

## Winter 2018/2019 Program Schedule

**\*\*PLEASE NOTE: Registration is required for ALL programs unless otherwise indicated.**

Dress for the weather! In the event of inclement weather, outdoor programs may be canceled. We regret that we cannot accommodate organized youth/civic groups at these programs. Please call to make alternate arrangements for your organization. Programs are free of charge unless otherwise noted. **For further information or to register, call Reinstein Woods at 716-683-5959.**

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

### DECEMBER

Saturday, December 1 at 11:00 AM

#### WOODS WALK: ANIMAL SURVIVAL IN WINTER

Join a guided nature walk through the woods, and learn about animals' winter survival adaptations. **No registration required.**

#### FRIENDS OF REINSTEIN WOODS HOLIDAY PARTY

Saturday, December 1, from 1:00 to 4:00 PM

Friends of Reinstein Woods members will celebrate the beauty of winter at their annual holiday gathering. New members are welcome! \*\*

Saturday, December 8 at 10:00 AM

#### FAMILY SNOWSHOE WALK AT IROQUOIS NATIONAL WILDLIFE REFUGE

Join us for a guided snowshoe walk along the trails as we look for signs of wildlife. **Note: This program is being held at Iroquois National Wildlife Refuge in Basom, NY. Snowshoe rental: \$5. \*\***

Saturday, December 8 at 10:30 AM

#### NATURAL ORNAMENTS WORKSHOP

Create ornaments and cards using tree cookies, leaves, seeds and more. **Materials fee: \$5/\$2 for Friends members. \*\***

Wednesday, December 12, from 4:30 to 5:30 PM

#### WILD WEDNESDAY

Together, kids and their parents or caregivers can enjoy a fun hour-long outdoor activity. **For children in grades K through 5. No registration required.**

Saturday, December 15 at 10:00 AM

#### FROSTY FOREST

Don't know the difference between a spruce and a pine tree? Come learn how to ID local trees in winter! \*\*

Saturday, December 15 at 1:00 PM

#### WOODS WALK: MIGRATE, ADAPT OR DIE

Learn about ways that animals survive the winter season on a guided nature walk. **No registration required.**

Wednesday, December 19 at 10:00 AM

#### SENIOR STROLL

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. **For adults only. \*\***

Saturday, December 22 from 1:00 to 3:00 PM

#### MAKE A REUSABLE BAG

Bring an old t-shirt and we'll help you transform it into a reusable shopping bag! A reusable bag makes a great last-minute holiday gift. Stop in any time during the program. **No registration required.**

Friday, December 28 at 10:30 AM

#### FAMILY NATURE QUEST: WINTER WILDLIFE

Look for signs of who is out and about in the winter woods, and discover how animals survive the cold. \*\*

Saturday, December 29 at 10:30 AM

#### FAMILY SNOWSHOE WALK

Join us for a morning snowshoe walk along the trails as we look for signs of wildlife. **Snowshoe rental: \$5/\$2 for Friends members. \*\***

Monday, December 31 at 10:30 AM

#### FISH PRINTING

Create colorful artwork using real and replica fish in the style of gyotaku, the Japanese method of fish printing. Paper will be provided but participants can also bring a white shirt or bandanna. **Materials fee: \$3/free for Friends members. \*\***

### JANUARY

Tuesday, January 1 at 11:00 AM

#### FIRST DAY SNOWSHOE HIKE

Ring in the New Year with a snowshoe hike led by a DEC Forest Ranger, who will discuss how to prepare for any outdoor adventure. We will hike even if there is no snow. **Snowshoe rental: \$5/\$2 for Friends members. \*\***

Saturday, January 5 at 9:00 AM

#### CHRISTMAS BIRD COUNT FOR KIDS

A great way to introduce kids to birding and escape the post-holiday blahs! Teams of kids will compete to see who can find the most birds during 90-minute hikes at Reinstein Woods and other nearby sites. Binocular instruction and refreshments provided. Register online at: <http://reinsteinwoods.org/cbc4kids> \*\*

Saturday, January 5 at 11:00 AM

#### WOODS WALK: NATURE GUIDE'S CHOICE

Join a guided nature walk through the woods. **No registration required.**

**\*\* NOTE: Registration is required for ALL programs unless otherwise indicated; call 716-683-5959.**

Wednesday, January 9 from 4:30 to 5:30 PM

### **WILD WEDNESDAY**

Together, kids and their parents or caregivers can enjoy a fun hour-long outdoor activity. **For children in grades K through 5. No registration required.**

Saturday, January 12 at 10:00 AM

### **WINTER WILDFLOWERS**

Explore the world of winter plants and see where next summer's wildflowers will bloom. **For adults and children ages 10 and older. \*\***

