Five Rivers Environmental Education Center’s grounds are open every day from sunrise to sunset. Our visitor center is open to the public Monday through Saturday from 9:00 AM to 4:30 PM, except state holidays.

Programs listed below are free of charge unless otherwise noted. Dress for the weather! Organized youth/civic groups are asked to call ahead to ensure we can accommodate your group at these programs. If we cannot accommodate your group, we are happy to make alternate arrangements for your organization. For further information, call us at 518-475-0291.

We welcome those who have any type of physical challenge to all our programs. If you call ahead to let us know your needs, we will be happy to learn how we can serve you.

Five Rivers Electronic Newsletter: Sign up for e-mail notifications about upcoming programs at Five Rivers at www.dec.ny.gov. Look for the blue “DEC Delivers” box and follow the instructions.

Friends of Five Rivers: The Friends of Five Rivers (FOFR) is the year-round community support group for Five Rivers Environmental Education Center. Members receive a discount on select items at the FOFR store, complimentary snowshoe loans, reduced fees for some programs, and a subscription to the newsletter River Ramblings. Membership levels and volunteer information are available at www.FriendsofFiveRivers.org or call 518-475-0295.

Dogs and other pets are not permitted at Five Rivers. If you are looking for a natural area to walk with your pet, we are happy to recommend other nearby locations. Call us at 518-475-0291.

HELP FIVE RIVERS MONITOR MONARCHS

Wednesdays through October 16, 1:00 to 2:00 PM

*Citizen Science: MONARCH LARVA MONITORING PROJECT (MLMP)*

Take part in ongoing research on monarch butterflies. For more than 15 years, we have collected data at Five Rivers and have contributed to the University of Minnesota’s continent-wide citizen science project. The goal of the MLMP is to better understand how and why monarch populations vary, with a focus on their distribution and abundance during the breeding season in North America (Canada, Mexico and United States). Meet at the visitor center. Go to www.mlmp.org to learn more about the project.

SUMMER PROGRAMS FOR FAMILIES

Each summer, the Friends of Five Rivers offers outdoor programs to help parents and children grow in their understanding and appreciation of the natural world through shared activities. Parents or caregivers and children must participate together. Registration is required.

*Summer Family Fun* is a four-morning program for children ages 2-8, which will be offered July 23-26 and repeated July 30 - August 2 and August 6-9. Go to www.friendsoffiverivers.org/node/87 for complete information, including fees and a registration form.
Saturday, July 6, 10:00 AM
**Watchable Wildlife: HERP SEARCH**
Join us for a reptile and amphibian exploration! We will hike the trails and search for the elusive herpetofauna living here at Five Rivers. Along the way, we will learn some of the cool adaptations that help these animals survive, and some of the threats they face. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, July 3 to register.

Saturday, July 6, 2:00 PM
**Citizen Science: ANNUAL BUTTERFLY COUNT**
If you like “coppers” and “blues,” you’re either inside watching police dramas or outside watching butterflies. And what a show these “flying flowers” can be! Join us for a close-up look at common butterflies of the Capital District as we continue our annual bio-assay. Nets (for catch and release) or binoculars are welcome. Space is limited. Call 518-475-0291 by Wednesday, July 3 to register.

Saturday, July 13, 10:00 AM
**I Bird NY: COOL FACTS ABOUT COMMON BIRDS**
Join us for a leisurely walk on Five Rivers flat trails. During this walk around ponds and through fields and forests we’ll look and listen for some of the common local birds. Learn about distress calls, territorial songs and other interesting aspects of these species lives. Bring binoculars if you have them.

Saturday, July 13, 2:00 PM
**Guided Walk: VLOMANKILL TRAIL**
This lovely trail follows the banks of the Vlomankill stream through towering hemlocks. It is one of the coolest trails on the property especially on a hot day. On this walk we will travel about a mile and will encounter some small hills. We hope to see wildflowers and squirrels and listen for birds along the way.

Saturday, July 13, 8:00 PM
**Family Fun: NIGHT HIKE**
Join a Five Rivers naturalist for an unusual guided hike! Enjoy the light of the waxing moon as we take a walk to learn about the nocturnal wildlife living here at Five Rivers. We will stop a few times along the trail to put our senses to the test with nocturnal games. All ages welcome. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, July 10 to register. In the event of inclement weather, this program will be canceled.

Saturday, July 20, 10:00 AM
**Guided Walk: HABITATS OF FIVE RIVERS**
Five Rivers is home to so many different animals! Join a center naturalist for a walk around the property to see and discuss the different habitats that support these animals. We will see field, forest, marsh, and pond habitats. All ages welcome. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, July 17 to register.

