973-228-8776 to register or for more information.

*“Brunch with Santa”* is for children of all ages. Hosted by Essex-Hudson 4-H, the price of admission includes a picture with Santa, a craft, and a continental brunch including bagel, fruit, juice, and coffee/tea. Meet in Garibaldi Hall. **Cost is free for children under the age of 3, \$6 for children ages 4-17 and \$12 for children 18 and up.** For information and registration, contact Danielle Kaplonski at [danielle\\_kaplonski@yahoo.com](mailto:danielle_kaplonski@yahoo.com) or 973-943-2366. *Brunch with Santa* will be held as follows:

**Date:** Saturday, December 2, 2017  
**Time:** 11a.m. to 1 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A Eagle Rock Avenue  
Roseland, NJ

*“Monday Morning Yoga”* is for adults. This class will explore the many joys of yoga. Breathing synchronized with movement will warm the body and relax the mind. All levels are welcome. Participate weekly or for just one class. Dress comfortably and bring your own mat. **Cost is \$10 per class.** Advance registration is required. For information, call 973-228-8776. *Monday Morning Yoga* will be held as follows:

**Dates:** Mondays, December 4 & 11, 2017  
**Time:** 9:30 a.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

*“Tuesday Afternoon Yoga and Myofascial Unwinding”* is for adults. The focus of this class is on the many benefits of long-held, seated yoga poses paired with free movements to unwind the body from its long-held patterns. Participants will lengthen tissues that connect, wrap and interweave

muscles and experience the freedom of body-guided movement. This helps to increase range of motion and free up areas of limitation. All levels welcome. Dress comfortably and bring your own mat. **Cost is \$10 per class.** Advance registration is required. For information, call 973-228-8776. *Tuesday Afternoon Yoga and Myofascial Unwinding* will be held as follows:

**Dates:** Tuesdays, December 5, 12 & 26, 2017  
**Time:** 3:30 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

*“4-H Crafty Clovers Club”* is for children in grades 1 through 5. The Crafty Clovers Club will guide youth through a variety of projects allowing them to work on team and individual masterpieces. Come once a month and spend time with peers crafting and taking on leadership roles in the club. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337 or visit [essex.njaes.rutgers.edu/4h/](http://essex.njaes.rutgers.edu/4h/). *4-H Crafty Clovers Club* will be held as follows:

**Date:** Wednesday, December 6, 2017  
**Time:** 4 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A Eagle Rock Avenue  
Roseland, NJ

*“Birding Hike in Troy Meadows”* is presented by New Jersey Audubon. Search the edges of the swamp for wintering birds. Be prepared for muddy or icy conditions. Meet at the Essex County Environmental Center and carpool to the trail head. **Cost is \$6 for NJA members and \$8 for non-members.** Call the Scherman Hoffman Wildlife Sanctuary at 908-396-6386 to register. *Birding Hike* is scheduled as follows:

**Date:** Thursday, December 7, 2017  
**Time:** 8:30 a.m.  
**Meeting Site:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

*“Chair Yoga”* is for adults. Whether you are new to yoga, are an older adult, or know and love yoga but can no longer get up and down from the floor easily, chair yoga may be for you. All poses are done seated or standing next to a chair. Breath guides students through the class, which will end with a relaxing meditation. All levels are welcome. Dress comfortably. **Cost is \$9 per class or \$7 for those 65 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:** Thursdays, December 7, 14, 21 & 28, 2017  
**Time:** 3 p.m.