Sunday, January 13 at 10:00 AM

### **LEARN TO CROSS-COUNTRY SKI**

Learn the basics of cross-country skiing before going on a short guided ski tour. **Ski rental: \$8/\$5 for Friends members \*\***

Wednesday, January 16 at 10:00 AM

### **SENIOR STROLL**

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. **For adults only. \*\***

Saturday, January 19 at 10:00 AM

### **INTRO TO FOREST BATHING**

Celebrate "Get a Balanced Life Month" with the latest--and oldest--in health trends. This walk will focus on using the sights, sounds and smells of the forest to induce relaxation and ease stress. **\*\***

Saturday, January 19 at 1:00 PM

### **WOODS WALK: WHAT'S OUT IN THE WINTER?**

Join a guided nature walk through the woods to search for winter-active animals. **No registration required.**

Tuesday, January 22 at 7:00 PM

### **ADULT FULL MOON SNOWSHOE WALK**

Enjoy a guided snowshoe walk by the light of the full moon. **For adults only. Snowshoe rental: \$5/\$2 for Friends members. \*\***

Saturday, January 26 from 10:30 AM to 12:30 PM

### **VOLUNTEER ORIENTATION AND SNOWSHOE WALK**

If you want to become a volunteer this program is for you! Learn who we are, what we do and why we do it, and take a short snowshoe walk. **Must be 18 years or older or have a parent/guardian volunteer with you. \*\***

Saturday, January 26 at 2:30 PM

### **BIRDING 101: CLASS #1**

Join us for a bird identification adventure! Learn how to identify common birds and how to properly use binoculars. **For adults and children ages 8 and older. \*\***

## **FEBRUARY**

Saturday, February 2 at 10:00 AM

### **LEARN TO CROSS-COUNTRY SKI**

Learn the basics of cross-country skiing before going on a short guided ski tour. **Ski rental: \$8/\$5 for Friends members. \*\***

Saturday, February 2 at 1:00 PM

### **WOODS WALK: NATURE GUIDE'S CHOICE**

Join a guided nature walk through the woods. **No registration required.**

## **WINTER WONDERLAND IN THE WOODS**

Saturday, February 9 from 12:00 to 4:00 PM

Try snowshoes or cross-country skis for free and make snow art. Enjoy ice-fishing demonstrations, winter crafts for kids, and refreshments for sale. See [reinsteinwoods.org](http://reinsteinwoods.org) for more info. **No registration required.**

Wednesday, February 13 at 10:00 AM

### **SENIOR STROLL**

Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. **For adults only. \*\***

Wednesday, February 13 from 4:00-7:00 PM

### **EDUCATOR WORKSHOP: GROWING UP WILD**

This program provides early childhood educators with an activity guide featuring 27 hands-on, interdisciplinary nature-based activities for indoor and outdoor fun. 3 CTLE hours provided. **For educators of students ages 3 to 7. \*\***

Wednesday, February 13 from 4:30 to 5:30 PM

### **WILD WEDNESDAY**

Together, kids and their parents or caregivers can enjoy a fun hour-long outdoor activity. **For children in grades K through 5. No registration required.**

Saturday, February 16 at 10:00 AM

### **BIRDING SNOWSHOE WALK**

Look for winter birds on a snowshoe walk and learn about the Great Backyard Bird Count. We will walk even if there is no snow. **Snowshoe rental: \$5/\$2 for Friends members. \*\***

Saturday, February 16 at 11:00 AM

### **WOODS WALK: NATURE GUIDE'S CHOICE**

Join a guided nature walk through the woods. **No registration required.**

Tuesday, February 19 at 7:00 PM

### **FULL MOON SNOWSHOE WALK**

Join a guided snowshoe walk by the light of the full moon. **Snowshoe rental: \$5/\$2 for Friends members. \*\***

Wednesday, February 20 at 10:00 AM

### **LEARN TO CROSS-COUNTRY SKI**

Learn the basics of cross-country skiing before going on a short guided ski tour. **Ski rental: \$8/\$5 for Friends members. \*\***

Thursday, February 21 at 10:30 AM

### **UNDER THE ICE**

Children will participate in hands-on activities and games to discover how turtles, frogs, beavers, and more survive under the ice. **For children in grades K through 5. \*\***

Friday, February 22 at 10:30 AM

### **FAMILY NATURE QUEST: SNOWSHOE WALK**

Join us for a morning snowshoe walk along the trails as we look for signs of wildlife. **Snowshoe rental: \$5/\$2 for Friends members. \*\***

Saturday, February 23 at 10:00 AM

### **STORIES IN THE WOODS**

Enjoy hearing a nature story, followed by a guided walk in the woods. **For children ages 3 to 7. \*\***

Saturday, February 23 at 2:30 PM

### **BIRDING 101: CLASS #2**

This is a continuation of class #1 in January, but new participants are welcome. **For adults and children ages 8 and older. \*\***