

# DECEMBER 2023

Friday December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> at 9:30a.m. Wiggly Wanderers

Wiggly wanderers is a casual and fun program that is offered to walking toddlers, carriable babies and their caregivers. This will be a beginner's hike/wander series for toddlers who are ready to move and caregivers who are willing and able to baby wear and/or carry their toddler if their legs get too tired. We will not plan too much distance walking and we will rely on teachable moments to carry us through these experiences. Strollers will not work for these programs. While you do not need to attend each week, we will continue to build our toddlers hiking skills as well as their caregivers' confidence taking the children into the woods to explore. This event does not have sign ups, please come if you can. We meet at the nature center parking lot.

Friday, December 1<sup>st</sup> 11:00 am-12:30 pm Tai Chi and Chai Tea

Join us for a morning flow with a Tai Chi and Qi Gong instructor and enjoy chai tea at noon. This new event will set you up for a day of lowered stress and a teach you a new skill. Please register at least 24 hours in advance at 518-793-0511.

Tuesday, December 5<sup>th</sup> 10 am Lake Bonita to Lake Ann Lean-to

Join an educator on an approximately 3 mile out and back hike from Lake Bonita to Lake Anne Lean-to. Bring a snack to take a break and eat at the lean-to! The cost is \$5 at the office upon arrival. We have snowshoes and crampons to borrow. Please register at least 24 hours in advance at 518-793-0511.

Wednesday, December 6<sup>th</sup> 1:00 pm Courteous Critters

Humans are not the only animals to give gifts. Come learn about some of our native animals as well as animals around the world who give great gifts to secure

a mate or a bond. This is a nice reminder to humans of the true purpose of gift-giving, to strengthen our social relationships with the ones we love. Come to the nature center to learn from an educator about some of these courteous critters. The cost is \$5 for adults and \$1 for kids (cash or check) at the office upon arrival. You can register in advance at 518-793-0511.

Thursday, December 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> 10-11 am Knee-high Naturalist

Geared toward children aged 2-5, (siblings welcome) Knee-high Naturalist is a fun introduction to nature. We meet in the Nature Center where we begin by reading a book or two and then take a short walk together outdoors, keeping our eyes open for animal tracks, shells, feathers and other signs of the natural world around us. Dress for the weather. Reservations are required at least 24 hours in advance. The cost is \$1 per child, payable by cash or check at the office upon your arrival. To reserve your spot call 518-793-0511.

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Saturday, December 9<sup>th</sup> 11:00am-1:00pm Card Making

Join an educator in the Nature Center to make lovely handmade holiday cards. Cost is \$1 per child, \$5 per adult. Register in advance by calling 518-793-0511.

Monday, December 11<sup>th</sup> 10-11 am Knee-high Naturalist

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Tuesday, December 12<sup>th</sup> 11 am Stonewall trail hike

This beginner level guided hike of just over 3 miles is on park property the other side of the Hudson. Access is closed once it snows so Lake Bonita will be the alternate hike should there be snow accumulation. Wear warm, waterproof boots and bring microspikes- if you don't have them, they may be borrowed at the office. Cost is \$5, reserve your spot in advance by calling the office at 518-793-0511.

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Friday, December 15<sup>th</sup> 6:00 pm Luminary Walk

Follow the soft glow of the luminaries on this beautiful walk in Moreau Lake State Park. This is a time for families and friends to come together in nature or come alone and make new friends! The Friends of Moreau Lake State Park will be serving up hot chocolate (bring a mug but if you forget we'll have paper cups) at our Warming Hut where you can gather around the bonfire and enjoy the camaraderie. BYO s'mores ingredients (and maybe extra to share)! No sign-ups are necessary. There will be a \$5 program fee per vehicle, payable by cash or check upon arrival. Questions? Call 518-793-0511.

Monday, December 18<sup>th</sup> 10-11 am Knee-high Naturalist

Geared toward children aged 2-5, (siblings welcome) Knee-high Naturalist is a fun introduction to nature. We meet in the Nature Center where we begin by reading a book or two and then take a short walk together outdoors, keeping our eyes open for animal tracks, shells, feathers and other signs of the natural world around us. Dress for the weather. Reservations are required at least 24 hours in advance. The cost is \$1 per child, payable by cash or check at the office upon your arrival. To reserve your spot call 518-793-0511.

