

LEARN ABOUT GARDENING, NATURE, BIRDS, BUGS, 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:

“Birding Field Trip 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 in Newark and meet in the large parking area on the south side of the lake. **This is a free event.** To register, call 908-396-6386. *Birding Field Trip* will be held as follows:

Date: Thursday, January 3, 2019
Time: 8:45 a.m.
Place: Essex County Weequahic Park
Meeker Avenue
Newark, NJ

“Little Explorers Winter Nature Program” is for children ages 2 to 5. 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 \$12 per child/session.** Advance registration and payment are required. For information, call 973-228-8776. *Little Explorers Winter Nature Program* will be held as follows:

Age: 2 year olds
Dates and Time: Tuesdays, January 8, 15 & 22 at 10 a.m.

Age: 3 year olds
Dates and Time: Thursdays, January 3, 24 & 31 at 1 p.m.

Ages: 4 and 5 year olds
Dates and Time: Tuesdays, January 8, 15 & 22 at 3:30 p.m.
OR Thursdays, January 3, 24 & 31 at 9:30 a.m.

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

“Thursday Evening Yoga” is for adults. In this “all levels” yoga series, each student is invited to explore and play through the breath and asanas/poses, flowing at their own pace with self-compassion and joy; followed by an optional gentle shoulder massage and restorative pose or Savasana of transformation and peace. All levels are welcome. Dress comfortably and bring a mat. **Cost is \$15 per class and \$10 for those 65 years and older.** 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 3, 10, 17, 24 & 31, 2019**
Time: **6:15 p.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“Reclaim Your Time” is a four-part series for adults. In this time-management course, wellness advocate Stacy McCormack teaches how to become more focused and fully present in your life. Ditch a lifestyle of being crammed, overwhelmed, and scattered every day. Arrive at your engagements gracefully prepared and polished. This class addresses daily routines, calendars, and personal and professional schedules. Learn how to be prepared for events, manage stress and get a good night’s sleep – the turnkeys to opening the door for long-term productivity. This course has a baseline in wellness; at the core of productivity is well-being. Workbook and supplemental materials provided for at home practice and integration. **Cost is \$75 per person.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Reclaim Your Time* will be held as follows:

Dates: **Thursdays, January 3, 10, 17 & 24, 2019**
Time: **7 p.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“Birding Field Trip in Essex County Riker Hill Art Park 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 Environmental Center and carpool to the hiking site. **This is a free event.** To register, call 908-396-6386. *Birding Field Trip* will be held as follows:

Date: **Saturday, January 5, 2019**
Time: **8:30 a.m.**
Meeting Site: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“Winter Wonderland Club” is for children ages 4-8. Children can enjoy the winter landscape and outdoor activity on Saturday mornings. This is an exploratory club with open focused exploration that highlights areas of participant interest. Warm mint tea and a book reading after outdoor activities may be occasionally held indoors. Dress warmly and in layers. Good boots are a must. If extreme weather prohibits going outdoors, the class will be cancelled. **Cost is \$10 per child per session.** Limited space available. Advance registration, pre-payment and a minimum number of participants are required. For information, call 973-228-8776. *Winter Wonderland Club* will be held as follows:

Dates: **Saturdays, January 5, 12, 19 & 26, 2019**
Time: **9 a.m.**

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

“Wellness Tips for Busy People” is for adults. No one has time for sickness to slow them down. Jenn Forino, founder of plusoils.com, will show participants how they can easily incorporate the benefits of therapeutic essential oils into their busy lifestyle to achieve the health they need. Each participant will go home with a Thieves Roll-on and a Thieves Cleaner Concentrate (*Thieves essential oil is a trademarked blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils known for their powerful health properties*). **Cost is \$25 per adult.** Pre-registration and minimum number of participants are required. For more information, call 973-228-8776. *Wellness Tips for Busy People* will be held as follows:

Date: Saturday, January 5, 2019
Time: 11 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Chair Yoga” is for adults. If you are new to yoga or feel that most yoga classes might be too strenuous, chair yoga can provide a more easy-going supported style. Come experience how gentle yogic breath decreases stress and increases comfort and fluidity of movement, not only through yoga practice, but potentially throughout life, as well. All poses are enjoyed at each participant’s own pace, seated or standing next to a chair and using it for support whenever needed. The class will end in a peaceful restorative pose and optional gentle shoulder massage. All levels are welcome. Dress comfortably and bring a mat. **Cost is \$15 class and \$10 per class for those 65 years and older.** No refunds for missed classes. Advance registration, monthly prepayment and a minimum number of participants are required. For information, call 973-228-8776. *Chair Yoga* will be held as follows:

Dates: Tuesdays, January 8, 15, 22 & 29, 2019
Time: 3 p.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 \$10 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Bug Club* meets as follows:

