



## UPCOMING EVENTS at SCHIFF NATURE PRESERVE

Unless otherwise noted, all events are at:  
Schiff Nature Preserve, 339 Pleasant Valley Road, Mendham, 07945

**Advance registration is required** at [www.schiffnaturepreserve.org](http://www.schiffnaturepreserve.org) Questions? Email [info@schiffnaturepreserve.org](mailto:info@schiffnaturepreserve.org) or call 973-543-6004

### FOR KIDS AND FAMILIES:

#### WINTER FULL MOON NIGHT HIKE *February 20 (Saturday) 7:30 pm*

A two-mile guided hike along Schiff's moonlit trails appropriate for ages 7 and up. Members pay \$5 per person or \$15 for the immediate family; non-members pay \$10 per person or \$30 per family.

#### TREE TIME FOR TYKES: TRACKS *February 22 (Monday) and 26 (Friday) 10 - 11 am*

Discover what animals are moving about in the winter with Schiff naturalist Janis Slutsky. Take a short hike on the trails and enjoy some stories inside the Nature Center. Please dress for the weather. Ages 2-4 with a parent or adult. Members pay \$10 for each adult/child pair; nonmembers pay \$15.

#### REGISTRATION FOR SCHIFF'S SUMMER NATURE PROGRAM *March 7 and 14*

Advance registration for Schiff's popular Summer Nature Program begins March 7 for current members. Registration is open to the public March 14. Weekly sessions are offered in July and August for ages preschool through 12. Program features a variety of environmental themes. See website for details.

#### NATURE DISCOVERY FOR KIDS: MAP & COMPASS *March 20 (Sunday) 1 - 3 pm*

Explore the preserve and learn the basics of how to navigate using a map and compass through hands-on activities. Ages 6 and up. \$10 for members; \$15 for nonmembers.

#### TREE TIME FOR TYKES: MUD! *March 21 (Monday) 10 - 11 am*

Get outside and discover which animals prefer to live or wallow in the mud. Schiff naturalist and trustee Janis Slutsky will lead this outdoor adventure for ages 2-4 with a parent or adult. Members pay \$10 per adult/child pair; nonmembers pay \$15 per adult/child pair.

### FOR ADULTS AND TEENS:

#### MOONRISE YOGA & MEDITATION *February 1, 8, 15, 22 & 29 (Mondays) 7 pm*

Yogi Christina Wypijewska is back to lead five sessions of yoga and meditation on Monday evenings in February. Open to all levels. Members pay \$60 for the 5-session package; non-members pay \$80.

#### SUNDAY MORNING FITNESS HIKES *February 21 and March 20 (Sundays) 8 am*

Join hike leader and Schiff trustee Janis Slutsky for a brisk 5-mile hike over varied terrain across Schiff Nature Preserve. Hikers meet at McVickers Brook parking lot at 239 Pleasant Valley Road, Mendham. Vaccinated dogs on a leash are welcome. Free for Schiff members; \$10 per person for non-members.

#### VOLUNTEER WORK DAY *March 20 (Sunday) 9 am - 12 pm*

Come lend a hand clearing trails or helping with minor repairs around the preserve! Our volunteer work days are great for teens, adults, church groups, service groups, scout troops, or anyone else looking to earn community service or environmental karma credits! Ages 15 and up only, please.