

## **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 January 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 January 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 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, January 3, 10, 17, 24 & 31, 2017  
**Time:** 3:30 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

**“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, January 6, 13 & 20 at 10:30 a.m.

**Ages:** 4 & 5 year olds

**Date and Time:**        **Thursdays, January 5, 12 & 19 at 1:30 p.m.**  
**OR Fridays, January 6, 13 & 20 at 1:30 p.m.**

**Place:**                    **Essex County Environmental Center**  
**621B Eagle Rock Avenue**  
**Roseland, 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, January 5, 12, 19 & 26, 2017**  
**Time:**                    **3 p.m.**  
**Place:**                    **Essex County Environmental Center**  
**621B Eagle Rock Avenue**  
**Roseland, NJ**

*“Birding Hike in Essex County Weequahic Park”* is presented by New Jersey Audubon. Visit an Essex County oasis while searching for wintering ducks, gulls and passerine birds. All can be viewed along an easy trail around the lake. Enter at Meeker Avenue and Empire Street, Newark. Meet at the large parking area on the south side of the lake. **This is a free event.** Please call 908-766-5787 or e-mail [kelly.wenzel@njaudubon.org](mailto:kelly.wenzel@njaudubon.org) to register. *Birding Hike* is scheduled as follows:

**Date:**                    **Thursday, January 5, 2017**  
**Time:**                    **8:45 a.m.**  
**Place:**                    **Essex County Weequahic Park**  
**Meeker Avenue and Empire Street**

**Newark, 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, January 5, 12, 19 & 26, 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, January 6, 13, 20 & 27, 2017**  
**Time:**           **9:30 a.m.**  
**Place:**           **Essex County Environmental Center**  
**621B Eagle Rock Avenue**  
**Roseland, NJ**

**“Birding Hike in Essex County Riker Hill and Becker Tract”** is presented by New Jersey Audubon. Walk through old farm fields to discover overwintering field birds. Hike along the ridge at Essex County Riker Hill Art Park for great views and a look at woodland birds. Hikers will meet at the Essex County Environmental Center and carpool to the site. **This is a free event.** Please call 908-766-5787 or e-mail [kelly.wenzel@njudubon.org](mailto:kelly.wenzel@njudubon.org) to register. *Birding Hike* is scheduled as follows:

**Date:**           **Saturday, January 7, 2017**  
**Time:**           **8:30 a.m.**  
**Meeting Site:**   **Essex County Environmental Center**  
**621B 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, January 9, 23 & 30, 2017**  
**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. 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, January 10, 2017**  
**Time:**           **4 p.m.**  
**Place:**           **Essex County Environmental Center**  
**621B Eagle Rock Avenue**

## **Roseland, NJ**

***“4-H Healthy Living Club”*** is for children in grades 7 and up. Led by 4-H Teen Mentors, youth will be guided through activities, such as yoga, healthy snack making and mindfulness, to learn to lead a healthier lifestyle. The Club will use food items made from the Gardening Club. Yoga mats and ingredient lists will be provided. Monday classes meet in Garibaldi Hall, Tuesday classes meet in the main Center. Advance registration required. For information, call 973-353-1337. *4-H Healthy Living Club* will be held as follows:

**Date:** Tuesday, January 10, 2017  
**Time:** 6:30 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](http://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, January 10, 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, January 10, 2017  
**Time:** 7:30 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A 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, January 12, 2017  
**Time:** 4 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue  
Roseland, NJ

**“MLK Day Celebration”** is for children ages 7 to 14. Participants will set out on a winter walk, scavenger-hunt style, uncovering facts and stories about Dr. Martin Luther King, Jr. and his great achievements. Dress for the weather. **Cost is \$8 per child.** Advance registration is required. For information, call 973-228-8776. *MLK Day Celebration* will be held as follows:

**Date:** Monday, January 16, 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, January 17, 2017  
**Time:** 4 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A Eagle Rock Avenue  
Roseland, NJ

**“House Plant ‘ER’: Helping Your Plants Survive the Winter Indoors”** is for adults. The indoors is often an inhospitable environment for plants. The Rutgers Cooperative Extension staff will teach the common symptoms of stressed plants and how to improve the health of house plants. 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. *House Plant ER* will be held as follows:

**Date:** Wednesday, January 18, 2017  
**Time:** 1:30 p.m.  
**Place:** Essex County Environmental Center  
621B Eagle Rock Avenue

## Roseland, NJ

***“Family Winter Mystery Hunt”*** is for families. Getting outdoors in the winter can be refreshing and can lift our spirits. Families or groups will follow the numbered clues on the trails to find a surprise box. Inclement weather will change the date to Saturday, January 28. Dress warmly. **Cost is \$10 per adult and \$8 per child.** Advance registration and a minimum number of participants are required. For information, call 973-228-8776. Family Winter Mystery Hunt will be held as follows:

**Date:** Saturday, January 21, 2017  
**Time:** 11 a.m.  
**Place:** Essex County Environmental Center  
621B 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. The focus for January is *Science in a Bottle – Making Terrariums*. 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, January 23, 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, January 23, 2017  
**Time:** 4:30 p.m.  
**Place:** Essex County Environmental Center  
Garibaldi Hall  
621A Eagle Rock Avenue  
Roseland, NJ

***“Bow Drill Friction Fire”*** is for adults and children ages 16 and up. Participants will learn to select proper wood, how to carve a set, and the form and technique to learn this primitive technique. Participants will leave with their own kit. **Cost is \$10 per adult.** Advance registration and a minimum number of participants are required. For information, call 973-228-8776. *Bow Drill Friction Fire* will be held as follows:

**Date:** Monday, January 23, 2017  
**Time:** 6:30 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 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, January 23, 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, January 23, 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.*