

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 April 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 April are as follows:

“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](tel:973-228-8776). *Tuesday Afternoon Yoga and Myofascial Unwinding* will be held as follows:

Dates: Tuesdays, April 4, 11, 18 & 25, 2017
Time: 3:30 p.m.
Place: Essex County Environmental Center
621B 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.** Minimum number of participants, advance registration

and payment are required. For information, call [973-228-8776](tel:973-228-8776). *Little Explorers Spring Nature Program* will be held as follows:

Age: 3 year olds
Date and Time: Fridays, April 7 & 21 at 10:30 a.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](tel:973-228-8776). *Chair Yoga Series* will be held as follows:

Dates: Thursdays, April 6, 13, 20 & 27, 2017
Time: 3 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](tel:973-228-8776). Minimum number of participants is required. *Thursday Evening Yoga* will be held as follows:

Dates: Thursdays, April 6, 13, 20 & 27, 2017
Time: 6:15 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“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](tel:973-228-8776). *Friday Morning Yoga* will be held as follows:

Dates: Fridays, April 7, 14, 21 & 28, 2017
Time: 9:30 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Verona Park” is presented by New Jersey Audubon. Take an easy walk around the pond looking for signs of early spring migrants. Meet at the Boat

House. **This is a free event.** Please call [908-766-5787](tel:908-766-5787) or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, April 8, 2017
Time: 8:30 a.m.
Place: Essex County Verona Park
Bloomfield Avenue and Lakeside Avenue
Verona, NJ

“Three-Part Series: Stress Release Using Emotional Freedom Techniques” is 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. Participants will use acupressure points to tap into areas of emotional stress. This modality is easy to learn and use and, once learned, can be used any time day or night. 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. Come for one class or all three. **Cost is \$10 per adult per class or \$27 for the series.** Advance registration and a minimum number of participants are required. For information, call [973-228-8776](tel:973-228-8776). *Stress Release* will be held as follows:

Session 1:
Dates: Mondays, April 10, 17 & 24, 2017
Time: 6:45 p.m.

Session 2:
Dates: Tuesdays, April 11, 18 & 25, 2017
Time: 9:45 a.m.

Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Spring Camp” is for children in grades 1 through 5. Restore the bond between children and nature. Children will have the opportunity to explore nature at the Essex County Environmental Center with and experienced educator/naturalist. **Cost is \$125 per child for all three days OR \$50 per child per day.** Advance registration and payment are required. For information, call [973-228-8776](tel:973-228-8776). *Spring Camp* will be held as follows:

Dates: Tuesday, April 11; Wednesday, April 12; & Thursday, April 13
Times: 12:30 to 4:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, 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](tel:973-228-8776). *Bug Club* will be held as follows:

Date: Tuesday, April 11, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
621B 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](tel:973-353-1337). This is a free program. *4-H Environmental Kids Club* will be held as follows:

Date: Tuesday, April 11, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A 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](tel:973-353-1337). *4-H International Cooking Club* will be held as follows:

Date: Tuesday, April 11, 2017
Time: 6:30 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Troy Meadows” is presented by New Jersey Audubon. The combination of forest and meadow habitat makes for spectacular views of middle-spring migrants that will be passing through. Footing may be wet. Meet at the Essex County Environmental Center and carpool to the trail head. **Cost is \$6 for NJA members and \$8 for non-members.** Please call [908-766-5787](tel:908-766-5787) or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, April 13, 2017
Time: 8:30 a.m.
Meeting Site: 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](tel:973-228-8776). *Bird Club* will be held as follows:

Date: Thursday, April 13, 2017

Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, 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 April is *Spring Bloomers*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior to program; call Helen at [973-731-0717](tel:973-731-0717) or Amy at [973-731-2449](tel:973-731-2449). *Horticulture for Seniors* will be held as follows:

Date: Monday, April 17, 2017
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Food And Essential Oils The New Flavor Enhancers” is for adults. Participants will take part in a live cooking demonstration, experiencing the dietary additives of essential oils to common dishes and the flavors it creates. The best part is that participants get to eat what is cooked. Recipes will be given for each dish prepared. Program facilitators are Natasha White, who has an A.S. in culinary arts, B.S. in nutrition and food science and is owner of Lifestyle Motives which offers personalized nutrition counseling, and Dena Corbin, who is a retired special education teacher and presently program designer for Natural Ground 1, specializing in essential oil education, application, and promotion. **Cost is \$20 per person.** *Food and Essential Oils* will be held as follows:

Date: Thursday, April 20, 2017
Time: 7 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County South Mountain Reservation” is presented by New Jersey Audubon. Hikers will take several trails in search of early signs of spring. Target species include early spring migrants and the last of the winter sparrows. Meet in the parking lot of Essex County Turtle Back Zoo and carpool to various locations within the park. **Cost is \$6 for NJA members and \$8 for non-members.** Please call [908-766-5787](tel:908-766-5787) or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Saturday, April 22, 2017
Time: 8 a.m.
Meeting Site: Essex County Turtle Back Zoo
560 Northfield Avenue
West Orange, 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](tel:973-353-1337). *4-H Lego Club* will be held as follows:

Date: Monday, April 24, 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](tel: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, April 24, 2017
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“4-H Young Gardeners Club” is for children in grades 1 through 10. Have you ever wondered how vegetables and flowers grow? From where spaghetti sauce comes? How you can find a rainbow in a garden? The 4-H Young Gardener's Club can provide the answers to these questions and more. Meet in Garibaldi Hall. Advance registration required. For information, call [973-353-1337](tel:973-353-1337). The 4-H Young Gardeners Club will meet as follows:

Date: Tuesday, April 25, 2017
Time: 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

“Birding Hike in Essex County Branch Brook Park” is presented by New Jersey Audubon. This park can work as a “migrant trap” in early spring migration, with chances to see early warblers and vireos up close, and a variety of other passerines and waterfowl. Meet at the Cherry Blossom Welcome Center. **This is a free event.** Please call [908-766-5787](tel:908-766-5787) or e-mail kelly.wenzel@njudubon.org to register. *Birding Hike* is scheduled as follows:

Date: Thursday, April 27, 2017
Time: 8:30 a.m.
Place: Essex County Branch Brook Park
Cherry Blossom Welcome Center
Heller Parkway
Newark, NJ

“Earth Day Celebration” is a community event for the whole family. On this special day, celebrate nature with crafts, games, and recreational opportunities, such as canoeing and nature

exploration. Enjoy demonstrations, information, a local eco-vendors sale, with Environmental Center staff and partner groups on hand to guide you throughout the day. **Admission is free, but merchandise will be for sale.** Earth Day Celebration will be held as follows:

Date: Saturday, April 29, 2017
Time: 11 a.m. to 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

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](tel: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 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.