

LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE, YOGA, COOKING, 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 November 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 November are as follows:

“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: Thursday, November 1, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Little Explorers Fall 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 Fall Nature Program* will be held as follows:

Ages and Dates: 3 year olds
Dates and Time: Thursdays, November 2 & 16 at 1 p.m.

Ages and Dates: 4 & 5 year olds
Dates and Times: Thursdays, November 2 & 16 at 9:45 a.m.

OR Fridays, November 3 & 17 at 1 p.m.

**Place: Essex County Environmental Center
621B 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, November 2 & 9, 2017
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 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, November 2 & 9, 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:

**Date: Friday, November 3, 2017
Time: 9:30 a.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. Migrants might include southbound birds and some winter arrivals. Footing might be muddy, depending on

the weather. Meet in the West Caldwell Stop & Shop parking lot. **This is a free event.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, November 9, 2017
Time: 8:30 a.m.
Meeting Site: Stop & Shop
875 Bloomfield Avenue
West Caldwell, NJ

“Forest Friends Camp” is for students in grades K through 3. Learn about New Jersey forest friends through exploration, games and craft activities. Participants will be indoors and outdoors, and should be dressed for the weather. The focus will be on bears, beavers, rabbits, squirrels, and birds. **Cost is \$65 per child.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Forest Friends Camp* will be held as follows:

Date: Thursday, November 9, 2017
Time: 9:30 a.m. to 3:30 p.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:

Date: Tuesday, November 14, 21 & 28, 2017
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. 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, November 14, 2017
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, November 14, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Hilltop Reservation” is presented by New Jersey Audubon. Explore edge and meadow habitats for fall migrants with an easy walk through the reservation. **This is a free event.** Please call 908-766-5787 or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, November 16, 2017
Time: 8:30 a.m.
Place: Essex County Hilltop Reservation
Mountain Avenue and Courter Lane
North Caldwell, 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, November 16, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Canoe Brook Reservoir” is presented by New Jersey Audubon. NJ Audubon has been granted access to New Jersey American Water reservoirs, one of the best places in Essex County for wintering waterfowl. Hikers may catch a glimpse of hawks and perhaps a Bald Eagle. Pre-registration is required for this field trip. Meeting location, map, and directions will be provided after registration. **Cost is \$10 for NJA members and \$12 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, November 18, 2017
Time: 8 a.m.
Meeting Site: To be announced

“Autumn Branch Arrangement” is for adults. Using branches, leaves, gourds, and pumpkins participants will create a fall centerpiece for their home or front porch. Be creative and have fun. **Cost is \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Autumn Branch Arrangement* will be held as follows:

Date: Saturday, November 18, 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 topic for November is *The Science of Growing*. 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, November 20, 2017
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, November 27, 2017
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Becker Tract” is presented by New Jersey Audubon. Becker Tract is a beautiful place to find meadow and woodland birds in late fall migration. Meet at the Essex County Environmental Center and carpool to the trail head. **Cost is \$10 for NJA members and \$12 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, November 30, 2017
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Gingerbread House Making Workshop” can help participants get started on their own unique creation for the Essex County Environmental Center’s Sustainable Homes and Habitats Gingerbread Contest. All gingerbread projects must be completed by 1 p.m. to be considered for the contest. **Some materials will be provided, however, participants are encouraged to bring their own items.** This is the last day to register for the contest. **This is a free program.** Advance registration is required. For information, call 973-228-8776. *Gingerbread House Making Workshop* will be held as follows:

Date: Saturday, December 2, 2017
Times: 11 a.m. to 1 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

Residents are invited to participate in the **“13th Annual Sustainable Homes & Habitats Gingerbread Contest & Exhibit.”** **All entries must be registered by Saturday, December 2nd and submitted by Monday, December 4th.** Create a unique gingerbread house with natural accents and green building design features. Sustainable Gingerbread Homes will be on display from Wednesday, December 6th through Friday, December 15th. Prizes will be awarded in various categories on Saturday, December 16th. Call the Environmental Center at 973.228.8776 to register or for more information.

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.