# **TULPEHAKING NATURE CENTER**

# Family Sundays at the Nature Center

Every Second, Third and Fourth Sunday in June, July and August

2 - 2:45 pm

Tulpehaking Nature Center Free, Families with children. Registration not required. In English and Spanish.



Second Sundays
June 11, July 9, August 13

It's lunchtime for our educational animals! See what it takes to keep them healthy, clean and fed. We might even enlist some willing hands to help.

#### **Bug Catching**

Third Sundays
June 18, July 16, August 20

Explore the bug world of the Abbott Marshlands. With sweep nets, bug boxes and other tools of the trade, we'll take a close look at these amazing animals before releasing them back to nature.

#### **Nature Games**

Fourth Sundays
June 25, July 23, August 27

Play fun and active group games while learning about the plants and wildlife of the marsh.

Parents and kids invited!

### **Birthday Parties!**



Celebrate your child's special day at the Tulpehaking Nature Center with hands-on activities and guided nature exploration led by one of our staff naturalists. You bring the cake and decorations, and we'll do the program!

**TULPEHAKING** 

Wednesday - Saturday: 10 am - 4 pm

157 Westcott Avenue Hamilton, NJ 08610

(609) 888-3218

**Regular Hours:** 

Sunday: 1-4 pm

nature center

#### **Birthday Package includes:**

- 20 guests, including adults and children
- 3 hours in your private Party Room, including one hour guided program.
- Your choice of theme: Backyard Bird Bash, Wild About Animals

For more information, email the Reservations Office at natureprograms@mercercounty.org or call 609-888-3218, ext. 205.

# **SUMMER FIELD TRIPS**



Observation skills and imagination will be put to the test through games and trail activities as you experience and build confidence in the great outdoors. A great trail experience for camp groups, afterschool's, homeschool groups and families. 90-minute sessions.

#### **AGES: 7-9 YEARS**

- Birding in your Back Yard
- Incredible Insects
- Turtle Day

#### **AGES: 10–12 YEARS**

- Adventures in Hiking
- Stream Shenanigans
- Orienteering

Email the Reservations Office at <u>natureprograms@</u> mercercounty.org or call 609-888-3218, ext. 205.

#### **Registration Information**

Registration & payment for all Mercer County Park Commission public programs are taken online at <a href="mailto:CommunityPass.net">CommunityPass.net</a>. For assistance with registration, please contact <a href="mailto:natureprograms@mercercounty.org">natureprograms@mercercounty.org</a> or call (609) 888-3218, option 2.

#### **Park Commission Nature Programs**

The Park Commission offers opportunities for adults, children, and families to connect with nature. Programs vary from brisk trail hikes and citizen science initiatives to family-oriented pond explorations and children's summer camps. Program participants have the opportunity to spend time as a family, meet other outdoor enthusiasts, and have an up-close encounter with nature. Experienced naturalists guide educational programs in some of Mercer County's most pristine natural areas, and take an explorative approach to learning about the natural world.

#### **Environmental Education Staff**

Kelly Rypkema, Director of Environmental Education

krypkema@mercercounty.org

Alexandria Kosowski, Park Naturalist

akosowski@mercercounty.org

**Bryana Tiggett, Park Naturalist** 

btiggett@mercercounty.org

**Gretchen Buxton, Program Coordinator** 

gbuxton@mercercounty.org







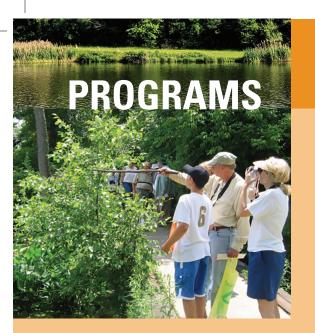






www.mercercounty.org/parks

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#### **Watson Woods Walkers Every Wednesday Morning,**

10-11:30 am

**ROEBLING PARK @ WATSON HOUSE** PARKING LOT

Free, All ages

Enjoy an easy mile-long walk with our group as we observe the seasons change while exploring the beautiful trails of Roebling Park each week.

No registration required.

#### **Free Fishing Day**

Saturday, June 3 9-10:30 am & 10:30 am-noon

DAM SITE 21. PARKING LOT NEAR 500 HUGHES DRIVE, HAMILTON NJ 08690 Free, Ages 8 +

Adults and kids alike can fish for free on this special day—no state fishing license required. Designed for beginners, we'll provide the instruction and the equipment.



#### Registration required for all programs unless otherwise noted. For Mercer County Park Commission programs, register via Community Pass.