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

**“Thursday Evening Yoga”** is for adults. This “all levels” yoga series will focus on alignment, flow and warmth followed by a restorative pose to unwind the body and mind for bed. All levels are welcome. **Cost is \$10 per class.** No refunds for missed classes. Advance registration and monthly payment are required. For information, call 973-228-8776. Minimum number of participants is required. *Thursday Evening Yoga* will be held as follows:

**Dates: Thursdays, December 7, 14, 21 & 28, 2017  
Time: 6:15 p.m.  
Place: Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ**

**“Friday Morning Yoga”** is for adults. This class will explore the many joys of yoga. Breathing synchronized with movement will warm the body and relax the mind. All levels are welcome. Participate weekly or for just one class. Dress comfortably and bring your own mat. **Cost is \$10 per class.** Advance registration is required. For information, call 973-228-8776. *Friday Morning Yoga* will be held as follows:

**Dates: Fridays, December 8, 15 & 22, 2017  
Time: 9:30 a.m.  
Place: Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ**

**“Birding Hike in Essex County South Mountain Reservation”** is presented by New Jersey Audubon. Visit several key locations within one of Essex County’s largest parks. Discover how easy it is to find wildlife in winter when there is plenty of food, water and shelter. Meet at Essex County Turtle Back Zoo and carpool to various locations within the park. **Cost is \$6 for NJA members and \$8 for non-members.** Call the Scherman Hoffman Wildlife Sanctuary at 908-396-6386 to register. *Birding Hike* is scheduled as follows:

**Date: Saturday, December 9, 2017  
Time: 8 a.m.  
Meeting Site: Essex County Turtle Back Zoo  
560 Northfield Avenue  
West Orange, NJ**

**“Bug Club”** is for children ages 6 to 10. The Bug Club is devoted to children who want to explore the wonders of insects through field walks, games, stories and crafts. **Cost is \$8 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Bug Club* will be held as follows:

**Date:** Tuesday, December 12, 2017  
**Time:** 4 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

*“4-H Environmental Kids Club”* is for children in grades 2 through 9. The environment is filled with things, big and small, that are surprising and helpful. Come once a month to see how much fun it is to learn about the world. The club is ongoing and fosters a long-term relationship with caring adults and club member peers. Members are encouraged to get involved with 4-H county events including fairs and public speaking. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337 or visit [essex.njaes.rutgers.edu/4h/](http://essex.njaes.rutgers.edu/4h/). *4-H Environmental Kids Club* meets as follows:

**Date:** Tuesday, December 12, 2017  
**Time:** 4 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A Eagle Rock Avenue  
Roseland, NJ

*“Birding Hike in Essex County Hatfield Swamp”* is presented by New Jersey Audubon. Take a journey into the frozen swamp to search for winter visitors and lingering fall migrants that call the heart of western Essex County home. Meet at the West Caldwell Stop & Shop. **Cost is \$6 for NJA members and \$8 for non-members.** Call the Scherman Hoffman Wildlife Sanctuary at 908-396-6386 to register. *Birding Hike* is scheduled as follows:

**Date:** Thursday, December 14, 2017  
**Time:** 8:30 a.m.  
**Meeting Site:** Stop & Shop  
875 Bloomfield Avenue  
West Caldwell, 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 December is *Holiday Decorating with Live Greens*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior to program. For 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, December 18, 2017  
**Time:** 1 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A Eagle Rock Avenue  
Roseland, NJ

***“Bird Club”*** for children ages 5 through 10. Participants will explore the wooded wetland and see what birds live near the Environmental Center. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. **Cost is \$8 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, December 21, 2017  
**Time:** 4 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

***“Winter Wildlife Explorers Camp”*** is for children in kindergarten to 3<sup>rd</sup> grade. Campers enjoy stories, crafts, campfires and forest adventures exploring the wooded wetland forests in winter time. Minimum number of participants required. **Cost is \$170 per child for all three days or \$65 per child per day.** For more information, call 973-228-8776. *Winter Wildlife Explorers Camp* will be held as follows:

**Dates:** Tuesday, Dec. 26; Wednesday, Dec. 27; Thursday, Dec. 28  
**Times:** 9:30 a.m. to 3:30 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

***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.***

The Essex County Park System was created in 1895 and is the first county park system established in the United States. The Park System consists of more than 6,000 acres and has 23 parks, five reservations, an environmental center, a zoo, Treetop Adventure Course, ice skating rink, roller skating rink, three public golf courses, golf driving range, two miniature golf courses, three off-leash dog facilities, a castle and the Presby Memorial Iris Gardens.