

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 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 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 2, 9, 16, 23 & 30, 2018

Time: 3:30 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, January 3, 2018
Time: 4 p.m.
Place: Essex County Environmental Center
 Garibaldi Hall

621A 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. Call the Scherman Hoffman Wildlife Sanctuary at 908-396-6386 to register. Birding Hike is scheduled as follows:

Date: Thursday, January 4, 2018
Time: 8:45 a.m.
Place: Essex County Weequahic Park
 Meeker Avenue
 Newark, 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, January 4, 11, 18 & 25, 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, January 4, 11, 18 & 25, 2018

Time: 6:15 p.m.

Place: Essex County Environmental Center

621B 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: Thursday, January 4, 2018

Time: 6:30 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. 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 5, 12, 19 & 26, 2018

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 Riker Hill for great views and a look at woodland birds. Meet at the Essex County Environmental Center and carpool to the trail head. This is a free event. Call the Scherman Hoffman Wildlife Sanctuary at 908-396-6386 to register. Birding Hike is scheduled as follows:

Date: Saturday, January 6, 2018

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. Monday Morning Yoga will be held as follows:

Dates: Mondays, December January 8, 15, 22 & 29, 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, January 9, 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, January 9, 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

Dates and Time: Fridays, January 12 & 19 at 10 a.m.

Age: 3 year olds

Date and Time: Thursday, January 11 & 18 at 1 p.m.

Ages: 4 & 5 year olds

Dates and Times: Thursday, January 11 & 18 at 9:45 a.m.

OR Fridays, January 12 & 19 at 1 p.m.

Place: Essex County Environmental Center

621B Eagle Rock Avenue

Roseland, NJ

“Martin Luther King Day at the Essex County Environmental Center” 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 required. For information, call 973-228-8776. Martin Luther King Day will be held as follows:

Date: Monday, January 15, 2018

Time: 1:30 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, January 18, 2018

Time: 4 p.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 topic for January is Arm Chair Gardening, Thinking Ahead to Spring. 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, January 22, 2018

Time: 1 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 successfully use this primitive skill. 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 22, 2018

Time: 6:30 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. 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, January 22, 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.