

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

- You must pre-register by phone; call 716-683-5959 to register.
- Registration is limited to two programs/month. To sign up for additional programs, you will be added to the waitlist.
- If you call after business hours, we will call back confirming your registration or waitlist status. **PLEASE SPEAK CLEARLY** when leaving your name and phone number. Unless you receive a callback, you are not registered.
- We are unable to accommodate organized groups (scouts, schools, hiking clubs, etc.) at our public programs. Please see www.reinsteinwoods.org for information on scheduling group tours.
- **We welcome those who have any type of physical challenge to all our programs. If you call ahead to let us know your needs, we will be happy to learn how we can serve you.**

MARCH

Tuesday, March 3 at 7:30 PM: FULL MOON WALK

Celebrate maple sugaring season with the rise of the sap moon on this guided walk. **

Friday, March 6 at 1:00 PM: SUSTAINABILITY AT HOME

Explore ways to save money and be more sustainable in your home. Leave with resources to help you plan and take action. **

Saturday, March 7 at 10:00 AM: OWL ECOLOGY

Learn the life history of owls at Reinstein Woods and dissect owl pellets. **Cost is \$5 per person, free for Friends members.** **

Saturday, March 7 at 11:00 AM: WOODS WALK—SEASONAL CHANGES

Join a guided nature hike to search for signs of the changing season. **No registration required.**

Saturday, March 7 at 2:00 PM: FRIENDS COFFEE AND CRAFTS

Join other Friends of Reinstein Woods members for coffee and crafts. Not a member yet? Join at www.reinsteinwoods.org. **

Tuesday, March 10 at 1:00 PM: THE MOST DELICIOUS CLIMATE SOLUTION

What if one of the most effective climate solutions was also one of the most delicious? Let's dig into the latest science on how our food system impacts the environment and taste the delicious possibilities. Coffee and dessert provided. **

Wednesday, March 11 at 10:00 AM: SENIOR SAUNTER

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

Saturday, March 14 at 11:00 AM: THE EPIC JOURNEY OF THE MONARCH BUTTERFLY

Discover how monarch butterflies complete a multigenerational migration over thousands of miles without having made the trip before. **

Thursday, March 19 at 1:00 PM: SUSTAINABLE FASHION AND BEAUTY

What we put on our bodies can have a big impact on the environment. This session will share tools and resources to help you make climate-positive fashion and beauty choices. **

Thursday, March 19 at 8:00 PM: DARK SKY WALK

Look for Jupiter high in the eastern sky, a setting Venus in the west, and the Winter Triangle stars in this guided walk. **

Saturday, March 21 at 10:00 AM: NATURE JOURNALS

Learn different journaling techniques to record your next walk, backpacking trip, or vacation! Experiment with media like collage, watercolor, and pencil drawings. **Bring your own journal, or cost is \$5 per journal, free for Friends members.** **

Saturday, March 21 at 11:00 AM: WOODS WALK—SIGNS OF SPRING

Spring has begun! Join a guided nature hike to search for signs of the new season. **No registration required.**

Tuesday, March 24 at 1:00 PM: GREENING YOUR NEXT VACATION

As you start to plan a summer vacation, there are tools available to help you design an adventure that pollutes less. Join this session and start your next journey on more sustainable ground! **

Saturday, March 28 at 10:00 AM: FAMILY NATURE QUEST—WOODPECKERS

Join this quest to find signs and sightings of the many woodpeckers that call Reinstein Woods their home. **

Tuesday, March 31 at 6:00 PM: INTERNATIONAL TRANSGENDER DAY OF VISIBILITY STROLL

Nature is for everybody. Join us for an evening stroll through the woods to celebrate the lives of transgender people, family, and friends. **

APRIL

Saturday, April 4 at 11:00 AM: SPRINGTIME WELCOME WALK

If you are new to Reinstein Woods, or want to bring a friend who's never visited, this walk is for you! **No registration required.**

Saturday, April 4 at 1:00 PM: WOODS WALK—SPRING EPHEMERALS

Look for these woodland plants that race to bloom before the shade forces them to wait another year. **No registration required.**

Wednesday, April 8 at 10:00 AM: SENIOR SAUNTER

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

Saturday, April 11 at 10:00 AM: BIRDING FOR KIDS

Learn tips and tricks for spotting birds in the woods and try out binoculars on a guided walk. **

Saturday, April 11 at 2:00 PM: STORIES IN THE WOODS

Celebrate the Week of the Young Child by hearing a nature story, followed by a guided walk in the woods. **For children ages 3–7.** **

Sunday, April 12 at 9:30 AM: FRIENDS OF REINSTEIN WOODS SPRING WALK

Join us as we traipse through the woods and enjoy the beginnings of spring. Coffee and doughnut holes provided. Not a member yet? Come learn about joining and supporting this beautiful place! **

Saturday, April 18 at 10:00 AM: STORIES IN THE WOODS

Celebrate the Week of the Young Child by hearing a nature story, followed by a guided walk in the woods. **For children ages 3–7.** **

Saturday, April 18 at 11:00 AM: WOODS WALK—SEASONAL CHANGES

Join a guided nature hike to search for signs of the changing season. **No registration required.**

Saturday, April 18 at 2:00 PM: DECODING ANIMAL SKULLS

Take a close look at animal skulls to discover how teeth, eye placement, and bone shape reveal how animals eat, hunt, and survive. **

Saturday, April 25 at 11:00 AM: FABULOUS FUNGI

Join this beginner-friendly walk as we attempt to identify as many mushrooms as possible. **For ages 12 and older.** **

MAY

Friday, May 1 at 8:30 PM: FULL MOON WALK

Join a springtime full moon walk to learn about the flower moon and explore what the animals of Reinstein Woods are up to at night! **

Saturday, May 2 at 10:00 AM: 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. Organizations are welcome, but large groups will be split into multiple parties. **Online registration opens in March; see www.reinsteinwoods.org/events for more details.**

Saturday, May 2 at 1:00 PM: WOODS WALK—NATURE GUIDE'S CHOICE

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

Thursday, May 7 at 6:00 PM: TRAIL THURSDAY KICK-OFF

Join the first of our weekly Trail Thursday stewardship programs! Help with tasks such as trail maintenance, trash clean up, and more. **

Saturday, May 9 at 9:30 AM: WORLD MIGRATORY BIRD DAY

Learn seven simple actions to help birds as we search the woods for all types of feathered friends. Bring binoculars if you have them. **

Wednesday, May 13 at 10:00 AM: SENIOR SAUNTER

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

Saturday, May 16 at 11:00 AM: WOODS WALK—NATURE GUIDE'S CHOICE

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

Saturday, May 16 at 2:00 PM: AMPHIBIANS—MASTERS OF TWO WORLDS

Learn about the role that amphibians play in our ecosystem and how to identify them by sight and sound. **

Saturday, May 23 at 10:30 AM: TREES PLEASE

As trees are leafing out, join a walk to identify the trees along the trail. **