

Essex County Environmental Center

WINTER 2016/2017

Public Programs



The Essex County Environmental Center is located at 621-B Eagle Rock Avenue in Roseland in Essex County West Essex Park and is a facility of the Essex County Parks System. Hours of operation are Monday through Friday from 9:00am to 5:00pm and Saturday from 10:00am to 2:00pm. Essex County West Essex Park is open to the public every day from dawn until dusk. Pre-registration is required for all programs unless otherwise noted. All programs require a minimum number of participants to run. For more information, please call 973-228-8776.

CLUBS FOR CHILDREN

LITTLE EXPLORERS WINTER NATURE PROGRAM

For 2 year olds (Toddlers)

Wednesdays—December 7, 21; January 4, 18; February 1, 15

9:45am to 10:30am

For 3 year olds (Tots)

Fridays—December 9, 16; January 6, 13, 20; February 3, 10, 17

10:30am to 11:30am

For 4 and 5 year olds (Pre-K)

Thursdays—December 8, 15; January 5, 12, 19; February 2, 9, 16

1:30pm to 2:30pm

OR Fridays—December 9, 16; January 6, 13, 20; February 3, 10, 17

1:30pm to 2:30pm

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, November 22nd at 9am. Advance registration and payment are required; call 973.228.8776.

Fee: \$9 per child/session



BUG CLUB

Tuesdays—December 13, January 10, February 14

4pm to 5pm

For children ages 6 to 10. The Bug Club 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. Advance registration and payment are required; call 973.228.8776. Minimum number of participants required. Fee: \$8 per child per session



BIRD CLUB

Thursdays—December 8, January 12, February 9

4pm to 5pm

For children ages 5 through 10. Birds live in every corner of the world. Come explore our wooded wetland and see what birds live here in New Jersey. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. Advance registration and payment are required; call 973.228.8776. Minimum number of participants required. Fee: \$8 per child per session



4-H ENVIRONMENTAL KIDS CLUB

Tuesdays—December 6, January 17, February 21

4pm to 5pm

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; call 973.353.1337.



CLUBS FOR CHILDREN

4-H LEGO CLUB

Mondays—January 23, February 27

4:30pm to 5:30pm



Grades 3 and up. This club is run by 4-H Teen Mentors who have lots of great ideas to share with younger youth. This is an ongoing club that provides a space to build with a team of young people passionate about Lego. Youth will build to create greater projects and teamwork throughout the year. Meet in Garibaldi Hall. Advance registration is required; call 973.353.1337.

4-H INTERNATIONAL COOKING CLUB

Tuesdays—December 13, January 10, February 14

7:30pm to 8:30pm



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; call 973.353.1337.

4-H HEALTHY LIVING CLUB

Mondays—December 5, February 6

6:30pm to 7:30pm



Tuesdays—December 13, January 10, February 14

6:30pm to 7:30pm

For children in grades 7 and up. The Healthy Living Club, led by 4-H Teen Mentors, guides youth through activities to learn to lead a healthier lifestyle through yoga, healthy snack making and mindfulness. The Club will use food items made from the Gardening Club. Youth will help prepare a healthy snack and learn to bring healthy living to their everyday lives. Come ready to refresh your mind, body and soul. Yoga mats and ingredient lists will be provided. Monday classes meet in Garibaldi Hall, Tuesday classes meet in the main Center. Advance registration required; please call 973.353.1337.

WEEKLY PROGRAMS FOR ADULTS

MONDAY AND FRIDAY MORNING YOGA

Fridays—Dec. 2, 9, 23, 30; Jan. 6, 13, 20, 27; Feb. 3, 10, 17, 24

9:30am to 10:45am

Mondays—Dec. 5, 12; Jan. 9, 23, 30; Feb. 6, 27

9:30am to 10:45am

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. Come weekly or for just one class. Advance registration is required; call 973.228.8776. Dress comfortably and bring your own mat. Fee: \$10 per class



TUESDAY AFTERNOON YOGA AND MYOFASCIAL UNWINDING

Tuesdays—Dec. 6, 13, 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28

3:30pm to 4:45pm



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. Advance registration is required; call 973.228.8776. Dress comfortably and bring your own mat. Fee: \$10 per class

CHAIR YOGA

Thursdays—Dec. 1, 8, 22, 29; Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23

3pm to 4pm

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 class, which will end with a relaxing meditation. All levels are welcome. Dress comfortably. Advance registration and monthly pre-payment required; call 973.228.8776. No refunds for missed classes. Minimum number of participants required. Fee: \$9 per class, \$7 for those 65 and older



