

BURGESS-SHADBUSH NATURE CENTER

Wed - Sat: 10 AM - 6 PM Sun: Noon - 5 PM
Closed Mon-Tue

Jan. & Feb. 2024

586-323-2478

shelbytwp.org/nature - shadbush@shelbytwp.org
4101 River Bends Drive, Shelby Twp., MI 48317

NATURE TALES FOR PRE-SCHOOLERS

Jan. 4 & 18, Feb. 1 & 15 (Ages 3-5)

Little explorers will enjoy a one-hour nature program with a seasonal story, snack, and hands-on activity. Program is designed for children ages 3-5 accompanied by an adult. Registration is required.

\$2 resident child, \$3 nonresident child

| DATE | 10:30-11:30 AM | 1:30-2:30 PM |
|------|----------------|--------------|
| 1/4 | NTALES.15 | NTALES.16 |
| 1/18 | NTALES.17 | NTALES.18 |
| 2/1 | NTALES.19 | NTALES.20 |
| 2/15 | NTALES.21 | NTALES.22 |

GUIDED HIKES

Jan. 7 & Feb. 4 (All Ages)

Join us for a guided hike on our beautiful trails led by one of our knowledgeable naturalists. We will discuss seasonal changes, native flora and fauna, and ways to identify signs of animals. Dress appropriately for weather conditions. **Free**

| | | | |
|-----------|---------------|-----|-----|
| NCHIKE.24 | 12:30-1:30 PM | Sun | 1/7 |
| NCHIKE.25 | 12:30-1:30 PM | Sun | 2/4 |

HOME SCHOOL CLASSES

Jan. 10 & Feb. 14 (Ages 4-12)

Our home school curriculum is designed to immerse students in nature while teaching various topics in ecology and history. This 90 minute program is offered to children ages 4-12 years of age. Upon arrival, students will be split into age-appropriate groups so that program content is effective and engaging. An adult is required to attend and supervise their child(ren). A large portion of every class will be conducted outdoors, so please dress accordingly. Registration required. **\$3 resident child, \$5 nonresident child**

Animal Coverings

Fur, feathers, and scales... learn all about the different coverings that animals have that help them survive!

NCHOME.05 1:30-3 PM Wed 1/10

Finding Animals in Winter

Students will learn about animal adaptations that help them survive in the winter. Then we will hit the trail in search of wildlife. Weather permitting, we will wear snowshoes for our hike! (At least 3" of snow required)

NCHOME.06 1:30-3 PM Wed 2/14

MINDFULNESS FOR BETTER LIVING SERIES WITH MSU EXTENSION

Jan. 10 & Feb. 7 (Adults)

Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions. Mindfulness for Better Living includes a suite of one-time workshops to help people learn ways to use mindfulness to manage everyday stress. **Free**

Caring for the Caregiver

Approximately 53 million caregivers have provided unpaid care to an adult or child in the last 12 months. During this workshop we explore the many ways informal caregiving affects a caregivers mental and physical health. Learn the importance of self-care for caregivers. Practice some strategies for self-care and explore resources to learn more about self-care for caregivers.

MIND.05 10:30-11:30 AM Wed 1/10

Mindful Walking

Mindful Walking introduces the benefits of slowing down with moment-to-moment awareness, walking to connect body and mind, and explores ways to ride out waves of strong emotions through thought surfing. Stress Less with Mindfulness is a program authored by West Virginia Extension.

MIND.06 10:30-11:30 AM Wed 2/7

SATURDAY STORYTIME ADVENTURE

Jan. 13 & Feb. 17 (Ages 3-5)

Start your pre-schoolers weekend with an outdoor adventure. We will begin with a nature-themed story, followed an animal meet-and-greet. Then we will head outside for a hands-on nature discovery activity (weather permitting—in the event of rain, an indoor activity will occur). Program is designed for children ages 3-5 accompanied by an adult. Registration required. **\$2 resident child, \$3 nonresident child**

SATSTORY.8 11 AM-Noon Sat 1/13
SATSTORY.9 11 AM-Noon Sat 2/17

REGISTER AT

REGISTER.SHELBYTWP.ORG



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FAMILY FUN DAY: WINTER SURVIVAL

Jan. 14 (Ages 5+)

During this unique family day out, you will learn basic outdoor skills necessary to survive a snowy night in the woods. We will go over best practices for being prepared on the trail, how to build a fire and shelter, and how to make a nutritious tea from pine needles. We will finish by roasting hot dogs over a campfire. Recommended for children 5 and older. Registration required. Program starts promptly at 1 p.m.

