**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.

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**JUNE**

Saturday, June 1 from 10:00 AM to 2:00 PM  
**DARE TO REPAIR CAFÉ**  
Bring your broken items (lamps, furniture, clothes, etc.) and have volunteer “fixers” try to repair the items for free, to reduce waste going into landfills. For more information, visit www.reinsteinwoods.org

Saturday, June 1 at 11:00 AM  
**WOODS WALK: NATURE GUIDE’S CHOICE**  
Join a guided nature walk through the woods. **No registration required.**

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**GET OUTDOORS DAY**

Saturday, June 8 from 10:00 AM to 3:00 PM  
New this year: a food truck rally and a basket raffle to support Reinstein Woods! Explore a new outdoor skill like archery, birdwatching, geocaching or orienteering. Enjoy hikes, face painting, nature play stations, Leave-No-Trace games and more!! **No registration required for this free event.** For more information, visit reinsteinwoods.org

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**FRIENDS OF REINSTEIN WOODS WELLNESS SERIES**  
Proceeds from these events support youth education programs

**YOGA IN THE WOODS**  
Wednesday, June 12 from 6:00-7:00 PM  
Practice yoga outdoors at a donation-based yoga class in partnership with Soul Candy Project. **A $10 donation is suggested. For adults only.**

**FOREST BATHING**  
Tuesday, June 18 from 6:30-8:30 PM  
Saturday, August 17 from 9:30-11:30 AM  
Connect with nature during a forest bathing walk, led by Jennifer Fendya, certified forest therapist. **$10/class. For adults only.**

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Saturday, June 15 at 10:30 AM  
**POND LIFE**  
Scoop and search for pond inhabitants as we discover the adaptations that allow them to survive underwater. **

Saturday, June 15 at 11:00 AM  
**WOODS WALK: NATURE GUIDE’S CHOICE**  
Join a guided nature walk through the woods. **No registration required.**

Wednesday, June 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.**

Wednesday, June 19 at 6:30 PM  
**BIRDWATCHING WALK**  
Take a guided walk to search for seasonal birds. Bring binoculars if you have them. **

Saturday, June 22 at 10:00 AM  
**STORIES IN THE WOODS: POLLINATORS**  
Celebrate National Pollinator Week by enjoying a pollinator-themed nature story, followed by a guided walk to look for local pollinators. **For children ages 3 to 7.**

Saturday, June 22 at 2:30 PM  
**BIRDING 101: CLASS #6**  
Which woodpecker am I? Learn how to identify the different woodpeckers found in Reinstein Woods. **For adults and children ages 8 and older.**

Tuesday, June 25 at 10:00 AM  
**STROLLER STRUT**  
Bring your stroller or wagon and share a sensory exploration of nature with your young child. **For children ages 3 and under.**

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**JULY**

Saturday, July 6 at 10:00 AM  
**SUMMER WILDFLOWERS**  
Search for seasonal wildflowers and learn about their uses and folklore. **For adults and children ages 10 and older.**

Saturday, July 6 at 11:00 AM  
**WOODS WALK: THE SECRET LIFE OF TREES**  
Join a guided walk to meet our local trees. **No registration required.**
**NOTE: Registration is required for ALL programs unless otherwise indicated; call 716-683-5959.**

Tuesday, July 9 at 10:30 AM  
FAIRY HOUSES AT AMHERST STATE PARK  
Join a naturalist from Reinstein Woods in creating a house to attract nature's fairies. **For children ages 5 to 10. Note: this program takes place at Amherst State Park.**

Wednesday, July 10, 17 and July 31 at 6:30 PM  
FAMILY NATURE HOUR  
Hands-on activities enable families to investigate a different nature topic each session. **Note: this program will be held at the Julia Boyer Reinstein Library, 1030 Losson Road, Cheektowaga. Contact the library at 716-668-4991 to register for one or more sessions.**

Thursday, July 11 at 2:00 PM  
BUTTERFLY SUPER SENSES  
Take a close-up look at real butterfly and moth specimens, and learn how their super-vision, super-smell and internal GPS actually work. **For adults and children ages 8 and older.**