THURSDAY EVENING YOGA

Thursdays—Dec. 1, 8, 22, 29; Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23

6:15pm to 7:30pm



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. Advance registration and monthly payment are required; call 973.228.8776. No refunds for missed classes. Minimum number of participants required. Fee: \$10 per class

MONTHLY PROGRAMS FOR ADULTS

HORTICULTURE FOR SENIORS

Mondays—December 19, January 23, February 27

1pm to 3pm



For senior citizens. Join the Rutgers Master Gardeners of Essex County for this horticulture class especially designed for senior citizens. Each month has a different focus: December is *Making Holiday Decorations*, January is *Science in a Bottle—Making Terrariums*, and February is *Taking Care of Your Indoor Plants*. Meet in Garibaldi Hall. Advance registration is required one week prior to program; call Helen at 973.731.0717 or Amy at 973-731-2449. Free

MONTHLY MEDITATION GROUP

Mondays—January 23, February 27

6:45pm to 7:45pm

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. Q&A is also welcome. When we shift our inner environment, our outer environment changes naturally. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$10 per adult per class



NEW JERSEY WOODTURNERS

Mondays—January 23, February 27

7pm to 9:30pm



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. Fee: \$10 per adult, free for NJWA members

STRESS RELEASE (EFT) MONTHLY MEET UP

Tuesdays—December 13, January 10, February 14

6:45pm to 7:45pm

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 de-stress and to gain new perspectives and insights. EFT is an energy modality that uses acupressure 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. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$10 per adult per class



NJ AUDUBON ESSEX COUNTY BIRDING FIELD TRIPS

BIRDING FIELD TRIPS

Led by Dave Hall, Associate Naturalist

We will look for resident and over-wintering birds as well as scenic vistas. Many of these trips are to Essex County parks, the first county parks system created in the United States. Dave will set an easy pace, and most of the trails are level and wide. Hikes take place unless trails are impassable due to snow or ice; heavy rain or snow cancels. Registrants will receive a confirmation call/e-mail in the event of a cancellation. Trips are designed for adults and children 12 and older. Please contact Kelly Wenzel at 908.766.5787 to register.



NJ AUDUBON ESSEX COUNTY BIRDING FIELD TRIPS

THURSDAY MORNING FIELD TRIPS

TROY MEADOWS

Thursday, December 1

8:30am to 11am

Search the edges of the swamp for wintering birds. Be prepared for muddy or icy conditions. Hikers will carpool to the trail head. Meet at the Essex County Environmental Center, 621B Eagle Rock Avenue, Roseland. Fee: \$6 NJA members, \$8 non-members

ESSEX COUNTY HATFIELD SWAMP

Thursday, December 15

8:30am to 11am

Take a journey into the frozen swamp to search for winter visitors and lingering fall migrants that call the heart of western Essex County home. Meet at the Stop & Shop, 875 Bloomfield Avenue, West Caldwell. Fee: \$6 NJA members, \$8 non-members

ESSEX COUNTY WEEQUAHIC PARK

Thursday, January 5

8:45am to 11am

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 and Empire Streets, Newark. Meet at the large parking area on the south side of the lake. **FREE**

ESSEX COUNTY HILLTOP RESERVATION

Thursday, February 2

8:30am to 11am

Take a leisurely winter hike while looking for winter wildlife, especially field and forest birds. Meet at Mountain Avenue and Courter Lane, North Caldwell. **FREE**

TROY MEADOWS

Thursday, February 23

8:30am to 11am

Search the edges of the frozen swamp for wintering birds and early migrants. Be prepared for muddy or icy conditions. Hikers will carpool to the trail head. Meet at the Essex County Environmental Center, 621B Eagle Rock Avenue, Roseland. Fee: \$6 NJA members, \$8 non-members

SATURDAY MORNING FIELD TRIPS

ESSEX COUNTY SOUTH MOUNTAIN RESERVATION

Saturday, December 10

8am to 11am

Visit several key locations within one of Essex County's largest parks. Discover how easy it is to find wildlife in winter when there is plenty of food, water and shelter. Hikers will carpool to various locations within the park. Meet at Essex County Turtle Back Zoo, 560 Northfield Avenue, West Orange. Fee: \$6 NJA members, \$8 non-members

ESSEX COUNTY RIKER HILL AND BECKER TRACT

Saturday, January 7

8:30am to 11am

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, 621B Eagle Rock Avenue, Roseland, and carpool to the site. **FREE**

