



The Essex County Environmental Center is an inspiring resource for all ages. Learning about nature and our environment is a life-long process and one that is continually filled with wonder. Whether you join us for a walk in the woods, a hands-on craft, or for yoga, we look forward to your field trip or outreach program.

Joseph N. DiVincenzo, Jr.



**Joseph N. DiVincenzo, Jr., Essex County Executive
And the Board of Chosen Freeholders
Invite You to Participate in**

Programs for Seniors

4R'S & PAPER MAKING

Reduce, Reuse, Recycle, and Rethink... Let's find out what happens to our trash and recyclables and then craft our own recycled paper using blenders and mesh screens!

BACKYARD HABITATS

Want to attract wildlife to your window sill or your backyard? Learn to share your living space with beautiful birds, incredible insects, and fragrant flowers by presenting the three primary elements: food, water, and shelter. Craft includes making pollinator seed balls.

CHAIR YOGA

A comfortable light body helps put a spring in our step, so we can walk around in nature with ease and confidence. In this chair yoga class, we will loosen, strengthen, and stretch with a steady focus on breath. This class is suitable for all levels and abilities. All poses are done seated or standing next to a chair.

SEASONAL DISCOVERY

Through indoor and outdoor activities, we'll learn more about Nature in New Jersey. Craft includes collecting natural materials to make a seasonal ornament in clay.

PROGRAM DETAILS

Outreach Program Fee: \$100 (includes materials fee). Program Length: 45 minutes

Field Trip Program Fee: \$7 per person (includes materials fee). Program Length: 90 minutes

**For information and to register, contact Gina Mongiello, Program Coordinator,
at 973.228.8776 or gmoniello@parks.essexcountynj.org**



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