

Winter 2018 Calendar of Events

Ansonia Nature and Recreation Center Mission Statement

The mission of the Ansonia Nature and Recreation Center is to foster an ethic of environmental stewardship that will connect our communities to the natural world of the Lower Naugatuck River Valley, and balance the demand for recreation with the need for conservation.

Please call to register for all programs. Dates and times are subject to change.

JANUARY

NEW YEAR'S DAY HIKE – Mon. Jan. 1, 10 am

Bring a healthy start to your new year at the Nature Center. Our ranger will conduct this brisk walk while you learn a little natural history trivia along the way. **FREE.** For all ages. Please call to register. Inclement weather cancels.

BACK TO BASICS: Natural Lip Balms – Sat. Jan. 6, 2 pm

Soothe your lips with your own homemade lip balm! Join Ranger Dawn and learn how to make lip balm with natural ingredients such as beeswax and essential oils in the easy and fun workshop for ages 5 and up. Take home a sample! **MATERIALS FEE: \$10 per person.** Please register in advance; space is limited.

NATURE AND PLAY FOR CHILDREN WITH AUTISM AND OTHER DEVELOPMENTAL DELAYS – Sundays, Jan. 7, Feb. 11, Mar. 4, 2:30 pm

Do you have a child aged 8–12 with autism and other developmental delays? Would you like to join a new group playtime that meets once a month? Gently led by Ranger Amie, this group will explore ways to introduce your child to playing indoors and outdoors at the Nature Center. Monthly activities include meeting animal friends, taking a walk or easy hike, and nature crafts. Playtime will begin at 2:30 pm and end at 4:30 pm (or however long your child would like to stay). Please arrive on time. We will meet inside at the small classroom and children must be accompanied by an adult for the duration of the class. **FREE.** Pre-registration required; group limited to 10 children with adult.

Session 1 activity: Planting winter greens and sprouts.

22ND ANNUAL DR. MARTIN LUTHER KING, JR.'S LEGACY OF ENVIRONMENTAL AND SOCIAL JUSTICE – Sun. Jan. 14, 12 noon–4 pm; Mon. Jan. 15, 10 am–4 pm

Join the Nature Center at the Yale Peabody Museum, 170 Whitney Avenue, New Haven. The Peabody will once again offer world-class performances and educational activities for families and visitors of all ages, in honor of Dr. King and his efforts to ensure justice for all people. Admission to the Peabody is **FREE** for the two days of this event.

BIRD FEATHERS – Sat. Jan. 27, 2 pm

Do you have a collection of bird feathers and always wondered which birds they came from? Nature Center naturalist Jessica can teach you to identify them. Enjoy viewing and touching our collection of over 100 different feathers. **FREE;** please call to register. For all ages.

FEBRUARY

BACK TO BASICS: Make an Herb Pillow – Sun. Feb. 4, 2 pm

Enjoy your winter afternoon creating an herb pillow. Herb pillows, or dream pillows, are small soft bags containing perfumed or sweet smelling items such as herbs. They have been around for hundreds of years and used for many different reasons. You will learn the cultural history and uses for these pillows. Create your own herb pillow for yourself or give as a gift for Valentine's Day. **MATERIALS FEE: \$8.** Please register; class size is limited. For ages 7 and up.

FUNDRAISER: Creature Parade – Sat. Feb. 10, 12 noon – 4pm

The animals at the Ansonia Nature Center serve as ambassadors for their species, here for the purpose of teaching about the natural world. This is a chance to get up close and learn about each animal individually and learn about their adaptations and where they came from. The cost of caring for animals is considerable and your contributions will help with their specialized diets, daily care, and creature comforts. Participants will get a chance to hold a dove, pet a snake and high-five a spider. Each animal will get its own 20 minute spotlight during this afternoon fundraiser. A schedule of animal showings will be listed on our website. This program is suitable for all ages. **DONATION: \$6 per person / \$15 per family.**

NATURE AND PLAY FOR CHILDREN WITH AUTISM AND OTHER DEVELOPMENTAL DELAYS – Sun. Feb. 11, 2:30 pm

See Jan. 7 listing for group description. **Session 2 activity:** Making a bottle bird feeder.

