



Joseph N. DiVincenzo, Jr.
Essex County Executive

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Putting Essex County First

FOR IMMEDIATE RELEASE
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**LEARN ABOUT BIRDS, GARDENING, HIKING, INSECTS, NATURE, YOGA,
 COOKING, HEALTHY LIVING, STRESS MANAGEMENT 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 March 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 March are as follows:

“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, March 3, 10, 24 & 31, 2017
Time: 9:30 a.m.
Place: 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, March 6, 13, 20 & 27, 2017
Time: 9:30 a.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 are 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, March 7, 14, 21 & 28, 2017
Time: 3:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Chair Yoga” is for adults. Whether 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, \$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 Series* will be held as follows:

Dates: Thursdays, March 9, 16, 23 & 30, 2017
Time: 3 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Bird Club” is for children ages 5 through 10. Birds live in every corner of the world. Come explore the wooded wetland and see what birds live in New Jersey. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. **Cost \$8 per child per session.** Advance registration, payment and a minimum number of participants are required. For information, call 973-228-8776. *Bird Club* will be held as follows:

Date: Thursday, March 9, 2017
Time: 4 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, March 9, 16, 23 & 30, 2017
Time: 6:15 p.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. Celebrate NJ Audubon’s *Spring into Birding* statewide birding event with a hike through this wooded wetland habitat. Early spring migrants, such as passerines and raptors, along with

views of waterfowl will make this an exciting trip! Footing may be wet. Meet at the West Caldwell Stop & Shop. **Cost is \$6 for NJA members and \$8 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, March 11, 2017
Time: 8:30 a.m.
Meeting Site: Stop & Shop
875 Bloomfield Ave.
West Caldwell, NJ

“Bug Club” is for children ages 6 to 10. It 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. **Cost is \$8 per child per session.** Advance registration, payment and a minimum number of participants are required. For information, call 973-228-8776. *Bug Club* will be held as follows:

Date: Tuesday, March 14, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“4-H International Cooking Club” is 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. For information, call 973-353-1337. *4-H International Cooking Club* will be held as follows:

Date: Tuesday, March 14, 2017
Time: 7:30 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Little Explorers Spring Nature Program” is for children ages 2 to 5 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. In-person registration will take place on a first-come, first-serve basis at the Center on Tuesday, March 7th at 9am.** Minimum number of participants, advance registration and payment are required. For information, call 973-228-8776. *Little Explorers Spring Nature Program* will be held as follows:

Age: 2 year olds
Date and Time: Wednesdays, March 15 & 29 at 9:45 a.m.

Age: 3 year olds
Date and Time: Fridays, March 17, 24 & 31 at 10:30 a.m.

Ages: 4 & 5 year olds
Date and Time: Thursdays, March 16, 23 & 30 at 1:30 p.m.
OR Fridays, March 17, 24 & 31 at 1:30 p.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 with 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: Wednesdays, March 15, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Weequahic Park” is presented by New Jersey Audubon. This park is a fascinating place to view a variety of gulls, ducks, and geese, plus some woodland birds on their northward migration. All can be viewed along an easy trail around the lake. Enter park at Meeker Avenue and Empire Street in Newark and meet in the large parking lot beyond the community center. **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, March 16, 2017
Time: 8:30 a.m.
Place: Essex County Weequahic Park
Meeker Avenue
Newark, 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 focus for March is *Start Your Outdoor Garden Early*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior to program; call Helen at 973-731-0717 or Amy at 973-731-2449. *Horticulture for Seniors* will be held as follows:

Date: Monday, March 20, 2017
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337. This is a free program. *4-H Environmental Kids Club* will be held as follows:

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

“Family Spring Mystery Hunt” is for families. Getting outdoors in the early spring can be refreshing and can lift our spirits. Families or groups will follow the numbered clues on our trails to find a surprise box. Anything more than a light drizzle will cancel this program. Dress warmly. **Cost is \$10 per adult and \$8 per child.** Advance registration and minimum number of

participants are required. For information, call 973-228-8776. Family Spring Mystery Hunt will be held as follows:

Date: Saturday, March 25, 2017
Time: 11 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“4-H Lego Club” is for children in grades 3 and up. Run by 4-H Teen Mentors, this ongoing club provides an opportunity for students to build with a team of young people passionate about Lego. Youth will create greater projects and build teamwork throughout the year. Meet in Garibaldi Hall. Advance registration is required. For information, call 973-353-1337. *4-H Lego Club* will be held as follows:

Date: Monday, March 27, 2017
Time: 4:30 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. Call Gualberto Malave at 908-310-3557 for details. Meet in Garibaldi Hall. **Cost is \$10 per adult and free for NJWA members.** *New Jersey Woodturners* will meet as follows:

Date: Monday, March 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 Farm” is presented by New Jersey Audubon. Explore both field and forest while enjoying beautiful vistas of the Passaic River Valley. Discover early spring migrants just arriving or stopping over in New Jersey. Meet at the Essex County Environmental Center. **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, March 30, 2017
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“For the Love of Animals – Photographs Taken with Love,” a photo exhibit featuring the works of Jane Murphy, will be on display in the Essex County Environmental Center during the month of March.

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

ESSEX COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER.

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

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