ESSEX COUNTY HATFIELD SWAMP

Saturday, February 25

8:30am to 11am

Take a journey into the frozen swamp to search for winter visitors and early spring migrants that call the heart of western Essex County home. Footing could be icy or muddy depending on the weather. Hikers will carpool to the trail head. Meet at the Stop & Shop, 875 Bloomfield Avenue, West Caldwell. Fee: \$6 NJA members, \$8 non-members

DECEMBER 2016 SEASONAL PROGRAMS

GINGERBREAD HOUSE MAKING WORKSHOP

Saturday, December 3

11am to 1pm

ON SITE REGISTRATION AND CREATION OF YOUR GINGERBREAD HOME OR HABITAT. Stop by the Essex County Environmental Center and the resourceful staff will get you started on your own unique creation. All gingerbread projects must be completed by 1pm to be considered for the contest. Some materials will be provided, however, you are encouraged to bring your own items. This is the last day to register for the contest. Advance registration is required; call 973.228.8776. **FREE**



12th ANNUAL SUSTAINABLE HOMES & HABITATS GINGERBREAD CONTEST & EXHIBIT

All entries must be registered by Saturday, December 3 and submitted by December 5th

Create a unique gingerbread house with natural accents and green building design features. Sustainable Gingerbread Homes will be on display from December 7-16. Prizes will be awarded on Saturday, December 17th. Call the Environmental Center at 973.228.8776 to register or for more information.



HAND MADE HOLIDAY GIFT

Saturday, December 17

12pm to 1:30pm

For adults. The holidays are almost here. If you're looking for a unique and natural gift for a special friend or for yourself, this class could be for you. Make your own holiday yule log centerpiece, and build in surprises that will keep giving long after the holiday. Advance registration required; call 973.228.8776.

Fee: \$10 per adult



WINTER WILDLIFE EXPLORERS CAMP

Tuesday, Dec. 27; Wednesday, Dec. 28; Thursday, Dec. 29

9:30am to 3:30pm

For children in kindergarten to 3rd grade. Campers enjoy stories, crafts, campfires and forest adventures exploring the wooded wetland forest in winter time. Minimum number of participants required. Prepayment and registration are required; call 973.228.8776. Fee: \$170 per child for all three days OR \$65 per child per day.



JANUARY 2017 SEASONAL PROGRAMS

MLK DAY CELEBRATION

Monday, January 16

1:30am to 3pm

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. Advance registration required; call 973.228.8776. Fee: \$8 per child



HOUSE PLANT 'ER': HELPING YOUR PLANTS SURVIVE THE WINTER INDOORS

Wednesday, January 18

6:30pm to 8:30pm

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. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$10 per adult



BOW DRILL FRICTION FIRE

Thursday, January 19

6:30pm to 8pm

For adults and children ages 16 and up. Try this primitive skill. Participants will learn to select proper wood, how to carve a set, and the form and technique that will prepare you for success. Participants will leave with their own kit. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$10 per adult per class



FAMILY WINTER MYSTERY HUNT

Saturday, January 21

11am to 12pm

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. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$10 per adult, \$8 per child



FEBRUARY 2017 SEASONAL PROGRAMS

FOREST SNOW GLOBE

Saturday, February 4

10:30am to 12pm

For children ages 7 to 10. Walk in the woods and hunt for a surprise that will be added to a snow globe. Each child will select a special animal to personalize their very own snow globe. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$8 per child



SAVE MONEY WITH SEEDS

Saturday, February 4

10:30am to 12pm

For adults. The Rutgers Cooperative Extension staff will teach tips and techniques on the basics of starting this summer's vegetable and flower garden from seeds. Meet in Garibaldi Hall. Advance registration is required; call 973.228.8776. Minimum number of participants required. Fee: \$10 per adult



GIFT OF SMELL

Monday, February 6

6:30pm to 7:45pm

For adults. Liven your sense of smell with essential oils. The sense of smell is the only one of the five senses that directly signals to our emotional brain. Learn (and smell) how beneficial and uplifting it can be to incorporate essential oils into your daily routine. Make and take some essential oil bath salts for yourself or a loved one. Advance registration required; call 973.228.8776. Fee: \$10 per adult



BUILD A BIRD HOUSE

Saturday, February 18

11am to 12:30pm

For adults and children ages 10 and older who are accompanied by an adult. Build a home that encourages breeding birds and other wildlife to take residence. Putting out a bird house now creates a good chance of having a nesting pair of songbirds in your garden by spring. Advance registration is required; call 973.228.8776. Fee: \$10 per child; \$12 per adult