PAINTING ON WOOD: Signs and Nature Scenes – Sat. Feb. 17, 2 pm

Artist Amie Ziner will show you how to paint a miniature sign on wood. Make a cute sign for a child's room, a holiday gift, or room décor! Bring your own small piece of weathered siding, cedar shingle, timber, or driftwood. There will be samples available for inspiration. Ages 6 and up, with an adult helper. Paint and brushes will be supplied. **FREE.** Please register; class space is limited.

SNOWSHOE SUNDAY: Getting Ready for Bluebirds – Sun. Feb. 18, 1 pm

Need to get out? Enjoy the winter with this guided hike through our woodlands and fields. Join Ranger Dan and snowshoe around the Nature Center grounds to clean out the bluebird boxes. Bluebirds will start nesting again in March and April. Great exercise and fun for adults and children ages 8 and up. We have snowshoes to borrow! **FREE,** but pre-registration is required.

WINTER BREAK: Winter Wonderland Activities – Tues. Feb. 20, 1–3 pm

Chilly, snowy days are calling your kids outdoors. Come for fun winter activities on this day off from school. There's nothing better than gliding through the cool air on your sled. We will take the whole family to our awesome hill for sledding fun, but toddlers should ride with a parent. Everyone should be well-bundled in layers to stay warm. After our adventure we will come inside for hot cocoa and a chance to meet one of the Nature Center's animals. **FREE** for families and all ages. Registration required; families must bring their own sleds.

NATURE EXPLORERS – Wednesdays, Feb. 21, 28, Mar. 7, 14, 10 am

Join our 4 week pre-school/toddler program for children ages 2-5 and their adult explorer. Participants will have fun exploring nature every week in these outdoor classes. The classes are typically loosely structured and influenced by the seasons and interest of the children. We will go outside for a short hike and to explore nature every class so please dress for the weather. Classes will end with a light snack (provided or bring your own) and conversation. **TUITION: \$40 for all 4 weeks, space permitting** (cash or check payable to Ansonia Nature Center) due at first class. Class is limited to 10 children. Please call to register: 203-736-1053.

MARCH

MAPLE SUGARING FOR FAMILIES – Sat. Mar. 3, 11 am

A very long time ago, the native people of the northeastern part of our country shared their sweet tree know-how with the newcomers from Europe. Join us as the Nature Center staff presents an introduction to making maple syrup the old-fashioned way, and help us to choose just the right tree for tapping into this sweet treat! **FEE: \$6 per person.** Please call in advance to register. For all ages, but children must be accompanied by an adult.

NATURE AND PLAY FOR CHILDREN WITH AUTISM AND OTHER DEVELOPMENTAL DELAYS – Sun. Mar. 4, 2:30 pm

See Jan. 7 listing for group description. **Session 3 activity:** Bark rubbing / leaf drawing.

NATURE EXPLORERS – Wednesdays, Mar. 7, 14, 10 am

See Feb, 21 listing for description of this 4 week program.

CRAFT: Create Your Own Pet Rock – Sat. Mar. 10, 2 pm

Ranger Jess will hold this crafting extravaganza! She'll take you outside to find the perfect rock-friend for you to decorate and dress up back at the Nature Center building. Paint is just one of the craft supplies we will have available. Come craft with us! This class is for all ages, but children must be accompanied by an adult. **FREE.** Please call to register.

GREAT GULL ISLAND: Where Terns Rule and People Visit – Sun. Mar. 11, 2 pm

Conservation photographer Sophie Zyla will introduce you to Great Gull Island, a 17-acre island in Long Island Sound that has the largest concentration of Common Terns in the world and Roseate Terns in the Western Hemisphere. Through Sophie's PowerPoint presentation, you will learn about the terns and the researchers who have devoted close to 50 years to them. Sophie holds an B.S. in Environmental Education and an M.S. in Conservation Biology. Photography is Sophie's passion, and conservation is where her heart is. **FREE.**