Tuesday, December 19<sup>th</sup> 10 am Baker Trail Hike

Baker trail is roughly a 2-mile hike round trip on an out and back route. The cost is \$5 at the office upon arrival. We have snowshoes and crampons to borrow. Please register at least 24 hours in advance at 518-793-0511.

Wednesday, December 20<sup>th</sup> 11 am Western Ridge to Lake Ann hike

This guided, out-and-back hike of approximately 4.5 miles will begin on the Western Ridge Trail where we'll get most of the elevation out of the way and proceed to the Lake Ann trail. Bring a lunch to enjoy at the Lake Ann lean-to. Wear warm, waterproof boots and bring microspikes- if you don't have them, they may be borrowed at the office. Cost is \$5, reserve your spot in advance by calling the office at 518-793-0511.

Wednesday, December 20<sup>th</sup> 10- 11:30 a.m. Eagle Watch

Join a park educator on a convoy-style journey along the Hudson River to try to spot our local Bald Eagles. We will be getting in and out of vehicles at a few locations and, with a little luck, viewing the eagles through binoculars and a scope so make sure to bring your hat and gloves! If you have binoculars bring them, we do have a couple of pair to pass around as well. Reservations are required at least 24 hours in advance. The cost is \$5 per adult (18+) and \$1 per child, payable by cash or check at the office upon your arrival. To reserve your spot call 518-793-0511.

Thursday, December 6<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> 10-11 am Knee-high Naturalist

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Thursday, December 21<sup>st</sup> 6 pm Winter Solstice Bonfire

Join us in celebrating the winter solstice with a nighttime bonfire. A time to appreciate what is lost to the frost and remember what is promised by spring.

Bring cups, plates, and a fork because we will be making hot chocolate and tinfoil dinners over the fire. We will be talking about fire starting and fire safety. The cost is \$5 for adults and \$1 for kids (cash or check) at the office upon arrival. Please register 24 hours in advance at 518-793-0511.

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Saturday, December 23<sup>rd</sup> 10am-2pm Natural Ornament Craft

Join an educator in the Nature Center to make lovely handmade nature ornament. Cost is \$1 per child, \$5 per adult. This is a drop in event and we look forward to seeing you.

Monday, December 25<sup>th</sup> 11- 12:30 pm Christmas Day Walk

Looking for something different to do this Christmas day? Bundle up and Join an educator on an easy-going, family friendly walk next to Moreau Lake! We may hear and see birds (maybe even an eagle!), animal tracks, shells, feathers; there's no telling what Nature might gift us with. There is no fee for this walk. Please reserve your spot in advance by calling 518-793-0511.

Tuesday, December 26<sup>th</sup> 11 am Red Oak Ridge to Moreau Overlook Hike

This guided hike of about 2 miles will take us up the Red Oak Ridge to the Moreau Overlook, down to the Nature trail and back to the office. Wear warm, waterproof boots and bring microspikes- if you don't have them, they may be borrowed at the office. Cost is \$5, reserve your spot in advance by calling the office at 518-793-0511.

Wednesday, December 27th 10- 11:30 a.m. Eagle Watch

Join a park educator on a convoy-style journey along the Hudson River to try to spot our local Bald Eagles. We will be getting in and out of vehicles at a few locations and, with a little luck, viewing the eagles through binoculars and a scope so make sure to bring your hat and gloves! If you have binoculars bring them, we do have a couple of pair to pass around as well. Reservations are required at least 24 hours in advance. The cost is \$5 per adult (18+) and \$1 per child, payable by cash or check at the office upon your arrival. To reserve your spot call 518-793-0511.

Wednesday, December 27<sup>th</sup> 5-7 p.m. Full Moon Hike

Come see a different side of MLSP! Join an educator on a beginner-rated, family friendly hike around the lake. Weather willing, we'll see the full Cold moon rise above treetops. The cost is \$1 per child, \$5 per adult (cash or check), payable at the office upon arrival. Registration is required at least 24 hours in advance, please call 518-793-0511.

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Friday December 29<sup>th</sup> 11-3 Nature Collages

Stop by the Nature Center to join us in recycling old magazines to make nature collages; a fun way to create art out of things we may throw away. An engaging activity where we can talk about all the cool creatures that may come across the pages. The cost is \$5 for adults and \$1 for kids (cash or check) at the office upon arrival. You can register in advance at 518-793-0511.