Saturday, July 13 at 10:00 AM  
TRAIL STEWARD SATURDAY  
Celebrate Invasive Species Awareness Week by helping to remove a pesky plant called Phragmites that has invaded our wetlands. **

Tuesday, July 16 at 8:00 PM  
FULL MOON WALK  
Discover the hidden lives of nocturnal animals on this guided hike. **

Wednesday, July 17 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, July 17 at 10:00 AM  
INSECT EXPLORATION WALK AT WALTON WOODS  
Join us as we explore the pond and forest and search for insects. **Note: This program will be at Walton Woods Park, Amherst.**

Wednesday, July 17 at 6:30 PM  
BIRDWATCHING WALK  
Take a guided walk to search for seasonal birds. **

Saturday, July 20 at 10:30 AM  
THE SEARCH FOR MONARCHS  
Learn about the monarch butterfly’s life cycle, and search for eggs, caterpillars and adult butterflies. **

Saturday, July 20 at 1:00 PM  
WOODS WALK: NATURE GUIDE’S CHOICE  
Join a guided nature walk through the woods. **No registration required.**

Tuesday, July 23 at 10:30 AM  
CREEK CRITTERS AT AMHERST STATE PARK  
Discover what amazing animals are lurking underwater along Ellicott Creek. **Note: this program takes place at Amherst State Park.**

Wednesday, July 24 at 8:00 PM  
GOING BATTY!  
Bats are amazing animals but are often misunderstood. Separate fact from fiction, and learn about the only true flying mammals. **

Saturday, July 27 at 10:00 AM  
RIBBIT, SLITHER, CROAK!  
Discover snakes, turtles, frogs & salamanders in our ponds and forests. **

Saturday, July 27 at 2:30 PM  
BIRDING 101: CLASS #7  
Search for sparrows in the woods and learn about the eight species that visit here. **For adults and children ages 8 and older.**

**AUGUST**

Saturday, August 3 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, August 3 at 11:00 AM  
WOODS WALK: NATURE GUIDE’S CHOICE  
Join a guided nature walk through the woods. **No registration required.**

Saturday, August 10 at 10:00 AM  
SPIDERS: WHAT’S IN YOUR WEB?  
Spiders are amazing predators that are skilled in stealth, camouflage, and engineering. We will search for spiders and their webs on this walk. **

Thursday, August 15 at 2:00 PM  
PLEIN AIR DRAWING: ART IN THE WOODS  
Plein air is about leaving the indoors and experiencing drawing outdoors. Let nature inspire you on this guided art session in the woods. **For adults and children ages 5 and older.**

Thursday, August 15 at 6:30 PM  
HOME ENERGY ACTION WORKSHOP  
Discover solar power programs and incentives available for your home and community. Explore home energy efficiency programs and learn practical tips for saving money by conserving energy. Door prizes and refreshments provided. **

Saturday, August 10 from 3:00 to 7:00 PM  
REINSTEIN WOODS ARTISAN MARKET  
Browse art and artisan goods from local vendors as you stroll the trails. Free to enter; dinner tickets available for purchase. Proceeds benefit environmental education programs at Reinstein Woods. For more information, visit reinsteinwoods.org or call 716-683-5959.

Saturday, August 17 at 10:30 AM  
FRIENDS OF REINSTEIN WOODS EVENT  
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, August 17 at 1:00 PM  
WOODS WALK: NATURE GUIDE’S CHOICE  
Join a guided nature walk through the woods. **No registration required.**

Wednesday, August 21 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, August 24 at 10:00 AM  
STORIES IN THE WOODS  
Enjoy hearing a nature story, followed by a guided walk in the woods. **For adults only.**

Saturday, August 24 at 10:30 AM  
FRIENDS OF REINSTEIN WOODS EVENT  
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, August 31 at 10:00 AM  
WOODS WALK: NATURE GUIDE’S CHOICE  
Join a guided nature walk through the woods. **No registration required.**

Wednesday, August 21 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, August 24 at 2:30 PM  
BIRDING 101: CLASS #8  
Why do birds migrate? Learn which species to look for as they prepare for their long journey south. **For adults and children ages 8 and older.**