\$3 resident, \$5 nonresident

WINTSU.01 1-4 PM Sun 1/14

FROGWATCH USA -VOLUNTEER CONSERVATION PROGRAM

Jan. 18 & 20 (All Ages)

The Burgess-Shadbush Nature Center invites you to become volunteer citizen scientists and join the Shelby Township chapter of FrogWatch USA. The program teaches volunteers how to identify frogs and toads by their breeding calls, and help to gather data that supports a national network. This is a great program for adults and children alike, and a great springtime activity for families, friends, individuals and groups to get outdoors. **Free**

You do not have to be a frog or toad expert to be a FrogWatch USA volunteer! All you need is:

- An interest in frogs and toads
- Attend one training session and join the local FrogWatch USA chapter
- A commitment to follow the standardized protocol to monitor a wetland site over multiple evenings throughout the breeding season (Feb.-Aug.)

FROG.01 6-7:30 PM Thu 1/18
FROG.02 6-7:30 PM Sat 1/20

OWL PROWL

Jan. 26 & 27 (Adults & All Ages)

Enjoy a winter hike as our naturalists call wild owls. WHOOOO will call back? We will start the evening with cookies and hot chocolate as we learn about this fascinating bird of prey, followed by our hike. We will finish the night by dissecting owl pellets (All Ages event). Programs starts promptly at 6:30 p.m. Registration required. **\$3 per resident, \$5 per nonresident**

Adults - OWLP.01 6:30-8:30 PM Fri 1/26
All Ages - OWLP.02 6:30-8:30 PM Sat 1/27

WINTER LUMINARIES

Feb. 10 (All Ages)

Step out into the winter night for a lantern-lit hike, hot chocolate, and stargazing. The Oakland Astronomy Club will provide a brief orientation to the treasures of the winter skies and, weather permitting, will share their telescopes with you to see them for yourself. In the event of cloudy skies, the Oakland Astronomy Club will provide an extended educational presentation. Fun for all ages. Register to be notified of event updates. **Free**

WINTERLUM.1 7-9 PM Sat 2/10

SCIENCE OLYMPIAD - WILDLIFE SAFARI: REPTILES AND AMPHIBIANS

Feb. 25 & Mar. 3 (Ages 4-12)

Need help getting your child ready for Science Olympiad? During this 3-hour workshop, students will learn the basics of reptile and amphibian identification using tools such as the Reptiles & Amphibians of Minnesota, Wisconsin and Michigan Field Guide, live animals, audio clips, and animal artifacts. After this workshop, students will be familiar with how to utilize a field guide, basic information about reptiles and amphibians, and identifying frog calls. There will be a mock event at the end for students to practice rotating between stations. Registration required; walk-ins allowed if space available. Ages 5-12. An adult is required to attend and supervise their child(ren). **Free - Sponsored by Macomb Science Olympiad.**

WSSO.01 2-5 PM Sun 2/25
WSSO.02 2-5 PM Sun 3/3

BIRTHDAYS AT THE NATURE CENTER

You can hold your child's next birthday party at the Burgess-Shadbush Nature Center. There are two party themes to choose from for your little adventurer that includes 1.5-2 hours of guided, hands-on fun (see below). Your reservation will include the use of our multi-purpose room for four hours (including set-up and tear-down time). The room holds about 40 adults and children.

Hosts are responsible for decorations, food, table covers, cake and party favors. Parties are available select days, typically Saturday or Sunday afternoons when nature center events don't conflict. The fee is \$120 for Shelby Township and Utica residents and \$145 for non-residents. The reservation is confirmed when payment is made. You can register in person at the nature center with cash, credit or check.

Visit us online at shelbytwp.org/nature to learn more!