

LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE, YOGA, COOKING, HEALTHY LIVING, CANOEING, 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 July 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 July are as follows:

“Yoga at Essex County South Mountain Recreation Complex” is for adults. Essex County celebrates Parks and Recreation Month in July with free yoga classes at the South Mountain Recreation Complex. These classes are suitable for beginners and great for the seasoned yoga practitioner. Bring a yoga mat and dress comfortably. Meet in the Clipper Pavilion next to the paddle boat area on Cherry Lane. Classes are held rain or shine. **This is a free program.** For more information, call 973-228-8776. *Yoga at the South Mountain Recreation Complex* will be held as follows:

Dates: **Mondays, July 3, 10 & 24, 2017**
Time : **6:30 p.m.**
Place: **Essex County South Mountain Recreation Complex**
 Clipper Pavilion
Cherry Lane
West Orange, NJ

“Wilderness Skills Summer Camp” is for children in grades 5 to 8. Traditional Earth Skills Instructor Mike Dennis will teach two sessions of outdoor skills building. During session one, students will take a traditional approach and, during session two, a modern approach will be followed. Participants will identify plants, learn to track animals, create fire, go canoeing, make natural rope, build shelters and more. **Cost is \$185 per child/per week.** Advance registration is required. For information, call 973-228-8776. *Wilderness Skills Summer Camp* will be held as follows:

Date: **Wednesday, July 5 to Friday, July 7, 2017**
Times: **9:30 a.m. to 2:30 p.m.**

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

“Birding Hike in Essex County Branch Brook Park” is presented by New Jersey Audubon. The paths of this historic urban gem hold a surprising variety of birdlife, from forest birds to ducks and herons. Meet at the Cherry Blossom Welcome Center located just north of Heller Parkway in the park. **This is a free program.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, July 6, 2017
Time: 8:30 a.m.
Place: Essex County Branch Brook Park
Heller Parkway
Newark, 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, July 6, 2017
Time: 4 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, July 6, 13, 20 & 27, 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, July 7, 14, 21 & 28, 2017
Time: 9:30 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Brookdale Park” is presented by New Jersey Audubon. Tour the Rose Garden and a search for late summer birds and perhaps hummingbirds. **This is a free program.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, July 8, 2017
Time: 8:30 a.m.
Place: Essex County Brookdale Park
Watchung Avenue
Montclair and Bloomfield, NJ

“Nature Explorers Summer Camp” is for elementary school age children. Campers will enjoy exploring woodland and river habitats for insects, birds, amphibians, Lenape life and much more. Sign up for one or two weeks per grade level. **The fee is \$160 per child/per week for pre-kindergarten and kindergarten students, \$180 per child/per week for Grades 1 and 2, and \$200 per child/ per week for grades 3 and 4.** For information, call 973-228-8776. *Nature Explorers Summer Camp* will be held as follows:

Dates and Times: Grades Pre-K and Kindergarten, Monday, July 10 to Friday, July 21
12:30 to 3:30 p.m.

Dates and Times: Grades 3 and 4, Monday, August 14 to Friday, August 18
12:30 to 4:30 p.m.

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

“4-H Young Gardeners Club” is for children in grades 1 through 10. Have you ever wondered how vegetables and flowers grow? From where spaghetti sauce comes? How you can find a rainbow in a garden? The 4-H Young Gardener's Club can provide the answers to these questions and more. Meet in Garibaldi Hall. Advance registration required. For information, call 973-353-1337. The *4-H Young Gardeners Club* will meet as follows:

Date: Tuesday, July 11, 18 & 25, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Little Explorers Summer Nature Stroll” is for children ages 2 to 4 years. Participants will walk through the wooded wetland and see what they can discover. They also will take time to stop and explore the wonders of the season. Programs will be held rain or shine. **Cost is \$9 per child/per class.** Advance registration, payment and minimum number of participants required. are required. For information, call 973.228.8776. Little Explorers Summer Nature Stroll will be held as follows:

Ages and Dates: 2 & 3 year olds, Friday, July 14, 2017
4 & 5 year olds, Friday, July 21, 2017
Time: 10 a.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. This is a great time of year to view the nesting birds such as Indigo Buntings and House Wrens. Hikers also will explore the restored meadow habitat for bluebirds, butterflies and other insects. Meet at Mountain Avenue and Courter Lane, North Caldwell. **This is a free program.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, July 15, 2017
Time: 8:30 a.m.
Meeting Site: Essex County Hilltop Reservation
Mountain Avenue and Courter Lane
North Caldwell, NJ

“Butterfly Tent Safari” is for all ages. Flutter on over and visit the live butterfly tent. All are welcome to make-and-take a butterfly craft and participate in table activities. **There is a suggested donation of \$2 per person for this event.** *Butterfly Tent Safari* will be held as follows:

Dates and Times: Monday, July 17 to Friday, Friday July 28, 2017
12 to 3 p.m.

Dates and Times: Saturdays, July 15, July 22 & 29, 2017
10:30 a.m. to 1:30 p.m.

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

“The Very Hungry Caterpillar” is for children ages 3 to 5. Come dressed for a butterfly parade around the trails to learn about a day in the life of the monarch. Participants also will check out food sources for other caterpillars and butterflies. This program includes entry into the live butterfly tent. **Cost is \$8 per child.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *The Very Hungry Caterpillar* will be held as follows:

Date: Saturday, July 15, 2017
Time: 12:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Buzz into Action with Insect Education” is for children ages 5 and older. This program offers a hands-on presentation about bugs n’ butterflies and includes entry into the live butterfly tent. **Cost is \$8 per child and \$10 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Buzz into Action with Insect Education* will be held as follows:

Date: Thursday, July 22, 2017
Time: 10:30 a.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. 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, July 24, 2017
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Family Walk & Campfire” is for all ages. A naturalist will lead the group on a short walk on the trails to experience forest life at dusk, Afterward, enjoy a campfire and fire-popped organic popcorn. **Cost is \$8 per child and \$10 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Family Walk & Campfire* will be held as follows:

Date: Thursday, July 27, 2017
Time: 6:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Butterfly Gardening Workshop” is for adults and children ages 8 and older. Learn to garden for butterflies with Jean Greeley, an Essex County Rutgers Master Gardener and butterfly enthusiast. The presentation and discussion will be followed by a visit to butterfly host and nectar plants

within the Center's gardens. This includes a few minutes in the live butterfly tent. **Cost is \$8 per child and \$10 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Butterfly Gardening Workshop* will be held as follows:

Date: Saturday, July 29, 2017
Time: 12 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Bold, Brilliant Butterflies of Northern New Jersey,” a photo exhibit by Janet Markman, will be on display at the Essex County Environmental Center. It is free to enter.

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.