Saturday, July 27, 10:00 AM – 12:00 PM
**Family Fun: IT’S EASY BEING GREEN!**
Do you want to make your home and lifestyle more sustainable, but worry about the difficulty or cost? Let us provide you with some easy (and fun!) ways to be better consumers. There will be several educators from New York State Department of Environmental Conservation, as well as the Museum of Innovation and Science (MiSci), that will present methods for composting, raising insects for...
us and animals, rain water management, recycling paper, and more! Designed for ages 12 and up. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, July 24 to register.

Saturday, August 3, 10:00 AM
Guided Walk: SOUNDS OF SUMMER
Come meander your way through the trails at Five Rivers as we listen for and identify the sounds that surround us. This one-mile walk will include uneven and wet trails. Please wear appropriate footwear and bring water.

Saturday, August 3, 2:00 PM
Citizen Science: DRAGONS AND DAMSELS OF FIVE RIVERS
Come learn about our common dragonflies and damselflies before heading out on the trail to survey. During this walk to tally the resident “dragons” and “damsels” on the property, we will identify some of the populations and watch their interactions. Be Aware: Watching dragonflies and damselflies involves sitting quietly and observing. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, July 31 to register.

Saturday, August 10, 10:00 AM
Watchable Wildlife: BEAVER TREE TRAIL
A favorite with families, this trail features several scenic overlooks and close approaches to the Beaver Pond, with excellent opportunities to enjoy seasonal flora and fauna and the beaver lodge. Join us as we watch for muskrats, turtles and their neighbors.

Saturday, August 10, 2:00 PM
Guided Walk: WOW, IT’S HOT!
Take a stroll along the Service Loop Trail as we talk about how animals keep cool in the summer heat. Did you know vultures poop on their feet? Coyotes use their tongues to cool off. What do snakes do? And hey, we can’t forget the plants! They must do something when they get hot, too.

Saturday, August 10, 7:30 PM
Family Fun: NIGHT HIKE – NIGHT OWLS
Who who whooo wants to learn about nocturnal life at Five Rivers? Join the staff on a night hike and learn how animals have adapted to life in the dark. We’ll use our senses to explore. All ages welcome. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, August 7 to register. This program will be canceled in the event of inclement weather.

Family Fun: A IS FOR APPLE!
Join us for a fun-filled walk for the whole family as we create our own Five Rivers alphabet booklet. We’ll photograph animals, plants and people in action at Five Rivers, until we have a photo for each letter of the alphabet. I wonder what we’ll find for Q and Z!

Watchable Wildlife: National Honey Bee Day
Honey bees have both fascinating and important lives. Come celebrate National Honey Bee Day with Five Rivers staff! We will talk about the importance of honey bees, threats to their survival, and ways you can help. Take a walk to see our different hives where we will observe honey bee behavior and taste their delicious honey! Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, August 14 to register.

Family Fun: SHORT TALKS ON LIVE CRITTERS
Join us for a series of three short talks featuring live animals. Each talk will be no more than 15 minutes long, so come to all, or just one or two. We will have live birds and turtles on hand and will share fascinating facts about these local creatures. These programs are designed for children and their parents.

Family Fun: MAMMAL MAYHEM
Do you have questions about the mammals featured in Five Rivers’ visitor center? Do you have questions about other New York State mammals or would you just like to learn more about these furry creatures? We will feature a table of furs and skulls, so you can get up close and personal with your favorite mammal. Stop in with your questions and your curiosity. A Five Rivers environmental educator will be on hand to answer your questions.

Guided Hike: VLOMANKILL TRAIL
Take a slow stroll along the Vlomankill under the shade of hemlocks. We’ll look and listen for wildlife as we meander along the trail.

Guided Hike: NATURE AT WORK
In honor of Labor Day, this hike will explore all the hard work nature does at Five Rivers, from our
forests to our ponds. We'll check out lush wetlands, trees full of life, and active animals of all sizes to discover the ultimate laborer—Nature!

**I BIRD NY**

*Citizen Science: EARLY BIRDERS*

Thursdays, September 5, 12, 19, & 26
7:30 AM
Celebrate the dawn chorus as we monitor the progression of fall bird migration. These outdoor surveys begin at 7:30 AM. Meet at the bird-viewing window in the visitor center. After a brief introduction, we’ll head out on the trails. Beginners are always welcome. Binoculars are helpful but not necessary. In case of inclement weather, these programs will be canceled. For more information, call 518-475-0291.

**Citizen Science: OUR INVASIVE WORLD**
The northeast has become home many invasive plants and animals. Come learn about some of the invasive flora and fauna at Five Rivers and how these new species are affecting the habitat and the native critters that live in it. We will also go over the various signs that these invaders are among us, as early detection by local residents is a great way to curb their spread and keep diversity in our habitat.

