

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 September 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 September 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, September 5, 12, 19 & 26, 2017**
Time: **3:30 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, September 7, 14, 21 & 28, 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, September 7, 14, 21 & 28, 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, September 8, 15, 22 & 29, 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. 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, September 12, 2017**
Time: **4 p.m.**
Place: **Essex County Environmental Center**
621B Eagle Rock Avenue
Roseland, NJ

“4-H Young Gardeners Club” is for children in grades 1 through 10. Have you ever wondered how vegetables and flowers grow? From where spaghetti sauce comes? How you can find a rainbow in a garden? The 4-H Young Gardener's Club can provide the answers to these questions and more. Meet in Garibaldi Hall. Advance registration required. For information, call 973-353-1337. The *4-H Young Gardeners Club* will meet as follows:

Date: **Tuesdays, September 12, 19 & 26, 2017**
Time: **4 p.m.**

Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Meal in a Jar with Essential Oil Seasonings” is for adults. Participants will learn how to create healthy, fast, and convenient meals in a jar using mason jars for a portable, portion-controlled meal. In addition to selecting a meal choice, participants will be introduced to a new way of seasoning meals using young living dietary essential oils. Each guest will select a meal choice from two options, use a variety of essential oils; rosemary, thyme, black pepper and more to season with; and a made-to-order drink infused with essential oils. All materials and recipes are included. The workshop is presented by Sherice Ryanes of Creative Meals and Dena Corbin, program developer for Natural Ground 1 specializing in essential oils, education, application, and promotion. **Cost is \$20.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Meal in a Jar with Essential Oil Seasonings* will be presented as follows:

Date: Tuesday, September 12, 2017
Time: 7 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Rutgers Master Gardener of Essex County Training” is for adults. The Rutgers Extension Master Gardener Volunteer Program provides intensive training in horticulture to interested New Jersey residents. Classes include everything from vegetables and fruit to plant diseases and perennials. Trainees are not required to have gardening skills or knowledge; only a passion for learning about gardening and sharing this knowledge with others. Once trained, volunteers then assist with educational programs and activities in Essex County. These services include answering gardening questions from the public; conducting plant clinics; gardening activities with children, senior citizens or disabled persons; beautifying the community; developing demonstration gardens; and other horticultural activities. Meet in Garibaldi Hall. **Cost is \$275 per person.** Advance registration and payment are required. For information, call 973-228-2210. *Master Gardener Training* will be held as follows:

Dates: Wednesdays, September 13 through May 30, 2017
Times: 10 a.m. to 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

The deadline to enter the *“2017 Essex County Parks Photography Contest”* is Wednesday, September 13th. Anyone with a camera is invited and encouraged to submit photos that capture a part of your visit to the Essex County Parks System. Entries will be on exhibit in the first floor

gallery of the Environmental Center from mid-September to mid-October. For rules and regulations, contact the Essex County Environmental Center at 973-228-8776.

“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 September is *Summer Harvesting Herbs*. 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, September 18, 2017
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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 be held as follows:

Date: Wednesday, September 20, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B 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. **In-person registration will take place on a first-come, first-serve basis at the Center on Tuesday, September 5th at 9 a.m. 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: 2 year olds
Dates and Time: Fridays, September 22 & 29 at 10 a.m.

Ages and Dates: 3 year olds
Dates and Time: Thursdays, September 21 & 28 at 1 p.m.

Ages and Dates: 4 & 5 year olds
Dates and Times: Thursdays, September 21 & 28 at 9:45 a.m.
OR Fridays, September 8 & 29 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, September 21, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

The **“13th Annual Fall Family Festival”** is a family-friendly event to celebrate the autumn equinox. There will be fun-filled activities, hands-on nature games and crafts, canoeing, Native American life, pumpkin patch, petting zoo, food, and more. **This is a free event;** some items may be for sale. The *Fall Family Festival* will be held as follows:

Date: Saturday, September 23, 2017
Time: 11 a.m. to 4 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, September 25, 2017
Time: 7 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. This is a great time to view nesting birds, such as Indigo bunting and House wren. Hikers also will explore the restored meadow habitat for bluebirds as well as butterflies and insects. Meet at Mountain Avenue and Courter Lane, North Caldwell. **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, September 28, 2017
Time: 8:30 a.m.
Place: Essex County Hilltop Reservation
Mountain Avenue and Courter Lane
North Caldwell, NJ

“Birding Hike in Essex County South Mountain Reservation” is presented by New Jersey Audubon. Essex County’s largest developed park has many good hiking trails leading into different habitats. Nearing the peak of the fall migration, hikers will search for passerines, raptors, and maybe a few waterfowl. Meet in the Turtle Back Zoo parking lot. **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, September 30, 2017
Time: 8:30 a.m.
Meeting Site: Essex County Turtle Back Zoo
560 Northfield Avenue
West Orange, 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.