**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.

**SEPTEMBER**

Saturday, September 7 at 10:00 AM
**TRAIL STEWARD SATURDAY**
Volunteer to help keep Reinstein Woods’ trails healthy and clean! We’ll remove invasive plants, pick up trash and do whatever else is needed. **

Saturday, September 7 at 11:00 AM
**WOODS WALK: NATURE GUIDE’S CHOICE**
Join a guided nature walk through the woods. No registration required.

Thursday, September 12 at 7:30 PM
**MOONLIT FOREST BATHING**
Discover the latest—and oldest—in health trends. This walk will focus on the sights, sounds, and smells of the forest to induce relaxation and ease stress. **

Saturday, September 14 at 10:00 AM
**OUTDOOR SKILLS**
In this program, you will build an emergency shelter from natural materials and practice navigation and fire building techniques. For adults and children age 8 and older. **

Wednesday, September 18 at 10:00 AM
**SENIOR STROLL**
Experience nature at your own pace, and enjoy a leisurely guided walk through the woods. For adults only. **

**OCTOBER**

Saturday, October 5 at 10:00 AM
**THE GREAT REINSTEIN WOODS TREASURE HUNT**
Embark on a nature play adventure with a self-guided treasure hunt. Follow the map to find your own hidden treasure and look for animals along the way! For children ages 5 to 10. **

Saturday, October 5 at 11:00 AM
**WOODS WALK: NATURE GUIDE’S CHOICE**
Join a guided nature walk through the woods. No registration required.

Saturday, October 5 at 2:00 PM
**FUNGI WITH A FUN GAL**
Fall is the best time of year to enjoy the beauty of wild mushrooms. Learn about local fungi with an indoor presentation and a guided outdoor fungus foray. For adults and children ages 10 and older. **
**NOTE: Registration is required for ALL programs unless otherwise indicated; call 716-683-5959.**

Wednesday, October 9 from 4:30 to 5:30 PM  
**WILD WEDNESDAY**  
Together, kids and their parents or caregivers can enjoy a different, fun, hour-long outdoor activity. **For children in grades K through 5. No registration required.**

Saturday, October 12 at 10:30 AM  
**NATURAL PRODUCTS WORKSHOP PART 1: GREEN CLEANING**  
Learn to make natural cleaning products for your home and how to select safer products for cleaning your body. Make your own natural cleaner to take home. **Materials fee: $5/$3 for Friends members.**

Saturday, October 12 at 2:30 PM  
**BIRDING 101: CLASS #9**  
Learn how to identify the different raptors (birds of prey) found in Reinstein Woods. **For adults and children ages 8 and older.**

Wednesday, October 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.**

Thursday, October 17 from 4:00 to 7:00 PM  
**EDUCATOR WORKSHOP: PROJECT WILD**  
Project WILD is an award-winning program to help teachers use wildlife to teach a variety of subjects, including math, English language arts, and more. Participants receive a guide with more than 100 lesson plans. 3 CTLE Hours provided. **For educators of students in grades K to 12.**

Saturday, October 19 at 10:00 AM  
**AUTUMN COLORS**  
Fall foliage is a blaze of color, from flaming oranges and reds to subtle yellows. Enjoy the beauty of autumn’s trees on this guided walk. **

Saturday, October 19 at 11:00 AM  
**WOODS WALK: NATURE GUIDE’S CHOICE**  
Join a guided nature walk through the woods. **No registration required.**

Wednesday, October 26 at 10:00 AM  
**COSTUME-MAKING WORKSHOP**  
Join us to create your own Halloween costume! Some basic supplies will be provided, but you are encouraged to bring your own materials. **

**NOVEMBER**

Saturday, November 2 at 10:00 AM  
**SANCTUARY STROLL**  
Curious about what’s in the sanctuary portion of Reinstein Woods? Take a guided tour to find out! **For adults only.**

Saturday, November 2 at 11:00 AM  
**WOODS WALK: NATURE GUIDE’S CHOICE**  
Join a guided nature walk through the woods. **No registration required.**

Saturday, November 9 at 10:30 AM  
**FAMILY NATURE QUEST: ANIMAL SIGNS**  
Use your science senses to search for clues left by local wildlife. **

Wednesday, November 13, from 4:30 to 5:30 PM  
**WILD WEDNESDAY**  
Together, kids and their parents or caregivers can enjoy a different, fun, hour-long outdoor activity. **For children in grades K through 5. No registration required.**

Saturday, November 16 at 10:30 AM  
**NATURAL PRODUCTS WORKSHOP PART 2: PERSONAL CARE**  
Learn to make natural personal care products and how to make personal care choices that are better for the environment. Make your own lip balm or deodorant to take home. **Materials fee: $5/$3 for Friends members.**

Saturday, November 16 at 11:00 AM  
**WOODS WALK: NATURE GUIDE’S CHOICE**  
Join a guided nature walk through the woods. **No registration required.**

Wednesday, November 20 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, November 23 at 1:30 PM  
**THANKSGIVING CENTERPIECE WORKSHOP**  
Learn tips for plant identification while creating a fall-themed centerpiece. **Materials fee: $10/$7 for Friends members.**

Saturday, November 30 at 10:00 AM  
**EXPLORE HIDDEN GEMS OF NATURE**  
Have you ever visited Birdsong Parklands, Westwood Park, Lockport Nature Trail, or other hidden gems? Take a virtual walk to local parks and natural areas in this slideshow presentation. **For adults and children age 8 and older.**