**Citizen Science: WORLD WATER MONITORING EVENT**
Tiny critters in our ponds and streams, called macroinvertebrates, need certain conditions to survive. Come help Five Rivers survey and observe these invertebrates and collect data on water quality to determine the health of our waters. Close-toed shoes that can get wet and muddy are required. Please no flip-flops. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, September 11 to register.

**HMBC Speaker Series: MOHAWK-HUDSON LAND CONSERVANCY**
Join members of the Hudson Mohawk Bird Club for their monthly speaker series. Details for this month’s program, presented by Sarah Walsh, are at [https://hmbc.net/Programs](https://hmbc.net/Programs).

**OUTDOORS AFTER SCHOOL**

Thursdays, September 12 through October 24
4:30 - 5:30 PM
Hey, kids! Are you tired of sitting at a desk all day? Join us after school to get some fresh air, stretch your legs, and have fun outdoors. Meet at the visitor center to begin our adventure. Each week will have a different theme and will include time to explore outdoors. Come for as many sessions as you’d like, and dress for outdoor activity. For children in grades K-5 and their caregivers.

**38TH ANNUAL FIVE RIVERS FALL FESTIVAL**

**Saturday, September 21, Noon - 4:00 PM**

*Citizen Science: WORLD WATER MONITORING EVENT*
Join us for a family-oriented environmental celebration featuring hands-on educational activities, interactive exhibits, interpretive walks and more. Enjoy opportunities to meet live hawks, owls, snakes and turtles up close and personal. Meet Smokey Bear, cast for “backyard bass,” and enjoy staffed exhibits from a wide range of local conservation partners...all free of charge! There will also be live music from local band Hot Vox Trio, and sales of refreshments. Birdseed may be pre-ordered for pick-up on October 19.

**Saturday, September 14, 2:00 PM**

*Family Fun: FULL MOON WALK*
See Five Rivers in a new light! Join us for a guided nature walk under the light of the moon to explore some nighttime creatures. Bring your headlamps, flashlights, your best listening ears and dress for the weather. Please call Five Rivers at 518-475-0291 by Wednesday, September 11 to register. This program will be canceled in the event of inclement weather.

**Saturday, September 28, 2:00 PM**

*Family Fun: GRASSHOPPERS AND CRICKETS, OH MY!*
Take a closer look at grasshoppers and crickets, starting with an introduction indoors. We'll use sweep nets outside to capture these amazing insects and observe them in their natural habitat. Afterwards we'll have a jumping contest and release our specimens back into the wild. Space is limited. Please call Five Rivers at 518-475-0291 by Wednesday, September 25 to register.
ATTENTION TEACHERS

Living Environment Institute: WONDERFUL WETLANDS AND WATERSHED ADVENTURES

Hosted by Five Rivers Environmental Education Center

in coordination with the National Estuarine Research Reserve and Cornell University

What: Wonders of Wetlands (WOW)
Where: Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, NY
Date: July 10–11, 2019
Time: 9:00 AM to 5:00 PM, with a light dinner provided on Thursday during our wrap up
Cost: $50.00 for resources and refreshments

What: Watershed Adventures
Where: Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, NY
Date: August 20–22, 2019
Time: 9:00 AM to 5:00 PM, with an evening program on Wednesday (until 7:00 PM; light dinner provided)
Cost: $60.00 for resources and refreshments

To register or for more information, call 518-475-0291 or email 5Rivers@dec.ny.gov

Join us for the either or both Living Environment Institutes (LEI), as we explore wetlands and watersheds. Wetlands and watersheds are relevant and exciting topics for students and teachers alike. LEI participants will explore the wide variety of wetlands as well as the Hudson River watershed, from New York’s mountains to the river itself. We will look at the wetlands and watershed through the multidisciplinary eyes of artists, scientists, resource managers, and ourselves.

LEI participants will bring home an understanding of the essential role of wetlands and watersheds, gain valuable knowledge, standards-based curriculum and activities, and connect with a network of peers. We'll do this with the guidance of experts who will share techniques for engaging students across disciplines and grade levels.

Teachers and youth educators of all ages and grades are welcome. NYS-Certified teachers and administrators will receive NYS Department of Education’s CTLE hours, and this program fulfills the requirements of the National Estuarine Research Reserve’s Teachers on the Estuary (TOTE) program.

For more information, contact Five Rivers at 518-475-0291, email Five Rivers at 5rivers@dec.ny.gov, or visit www.dec.ny.gov/education/1905.html.