Date: Tuesday, January 8, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Essential Oils” is for adults. In this one-hour class, wellness advocate Stacy McCormack teaches what essential oils are and how they can benefit your life. Each week a new topic will be explored and different oils will be sampled. Learn how essential oils can be powerful allies on your journey to health and happiness and an important ingredient in the recipe of a healthy lifestyle. Participant interest guides this class. **Cost is \$15 per class.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Essential Oils* will be held as follows:

Dates: Tuesdays, January 8, 15, 22 & 29, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Essex County Beekeepers Society” is for adults and children ages 12 and up. The ECBS, a chapter of the NJ Beekeepers Association, is dedicated to teaching new beekeepers how to manage their bees and helping experienced beekeepers to do it better. The public is invited to attend. Meet in Garibaldi Hall. **Cost is \$10 per child, \$12 per adult and free for ECBS and NJBA members.** The *Essex County Beekeepers Society* will meet as follows:

Date: Tuesday, January 8, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Shinrin-Yoku ‘Forest Bathing’ ” is for children ages 5 and up. Take a relaxing forest walk in the new year. Shinrin-yoku is a term in Japanese that means "taking in the forest atmosphere" or "forest bathing." Hikers will follow cards along the trail that prompt them to participate in an awakening activity, such as smelling an aromatic plant, touching a textured tree bark or stopping to fill their lungs with fresh forest air. **Cost is \$10 per child.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Shinrn-Yoku* will be held as follows:

Date: Saturday, January 12, 2019
Time: 11 a.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 \$10 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: Tuesday, January 16, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Bird Club” is for children ages 5 through 10. Come explore the wooded wetland and see what birds live here. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. **Cost is \$10 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 17, 2019
Time: 4 p.m.

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

“Hot Chocolate Hike” is for families. Families will hike around the Environmental Center forest, build a winter campfire, sip hot cocoa and make s’mores. Dress warmly. **Cost is \$10 per child and \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Hot Chocolate Hike* will be held as follows:

Date: Saturday, January 19, 2019
Time: 11 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“MLK Day: Celebrate Bio(Diversity) in Nature” is for families. Drop in for open exploration and hands-on inquiry-based activity tables that include furs, feathers, skulls, scat and more miscellaneous bio-facts to uncover and discover. Participate in the creation of native seed balls as a service project that supports the local environment and a make-and-take a clay animal track or pine cone art-impression. **Cost is \$10 per child and \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *MLK Day: Celebrate Bio(Diversity) in Nature* will be held as follows:

Dates: Monday, January 21, 2019
Time: 9:30 a.m. to 4:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Climate Crisis: How Eating Sustainably Grown Foods Benefits Our Bodies and Our Planet” is for adults. Sustainable farming methods must be resource-conserving, socially supportive, commercially competitive, and environmentally sound. Is organic meat and produce better than sustainable foods? Sandy Williams of Field Goods will explore the problems and questions related to our nation’s broken food system, including climate change and the healthcare crisis. Although climate change can seem insurmountable, individuals can make a meaningful difference by pledging to eat sustainably produced food, sourced from small local sustainable farms. The program includes samples and tasting of products and produce from small sustainable farms. **This is a free event.** Advance registration required. For information, call 973-228-8776. *Climate Crisis* will be held as follows:

Date: Wednesday, January 23, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Family Yoga” is for ages 5 and up. At this Family Yoga Class, participants will share and enjoy an adventure of calming breath, fun asanas/poses, and gentle stretches with their nearest and dearest in a friendly, go-with-the-flow atmosphere. **Cost is \$10 per child and \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Family Yoga* will be held as follows:

Date: Saturday, January 26, 2019
Time: 11 a.m.

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

“Kauffeld’s Calling Frogs Program” is for adults and children ages 10 and up. Like many amphibians, the Atlantic Coast leopard frog faces habitat loss, disease and pollution. The first step in protecting this species is to identify its range. In order to understand the threats facing this species, biologists need the public’s help to find where the frogs live. Become a citizen scientist and help biologists gather data on population locations in New Jersey. Meet Conserve Wildlife Foundation biologist Allegra Mitchell, learn about this new frog species and its habitat, and practice identifying its unique mating call. After training, citizen scientists will go out into the field during the mating season in early spring to collect data for a statewide initiative. No experience is required. Training materials will be provided. **Cost is \$10 per child and \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Kauffeld’s Calling Frogs Program* will be held as follows:

**Date: Saturday, January 26, 2019
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 topic for January is *Arm Chair Gardening, An English Country Garden*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior to program. For registration or more 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 28, 2019
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 and 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 28, 2019
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.

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 23 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, four off-leash dog facilities, a castle and the Presby Memorial Iris Gardens.

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