

LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE, YOGA, BUGS, 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 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:

“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 3, 2018
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. *Monday Morning Yoga* will be held as follows:

Dates: Mondays, February 5, 12, 19 & 26, 2018
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, February 6, 13, 20 & 27, 2018
Time: 3:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Meditation Series” 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 meeting will include discussion, a specific meditation technique, and hints and suggestions to establish or enhance a regular practice. Q&A is also welcome. **Cost is \$10 per adult per class.** Advance registration and a minimum number of participants are required. For information, call 973-228-8776. *Meditation Series* will be held as follows:

Dates: Mondays, February 6, 13 & 20, 2018
Time: 6:45 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/. *4-H Crafty Clovers Club* will be held as follows:

Date: Wednesday, February 7, 2018
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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 pre-

payment and a minimum number of participants are required. For information, call 973-228-8776. *Chair Yoga* will be held as follows:

Dates: **Thursdays, February 8, 15 & 22, 2018**
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, 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, February 8, 15 & 22, 2018**
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 9, 16 & 23, 2018**
Time: **9:30 a.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, 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, February 13, 2018**
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/. *4-H Environmental Kids Club* meets as follows:

Date: Tuesday, February 13, 2018
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“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
Date and Time: Friday, February 16 at 10 a.m.

Age: 3 year olds
Date and Time: Thursday, February 15 at 1 p.m.

Ages: 4 & 5 year olds
Dates and Times: Thursday, February 15 at 9:45 a.m.
OR Friday, February 16 at 1 p.m.

Place: Essex County Environmental Center
621B 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, February 15, 2018
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Essex County Beekeepers Society’s Three-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. 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. **Cost is \$155 per person and includes NJBA membership in a chapter of your choice, class materials, continental breakfast, and afternoon snack.** *Three-Day Short Course on Beekeeping* will be held as follows:

Dates: Saturdays, February 17 & 24; Field Day TBA
Snow Date: Saturday, March 3, 2018
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 17, 2018
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 19, 2018
Time: 1:30 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 \$8 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: Wednesday, February 21, 2018
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. 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.** Call the Scherman Hoffman Wildlife Sanctuary at 908-396-6386 to register. *Birding Hike* is scheduled as follows:

Date: Thursday, February 22, 2018
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Family Walk & Campfire” is for all ages. Join a naturalist for a short walk on the trails and experience forest life at night. After the walk, enjoy a campfire with organic fire-popped popcorn and mint tea. **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, February 22, 2018
Time: 6 p.m.
Place: 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 West Caldwell Stop & Shop 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: Saturday, February 24, 2018
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 February is *What Are the First Blooms We See?* 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, February 26, 2018
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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, February 26, 2018
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.