ESSEX COUNTY BEEKEEPERS SOCIETY: 3-DAY SHORT COURSE ON BEEKEEPING

Saturdays, February 18 & 25; Field Day TBA

9am to 4pm

For adults and children ages 12 and older. This short course is appropriate for new beekeepers as well as those who need a refresher. Participants will be taken through a full year of beekeeping, including the purchasing and assembling of equipment, harvesting, extracting, bottling honey, and the basics of disease and mite management. Scholarships for this course may be available for full-time students ages 12-22. For more information or to register, visit www.njbeekeepers.org or contact Pat Gamsby at BJORNASS@AOL.COM or 973-396-8996. E-mail is the best means of contacting Pat. Meet in Garibaldi Hall. Snow Date: March 4. Fee: \$155 per person; includes NJBA membership in a chapter of your choice, class materials, continental breakfast, and afternoon snack.



PRESIDENT FOR A DAY

Monday, February 20

1:30pm to 3pm

For children ages 6 to 10. Presidents must be good leaders and good decision makers. Leadership and decision making skills will be strengthened through fun games and activities. Dress for the weather. Advance registration required; call 973.228.8776. Fee: \$8 per child



LOOKING AHEAD

SPRING CAMP

Tuesday, April 11; Wednesday, April 12; Thursday, April 13

12:30pm to 4:30pm

For children in grades 1 through 5. Restore the bond between children and nature. Children will have the opportunity to explore nature right here at the Essex County Environmental Center. For details, call the Center at 973.228.8776. Advance registration and payment are required.



EARTH DAY

Saturday, April 29

11am to 4pm

Bring your family, friends, and neighbors for our annual outdoor Earth festival. On this special day, celebrate nature with crafts, games, and recreational opportunities, such as canoeing and hiking. Enjoy demonstrations, information, a local eco-vendors' sale, with Environmental Center staff and partner groups on hand to guide you throughout the day. **FREE**



PHOTO EXHIBIT

FROM BANFF TO JASPER: ALBERTA CANADA

Photography By: Fred Dammont

ANNOUNCEMENTS

WOODTURNING —The NJ Woodturners Association would like to diversify its membership and gain more participation from women and children. The Association has half a dozen very talented female members, but is encouraging women and children to come to the meetings and learn about the wonderful world of woodturning. The Woodturners meet on the fourth Monday of every month from 7pm to 9:30pm in Garibaldi Hall. Contact Gualberto Malave at 908-310-3557 for more information.

GARDENING — Do you have garden-related questions? Contact Rutgers Cooperative Extension of Essex County and a Master Gardener will gladly assist you on their FREE helpline service. Helpline hours are Monday through Friday from 10am to 2pm. Call 973.228.2210 or e-mail mastergardener@essexcountynj.org.

To register or to inquire about Essex County Environmental Center programs, please call us at 973.228.8776. To register or for more information about programs sponsored by our partner agencies, please refer to the contact list below and reach out to the agency directly.
Thank you!

ESSEX COUNTY ENVIRONMENTAL CENTER PARTNER AGENCIES

New Jersey Audubon (NJA) – Kelly Wenzel 908.396.6506

Essex County Beekeepers Society (ECBS) – Joe Lelinho 973.403.8662

West Essex Park Conservancy (WEPC) – Ron Pate 973.669.8030

Rutgers Master Gardeners of Essex County (MGEC) – Jan Zientek 973.228.3179

New Jersey Woodturners Association (NJWA) – Gualberto Malave 908.310.3557

Essex County 4-H Youth Development Program (4-H) – Marissa Blodnik 973.353.1337

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ATTENTION:

If you are not already on our e-mail list, and you would like to receive an electronic file of our brochure as well as other e-notices and alerts, please call the Center (973.228.8776) at your earliest convenience or e-mail gmongiello@parks.essexcountynj.org with an e-mail address. Thank you!



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. 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.

Joseph N. DiVincenzo, Jr., Essex County Executive

ESSEX COUNTY BOARD OF CHOSEN FREEHOLDERS

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COUNTY OF ESSEX

Department of Parks, Recreation, and Cultural Affairs

ESSEX COUNTY ENVIRONMENTAL CENTER

621-B Eagle Rock Avenue, Roseland, NJ 07068

973.228.8776 / www.essexcountyparks.org

Putting Essex County First