

LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE, YOGA, COOKING, HEALTHY LIVING, STRESS MANAGEMENT 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 February 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 February are as follows:

“Little Explorers Winter Nature Program” is for children ages 2 to 5 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.** Minimum number of participants, advance registration and payment are required. For information, call 973-228-8776. *Little Explorers Winter Nature Program* will be held as follows:

Age: 3 year olds
Date and Time: Fridays, February 3, 10 & 17 at 10:30 a.m.

Ages: 4 & 5 year olds
Date and Time: Thursdays, February 2, 9 & 16 at 1:30 p.m.
OR Fridays, February 3, 10 & 17 at 1:30 p.m.

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

“Birding Hike in Essex County Hilltop Reservation” is presented by New Jersey Audubon. Take a leisurely winter hike while looking for winter wildlife, especially field and forest birds. Meet at Mountain Avenue and Courter Lane, North Caldwell. **This is a free event.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, February 2, 2017
Time: 8:30 a.m.

**Place: Essex County Hilltop Reservation
Mountain Avenue and Courter Lane
North Caldwell, NJ**

“Chair Yoga” is for adults. Whether 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, \$7 for those 65 and older.** No refunds for missed classes. Advance registration, monthly pre-payment and a minimum number of participants are required. For information, call 973-228-8776. *Chair Yoga Series* will be held as follows:

Dates: Thursdays, February 2, 9, 16 & 23, 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, February 2, 9, 16 & 23, 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, February 3, 10, 17 & 24, 2017
Time: 9:30 a.m.
**Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ**

“Forest Snow Globe” is for children ages 7 to 10. Walk in the woods and hunt for a surprise that will be added to a snow globe. Each child will select a special animal to personalize their very own snow globe. **Cost is \$8 per child.** Advance registration and a minimum number of participants are required. For information, call 973-228-8776. *Forest Snow Globe* will be held as follows:

Date: Saturday, February 4, 2017
Time: 10:30 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Save Money with Seeds” is for adults. The Rutgers Cooperative Extension staff will teach tips and techniques on the basics of starting this summer’s vegetable and flower garden from seeds. Meet in Garibaldi Hall. **Cost is \$10 per adult.** Advance registration and a minimum number of participants are required. For information, call 973-228-8776. *Save Money with Seeds* will be held as follows:

Date: Saturday, February 4, 2017
Time: 10:30 a.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. *Friday Morning Yoga* will be held as follows:

Dates: Mondays, February 6, 20 & 27, 2017
Time: 9:30 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Gift of Smell” is for adults. Participants will liven their sense of smell with essential oils. The sense of smell is the only one of the five senses that directly signals to our emotional brain. Learn (and smell) how beneficial and uplifting it can be to incorporate essential oils into your daily routine. Make and take some essential oil bath salts. **Cost is \$10 per adult.** Advance registration required. For information, call 973-228-8776. *Gift of Smell* will be held as follows:

Date: Monday, February 6, 2017
Time: 6:30 p.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 are 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, February 14, 21 & 28, 2017
Time: 3:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Bird Club” is for children ages 5 through 10. Birds live in every corner of the world. Come explore the wooded wetland and see what birds live in New Jersey. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. **Cost \$8 per child per session.** Advance registration, payment and a minimum number of participants are required. For information, call 973-228-8776. *Bird Club* will be held as follows:

Date: Thursday, February 9, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

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

Date: Tuesday, February 14, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Stress Release (EFT) Monthly Meet Up” is for adults. Most individuals feel stress in one or more areas of life. Relationships, work, health, spirituality and finances commonly contribute to stress. Regardless of the cause, stress has serious effects on the body and reducing it can lead to a healthier happier experience of life. Participants will learn and use EFT (Emotional Freedom Techniques) to destress and to gain new perspectives and insights. EFT is an energy modality that uses acupuncture points to tap into areas of emotional stress. It is easy to learn and use. This class is suitable for beginners and those with no prior knowledge of EFT as well as those who know EFT and would like to benefit from the group dynamic. More information about EFT can be found at www.eftuniverse.com. **Cost is \$10 per adult per class.** Advance registration is required. For more information, call 973-228-8776. Minimum number of participants required. *Stress Release (EFT) Monthly Meet Up* will be held as follows:

