

SPRING 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. Questions?
Email info@schiffnaturepreserve.org or call 973-543-6004

FOR KIDS AND FAMILIES:

REGISTRATION FOR SCHIFF'S SUMMER NATURE PROGRAM *opens 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 13. 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:

SUNDAY MORNING FITNESS HIKES *March 20, April 17, May 15 (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. Hikes are offered the third Sunday of each month.

VOLUNTEER WORK DAYS *March 20 and May 22 (Sundays) 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.

ENVIRONMENTAL BOOK GROUP *April 11 and May 23 (Mondays) 7 pm*

Combine your love of nature and reading! April's selection: "Beyond Words: What Animals Think and Feel" by Carl Safina. May's selection: "The Lobster Coast" by Colin Woodard.

STREAM CLEAN-UP *April 16 (Saturday) 9 am - 12 pm*

Schiff is teaming up with Raritan Headwaters Association for their annual Stream Clean-Up Day. Individuals and groups are welcome to help pick up on the streets and along the trails closest to the streams that feed into the Raritan River. If you register through Raritan Headwaters Association, Schiff is Site #37.

MAY DAY BENEFICIAL BOTANICALS HIKE *May 1 (Sunday) 11am - 12:30 pm*

Hike with a professional herbalist and learn how to identify the parts of plants that offer health benefits when used topically or as an additive. Ages 16 and up. \$10 members; \$15 for non-members.

OUTDOOR YOGA, HIKING & MEDITATION *May 13 and 20 (Fridays) 12 pm - 1:15 pm*

Enjoy moving meditation at Schiff: flow yoga followed by a brisk walk along the trails. Members pay \$15 for two classes; Non-members pay \$20. Members may drop in for \$15 a class.