

**LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE,
YOGA,**

MEDITATION, HEALTHY LIVING, FROGS, COOKING 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:

“Tuesday Afternoon Yoga and Myofascial Unwinding” is for adults. The focus of this class is on the many benefits of long-held, seated poses paired with free movements to unwind the body from its long-held patterns. Participants will both 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. **Cost is \$10 per class.** Advance registration is required. For information, call 973-228-8776. Dress comfortably and bring your own mat. *Tuesday Afternoon Yoga and Myofascial Unwinding* will be held as follows:

Dates: Tuesdays, April 5, 12, 19 & 26, 2016
Time: 3:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

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

Date: Tuesday, April 5, 2016
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Little Explorers Spring Nature Program” is for children ages 2-5 years old. 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 session.** Advance registration and payment are required. For information, call 973-228-8776. *Little Explorers Spring Nature Program* will be held as follows:

Ages: 2 year olds
Dates and Time: Wednesdays, April 13 & 27; 9:45 a.m.

Ages: 4 and 5 year olds
Dates and Times: Wednesdays, April 6 & 20; 1:30 p.m.

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

“Chair Yoga Series” is for adults. Whether you are new to yoga, 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 will guide participants through 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.** Advance registration and monthly pre-payment are required. For information, call 973-228-8776. No refunds for missed classes. Minimum number of participants required. *Chair Yoga* will be held as follows:

Dates: Thursdays, April 7, 14, 21 & 28, 2016
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.** Advance registration and monthly payment are required. For information, call 973-228-8776. No refunds for missed classes. Minimum number of participants is required. *Thursday Evening Yoga* will be held as follows:

Dates: Thursdays, April 7, 14, 21 & 28, 2016
Time: 6:15 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Bees: Who They Are, What They Do and Why They Are Important” is for adults and teenagers. Learn about the New Jersey State insect, the honey bee, and the other common types of bees in this area. Why are they having such a hard time surviving? Why are they so important? Learn from the Rutgers Master Gardeners of Essex County what can be done locally to help them. Meet in Garibaldi Hall. **Cost is \$8 per child and \$10 per adult.** Advance registration required. For information, call 973-228-8776. Minimum number of participants required. The importance of *Bees* will be held as follows:

Date: Thursday, April 7, 2016
Time: 7 p.m.
Place: Essex County Environmental Center

**Garibaldi Hall
621A 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. **Cost is \$10 per class.** Advance registration is required. For information, call 973-228-8776. Dress comfortably and bring your own mat. *Friday Morning Yoga* will be held as follows:

Dates: Fridays, April 8, 15 & 29, 2016
Time: 9:30 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Verona Park” is presented by New Jersey Audubon. Take an easy walk around the pond looking for signs of early spring migrants. Meet at the Boat House near the paddle boat rental area. **This is a free event.** Please call 908-766-5787 or e-mail kelly.wenzel@njaudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, April 9, 2016
Time: 8:30 a.m.
Place: Essex County Verona Park
Intersection of Bloomfield Avenue and Lakeside Avenue
Verona, NJ

“Lego Robotics: Mission to Mars” is for children in grades 1 through 5. This this fun-filled Lego Robotics camp will teach how robots work and how it helps in the exploration of Mars. Students will build a robot, program it, “launch” it into space, make it run for cover and cross space craters. **Cost is \$60 per day or \$175 for all three days.** To register, visit www.iclassprov2.com/icpv2/parentportal/udson/camps. Registration closes on April 7th. There will be a supervised lunch session for children staying for the afternoon Nature Explorers Spring Camp. Please bring lunch. *Lego Robotics* will be held as follows:

Dates: Tuesday, April 12; Wednesday, April 13; Thursday, April 14
Time: 9 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Nature Explorers Spring Camp” is for children in grades 1 through 5. Restore the bond between children and nature. Children can have the opportunity to explore nature at the Essex County Environmental Center. For details, call the Center at 973-228-8776. Registration and payment is required by April 8th. *Nature Explorers Spring Camp* will be held as follows:

Dates: Tuesday, April 12; Wednesday, April 13; Thursday, April 14
Times: 12:30 to 4:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Stress Management (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 Management (EFT) Monthly Meet Up* will be held as follows:

Date: Tuesday, April 12, 2016
Time: 6:45 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Backyard Composting Made Easy” is for adults. Learn how to successfully compost organic waste in your own backyard and get a great deal at the same time. **Cost is \$70 per person.** The fee includes The Earth Machine backyard compost bin (which retails for over \$100 at Home Depot) and a kitchen scrap collection pail. An optional aerator and rodent base is also available. Meet in Garibaldi Hall. Advance registration is required by April 12th. For information, call 973-228-8776. Minimum number of participants required. *Backyard Composting Made Easy* will be held as follows:

Date: Thursday, April 14, 2016
Time: 6 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Primitive Skills for Adults” is for adults. Learn the art of bushcraft and outdoor living skills. All sessions encourage hands-on participation. This month’s focus is *Cordage Making with Natural Plant Fibers*. **Cost is \$10 per adult per class.** Advance registration is required. For information, call 973-228-8776. Minimum number of participants required. *Primitive Skills for Adults* will be held as follows:

Date: Thursday, April 14, 2016
Time: 6:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Rainwater Collection Made Easy” is for adults. Get a great deal and learn everything needed to successfully collect rainwater from your roof using a 55-gallon rain barrel. **Cost is \$85 per person** and includes The SYSTEM rain barrel (which retails for over \$125) and an educational Water Conservation wheel. Meet in Garibaldi Hall. Advance registration is required by April 12th. For information, call 973-228-8776. Minimum number of participants required. *Rainwater Collection Made Easy* will be held as follows:

Date: Thursday, April 14, 2016
Time: 7 p.m.

Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Bike Right – Learn to Ride” is for children ages 5 and older. Learn to ride a bike with the TransOptions’ Bike Right Learn to Ride class. Bike Right Learn to Ride teaches children a safe, easy and effective way to learn to ride. Using this "balance first" method, parents help get their children rolling while the child does most of the work. Participants learn the basics of balancing, starting, stopping, and steering a bike, as well as proper helmet fit and adjustment. Please bring a helmet and a bike (without training wheels) in good working order. In the event of rain, this program will be rescheduled. Meet in Garibaldi Hall. **Cost is \$8 per child.** Advance registration is required. For information, call 973-228-8776. Minimum number of participants required. *Bike Right – Learn to Ride* will be held as follows:

Date: Saturday, April 16, 2016
Time: 10:30 a.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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. This month’s topic is *Flowers of Spring*. Meet in Garibaldi Hall. **Advance registration is required one week prior to program.** For information, call Helen at 973-731-0717 or Maya at 973-379-5548. **This is a free event.** *Horticulture for Seniors* will be held as follows:

Date: Monday, April 18, 2016
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“4-H Environmental Kids Club” is for children in grades kindergarten through eighth grade. 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. *4-H Environmental Kids Club* will be held as follows:

Date: Tuesday, April 19, 2016
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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 with a naturalist what can be done to protect and conserve the pond inhabitants. **Cost is \$8 per child per session.** Advance registration and payment are required. For information, call 973-228-8776. Minimum number of participants required. *Frog Pond Science Club* will be held as follows:

Date: Wednesday, April 20, 2016
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Troy Meadows” is presented by New Jersey Audubon. The combination of forest and meadow habitat makes for spectacular views of middle-spring migrants that will be passing through. Footing may be wet. Hikers will 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, April 21, 2016
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue

Roseland, NJ

“Earth Day Class: Greener & Cleaner with Essential Oils!” is for adults. Celebrate Earth Day and learn how to use Young Living Essential Oils for a greener, cleaner, safer, home and planet! During this class, learn simple tips for reducing your footprint, making your day-to-day life – and the planet – a little greener. **Cost is \$10 per person.** Advance registration and a minimum number of participants required. Earth Day Class will be held as follows:

Date: Thursday, April 21, 2016
Time: 7 p.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. Hikers will walk several trails in search of early signs of spring. Target species include early spring migrants and the last of the winter sparrows. Participants will 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.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, April 23, 2016
Time: 8 a.m.
Meeting Site: Essex County Turtle Back Zoo
560 Northfield Avenue
West Orange, NJ

“Rutgers-Essex County 4-H Teen Council” is for teenagers. Essex County teens are welcome to participate in engaged community service learning guided by the youth officers. Teen council members will serve as mentors for younger youth, advocate for environmental projects, be hands for community members in need and ambassadors of the 4-H program. They will also join the 4-H network of youth nationally and globally to participate in professional development and youth leadership projects. Advance registration is required. For information, call 973-353-1337. *Rutgers-Essex County 4-H Teen Council* will be held as follows:

Date: Monday, April 25, 2016

Time: 5:30 p.m.
Place: Essex County Environmental Center
621B 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 for establishing or enhancing a regular practice. Q&A is also welcome. **Cost is \$10 per adult per class.** Advance registration is required. For information, call 973-228-8776. Minimum number of participants is required. *Monthly Meditation Group* meets as follows:

Date: Monday, April 25, 2016
Time: 6:45 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“New Jersey Woodturners Association” is for adults. Discover the wonders of creating art from found pieces of wood. Topics vary month to month. For information, call the Environmental Center at 973-228-8776. Meet in Garibaldi Hall. **Cost is \$10 per adult and free for NJWA members.** *New Jersey Woodturners* meet as follows:

Date: Monday, April 25, 2016
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Healthy Living Club” is for children ages 8 to 12. Each club meeting will focus on a specific “healthy” topic. Participants will learn about it and then explore it. Some of the many topics will be exercise, diet, healthy food experimentation, yoga and relaxation, rest, helping others, time in nature, fun hobbies and more. **Cost is \$8 per child per session.** Advance registration and payment required. For information, call 973-228-8776. Minimum number of participants required. *Healthy Living Club* will be held as follows:

Date: Wednesday, April 27, 2016
Time: 3:45 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. This park can work as a “migrant trap” in early spring migration, with chances to see early warblers and vireos up close, and a variety of other passerines and waterfowl. Hikers will meet at the Cherry Blossom Visitor Center parking lot near Heller Parkway and carpool from there. **This is a free event.** Please call 908-766-5787 or e-mail kelly.wenzel@njaudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, April 28, 2016
Time: 8:30 a.m.

**Place: Essex County Branch Brook Park
Heller Parkway Entrance
Newark, NJ**

Celebrate ***“Earth Day”*** at the Essex County Environmental Center. Family, friends, and neighbors will enjoy this annual outdoor Earth festival. Celebrate nature with crafts, games, and recreational opportunities, such as canoeing and hiking. Enjoy demonstrations, information and a local eco-vendors’ sale. Environmental Center staff and partner groups will be on hand to guide you throughout the day. **Admission is free but merchandise will be for sale.** Earth Day will be held as follows:

**Date: Saturday, April 30, 2016
Time: 11 a.m. to 4 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 22 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.