Date: Tuesday, February 14, 2017
Time: 6:45 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“4-H International Cooking Club” is for children in grades 5 and up. Youth will work together to learn about culture and prepare delicious recipes from around the world. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337. *4-H International Cooking Club* will be held as follows:

Date: Tuesday, February 14, 2017
Time: 7:30 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Essex County Beekeepers Society: 3-Day Short Course on Beekeeping” is for adults and children ages 12 and older. This short course is appropriate for new beekeepers as well as those who need a refresher. Participants will be taken through a full year of beekeeping, including the purchasing and assembling of equipment, harvesting, extracting, bottling honey, and the basics of disease and mite management. Scholarships for this course may be available for full-time students ages 12-22. **Cost is \$155 per person and includes NJBA membership in a chapter of your choice, class materials, continental breakfast and afternoon snack.** For more information or to register, visit www.njbeekeepers.org or contact Pat Gamsby at bjornlass@aol.com or 973-396-8996. E-mail is the best means of contacting Pat. Meet in Garibaldi Hall. Snow date is March 4. *3-Day Short Course on Beekeeping* will be held as follows:

Dates: Saturdays, February 18 & 25, 2017
Field Day TBA
Time: 9 a.m. to 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Build a Bird House” is for adults and children ages 10 and older who are accompanied by an adult. Build a home that encourages breeding birds and other wildlife to take residence. Putting out a bird house now creates a good chance of having a nesting pair of songbirds by spring. **Cost is \$10 per child and \$12 per adult.** Advance registration is required. For information, call 973-228-8776. *Build a Bird House* will be held as follows:

Date: Saturday, February 18, 2017
Time: 11 a.m.
Place: Essex County Environmental Center

**621B Eagle Rock Avenue
Roseland, NJ**

“President for a Day” is for children ages 6 to 10. Presidents must be good leaders and good decision makers. Leadership and decision making skills will be strengthened through fun games and activities. Dress for the weather. **Cost is \$8 per child.** Advance registration is required. For information, call 973-228-8776. *President for a Day* will be held as follows:

Date: Monday, February 20, 2017
Time: 1:30 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. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337. This is a free program. *4-H Environmental Kids Club* will be held as follows:

Date: Tuesday, February 21, 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 frozen swamp for wintering birds and early migrants. 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.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, February 23, 2017
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B 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 early spring migrants that call the heart of western Essex County home. Footing could be icy or muddy depending on the weather. Meet at the Stop & Shop and carpool to the trail head. **Cost is \$6 for NJA members and \$8 for non-members.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, February 25, 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 focus for February is *Taking Care of Your Indoor Plants*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior to program; call Helen at 973-731-0717 or Amy at 973-731-2449. *Horticulture for Seniors* will be held as follows:

Date: Monday, February 27, 2017
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“4-H Lego Club” is for children in grades 3 and up. Run by 4-H Teen Mentors, this ongoing club provides an opportunity for students to build with a team of young people passionate about Lego. Youth will create greater projects and build teamwork throughout the year. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337. *4-H Lego Club* will be held as follows:

Date: Monday, February 27, 2017
Time: 4:30 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Monthly Meditation Group” is for adults. Participate whether you are new to meditation, could use some inspiration, or are a seasoned practitioner. Some of the many benefits of a meditation practice are stress reduction, improved relationships and increased health. Each monthly meeting will include some chair yoga poses, a specific meditation technique, and hints and suggestions to establish or enhance a regular practice. Questions are welcome. **Cost is \$10 per adult per class.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Monthly Meditation Group* will be held as follows:

Date: Monday, February 27, 2017
Time: 6:45 p.m.
Place: 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 with the NJ Woodturners Association. Discover the wonders of creating art from found pieces of wood. Topics vary by the month. Call Gualberto Malave at 908-310-3557 for details. Meet in Garibaldi Hall. **Cost is \$10 per adult and free for NJWA members.** *New Jersey Woodturners* will meet as follows:

Date: Monday, February 27, 2017
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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.