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

*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.*

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**Programs at Reinstein Woods**

- You must pre-register by phone; call 716-683-5959 to register.
- Registration is limited to two programs/month. If you want to sign up for additional programs, you will be added to the waitlist. No limit for virtual programs.
- If you call outside of normal business hours you will receive a call confirming your registration or waitlist status. **PLEASE SPEAK CLEARLY** when leaving your name and phone number as our system does not have caller ID. **Unless you receive a callback, you are not registered.**
- Social distancing and mask protocols are subject to change with current COVID guidelines.
- If you or a family member feels ill, is waiting for COVID test results or have COVID symptoms, please stay at home.
- In case of poor weather, programs may be cancelled.
- We cannot accommodate organized youth/civic groups at these programs. Please call to make other arrangements.

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**March**

**Virtual Program: Sustainability Lunch Talks 2.0**

Delve deep into how you can curb greenhouse gases produced by your lifestyle. Topics include Sustainable Fashion and Beauty, Investing and Divesting, Becoming a Voice for Climate, and “Greening” Your Workplace and Travel. **Registration required; register online at www.reinsteinwoods.org/events.**

Saturday, March 5 at 10:00 AM  
**Learn to Cross-Country Ski**  
Learn the basics of cross-country skiing before going on a short, guided ski tour. $15/person, $10 for Friends members. **

Saturday, March 5 at 1:00 PM  
**Woods Walk: The Other Side of Migration**  
Join a guided walk to learn about animals that are migrating through the area in the spring. **No registration required.**

Wednesday, March 9 at 4:30 PM  
**Wild Wednesday**  
Together, kids and their caregivers can enjoy a fun hour-long outdoor activity. **For children in grades K–5.**

Saturday, March 12 at 10:00 AM  
**Look Closer**  
Magnify the beauty of winter on this walk. We’ll use microscopes and magnifiers to explore moss, lichens, buds, and more. **

Friday, March 18 at 7:00 PM  
**Snowy with a Chance of Salamanders**  
With the return of spring, we will explore the spring pools and search under logs for spotted salamanders. This is the time of year for them to lay their eggs and a chance for you to get a rare glimpse of these secretive creatures. **

Saturday, March 19 at 10:00 AM  
**Heat Pump Basics**  
If you currently heat with electricity, propane or oil, heat pumps can save you money! Learn about these systems and options to get your household off fossil fuels. Presented by PUSH Buffalo. **

Saturday, March 19 at 10:30 AM  
**Almost Spring Walk**  
Look for signs of the new season that begins tomorrow! **

Saturday, March 19 at 1:00 PM  
**Woods Walk: Where Does Maple Syrup Come From?**  
Learn more about this sweet treat that is made from the official New York State tree species. **No registration required.**

Saturday, March 26 at 10:30 AM  
**Spring Nature Walk**  
Join a naturalist as we search for early signs of spring in the woods. **
APRIL

Saturday, April 2 at 10:00 AM
WORLD OF TROUT
Discover the streams of Western New York from a trout’s perspective as we explore the life cycles and behaviors of mayflies, stoneflies, and other fish delicacies. This will be an indoor presentation followed by an outdoor pond study. **

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

Saturday, April 9 at 10:00 AM
BIRD MIGRATION HIKE
Review how to use binoculars, learn about helpful books and apps, and take a walk to look for migrating birds. **For adults and children ages 8 and older.

Saturday, April 9 at 11:00 AM
WOODS WALK: NATURE GUIDE’S CHOICE
Join a guided nature walk through the woods. **No registration required.

Saturday, April 9 at 10:00 AM
BIRD MIGRATION HIKE
Review how to use binoculars, learn about helpful books and apps, and take a walk to look for migrating birds. **For adults and children ages 8 and older.

Saturday, April 16 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 ages 8 and older.

Saturday, April 16 at 1:00 PM
WOODS WALK: NATURE GUIDE’S CHOICE
Join a guided nature walk through the woods. **No registration required.

Wednesday, April 13 at 4:30 PM
WILD WEDNESDAY
Together, kids and their caregivers can enjoy a fun hour-long outdoor activity. **For children in grades K–5.

Thursday, April 14 at 10:00 AM
FANTASTIC FROGS
Enjoy the sounds of spring and learn about the frog species on this guided adventure. **For children in grades K–5.

Saturday, April 16 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 ages 8 and older.

Saturday, May 7
EARTH DAY IN MAY/I LOVE MY PARK DAY
Keep the Earth Day spirit alive by caring for Reinstein Woods’ trails on I Love My Park Day. Small groups will venture out to work on projects throughout the day. Scouts and other organizations are welcome, but please note that large groups will be split into multiple parties that may have different start times. **Online registration will open in March; check www.reinsteinwoods.org/events for more details.

Saturday, May 7 at 1:00 PM
WOODS WALK: ANIMAL SIGNS
Join a guided walk and look for clues left by local wildlife. **No registration required.

Wednesday, May 11 at 4:30 PM
WILD WEDNESDAY
Together, kids and their caregivers can enjoy a fun hour-long outdoor activity. **For children in grades K–5.

Saturday, May 14 at 9:00 AM
BIRDS AND BEANS
Celebrate International Migratory Bird Day with a bird walk followed by a sampling of bird-friendly chocolates and coffee. $5/person, free for Friends members. **

Monday, May 16 at 7:30 PM
FULL FLOWER MOON WALK
Join us for an evening walk through the woods as we look for nocturnal critters. **

Saturday, May 21 at 1:00 PM
WOODS WALK: TREES IN SPRING
Now that the leaves are out, join a walk to learn about our local trees. **No registration required.

Saturday, May 28 at 10:30 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. **