SPRING TERM JUNIOR RANGERS – Registration begins Thurs. Mar. 15

Calling all kids 11 to 14 years old who love nature! Has your child wanted to work with animals, garden, help maintain our trails, and help with special events? This is the opportunity to help the Nature Center in our 8-week after-school program, starting on Thurs. Apr. 12 at 3:30 pm. Parental permission is required. Class size is limited; this class fills up fast! **FREE.**

THE ART OF ANIMAL TRACKING WITH ANDREW DOBOS – Sat. Mar. 17, 10 am

Naturalist and educator Andy Dobos will take you on a wildlife tracking walk through the Nature Center's fields and forests. There are always clues left behind by the animals for us to decipher, telling a story of their habits and lives. Get to know our beloved wildlife that much better. Wear good boots and extra layers; there will be a lot of standing and time off trail. For ages 6 and up. **FEE: \$6 per person.**

NATURE AS MENTOR: Building on Your Authentic Foundation with Marlow Shami – Sun. Mar. 18, 2–3:30 pm

Discover with teacher and healer Marlow Shami how every day and anywhere nature can guide, calm, inform, and restore you. Enjoy a beautifully illustrated talk, out-of-door nature connecting activities, and deep guided visualization. Marlow will share both the wisdom of elder/earth based cultures as well as recent empirical research in the fields of ecopsychology and environmental psychology, mindfulness based stress reduction, meditation, and energy medicine. This 90-minute workshop is designed for adults seeking inspirational guidance and healing restoration within their daily lives. Marlow Shami, M.S., conducts Nature as Healer workshops and talks throughout New England. **FEE: \$6 per person.** Please register for this adult program.

OWL PROWL: Raptor Woods Hike – Fri. Mar. 23, 5 pm

Visitors will take a guided hike through the Raptor Woods and explore how our senses change with the setting of the sun. We will learn how nocturnal animals have adapted to the night life. Guests will search for and call the owl species that call CT home. The night will end in the Visitor Center, meeting one of our resident owls! For ages 8 and up. **FREE.**

ASTRONOMY: Radio Telescope – Sat. Mar. 24, 7 pm

Come to Ansonia's darkest location for some unusual night sky viewing with Bob Carruthers. View the first quarter moon and geo-stationary satellite using Bob's small radio telescope. He will explain how he made this fairly simple telescope out of a satellite dish and teach you how you can make your own. **FREE;** please register in advance.

*****ONGOING PROGRAMS*****

Pet Loss Grief Support Group – By appointment

Losing a beloved animal can be tragic and a very emotional time for humans. There are numerous resources to turn to for the loss of a human loved one; however, there are limited options for when we lose an animal. Susan Wilson has created this **FREE** support group for those who have lost an animal or have one in the process of moving on. Please call Susan at 1-802-379-4449 to set up an appointment.

Sunday Guided Hikes – Sundays, 1 pm

Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above listings for hikes with a specific theme.

Karate Club – Tuesdays, 5–6:15 pm

This afterschool program at the Nature Center is for children 3-5 years old (Little Dragons) and 6-12 years old (Karate Kids). Students will engage in martial arts techniques and activities while learning skills such as discipline, focus, self-control, and confidence. They can earn higher-ranking belts as their participation continues. **TUITION per 5-week session: \$40** (cash or check payable to AMAA), which includes a Karate Club T-shirt and white belt. For more information call Chief Instructor Adam Rylski at 203-671-6903 or 203-931-1979, or the Ansonia Nature Center at 203-736-1053.

Fiber Arts Group – Tuesdays, 6 pm

Get together with others to work on your fiber arts projects! Bring any kind of fiber work—knitting, felting, crocheting, etc. A great way to dedicate time to your handiwork and socialize too. **FREE.**

Yoga for a Healthy Mind and Body – Thursdays, 6:30 pm

Hatha Yoga instructor and practitioner Pam Mellitz will lead us into a healthier lifestyle through stretching, breath control and gentle exercise. The 90-minute classes require a mat or thick towel; dress for easy movement. Class is limited to 12 students. **\$7 per class.** Please call Pam to register at 203-888-4124.

Creature Features – Saturdays, 12 noon

Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold them in this **FREE** family program for all ages.

*****THINGS TO COME (Spring 2018)*****

Amphibians • Earth Day • Wild Teas