#### **Detective Tully's Self-Guided Mystery Tours**

Thursday, June 8 - Saturday, June 10 dawn to dusk

BALDPATE MOUNTAIN, FIDDLERS CREEK RD PARKING LOT.

Free, All ages

Calling young Detectives: Tully the Turtle needs your help! Your mission, should you choose to accept it, is to go on a self-guided walk with your family on our Mystery Trail to find the missing "treasure." Part of Hopewell Valley Come Out & Play.

No registration required.





#### **Kayak Nature Tours**

Friday, June 9, June 23 Friday, July 7, July 21

9 am-noon

MERCER COUNTY PARK MARINA County: \$30/person

Out-of-county: \$35/person, Age 16 +

Enjoy a morning of paddling & exploration, during a naturalist-led kayak tour. Encounter basking turtles, feeding songbirds and even carnivorous plants. Life vest, binoculars, and kayak rental fee included. Basic kayak instruction provided.



#### Juneteenth at **Capital City Farm**

Saturday, June 6 10 am-3 pm

CAPITAL CITY FARM, 301 NORTH CLINTON AVE... TRENTON, NJ

Free, All ages

Celebrate the Juneteenth holiday while enjoying live music, hands-on activities, free books, free food, and free fresh produce! Learn about past and contemporary New Jersey African Americans in farming, agriculture, science, beekeeping, and more

No registration required.

#### **Standing Yoga and Nature Walk**

Saturday, June 10 Saturday, August 12

9-11 am

**TULPEHAKING NATURE CENTER** Free, Adults & Teens

Join us for some fresh air and exercise during this outdoor yoga mini-class and nature walk led by Cathy Frank. We begin with 30 minutes of yoga, standing poses only (no mat needed). The yoga is suitable for any level of experience. The nature walk will be at a steady and comfortable pace. We will meet at the Pavilion outside the Nature Center. Cathy Frank has been a certified yoga teacher for over 15 years and a nature lover for far longer.

Register at https://abbottmarshlands.org/event/



#### **Pontoon Boat Nature Tours**

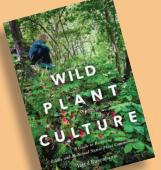
Wednesday, June 14, June 21 Wednesday, July 5, July 19 Wednesday, August 16, August 23 8:30 am & 10:30 am

MERCER COUNTY PARK MARINA County: \$10/adult, \$8/Senior

Out-of-county: \$12/adult, \$10/senior

Guided by our Naturalist, view Lake Mercer's great blue herons, painted turtles, and rose mallow in bloom from the seat of our pontoon boat. Boat seats 15 people.





#### **Wild Plant Culture: Restoring Native Edible and Medicinal Plant Communities**

Saturday, June 24

10-11 am

**TULPEHAKING NATURE CENTER** \$10 suggested donation, Adults

Field botanist, native plant grower, and restoration practitioner Jared Rosenbaum will talk about honoring native ecosystems and lifeways as we restore habitats that support humans, other animals, and native plants alike.

Register at https://abbottmarshlands.org/event/

#### **Gentle Yoga and Marsh Meditation**

Tuesday. June 27 Tuesday, July 25 Tuesday, August 22 6-7:15 pm

**TULPEHAKING NATURE CENTER** \$6, Ages 12 and up

Join us for a gentle, accessible yoga class that ends in a guided meditation practice to bring about a more healthy, relaxed state of body and mind. Please bring a non-slip yoga mat. Also, bring a blanket or cushion to sit on and any props you like to use. Any level welcome.

Register at https://abbottmarshlands.org/event/

#### First Saturday Wellness Walk -**Spring Lake Loop**

Saturday, July 1 10-11:30 am

**ROEBLING PARK @ WATSON HOUSE PARKING LOT** 

Free, All ages

Join us on the First Saturday of each month to experience the health and wellness benefits of a walk in the outdoors. July's walk will be lead by Eugene Fuzy and will focus on the wonderful insects found in the Summer Marshlands.

Register at https://abbottmarshlands.org/event/

## **Insect Discovery** Saturday, July 15

8-10 pm

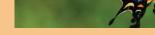
**SPRING LAKE @ ROEBLING PARK** Free, All ages

Join Entomologist Eugene Fuzy for a night of Insect Discovery within the Abbott Marshlands! Eugene will set up a light trap with a standing sheet and talk about the different insects that come to visit. The experience involves very little movement as we wait for the insects to arrive with the dark. Bring folding chairs and a flashlight. Long pants and long sleeve shirts are recommended.

Register at https://abbottmarshlands.org/event/

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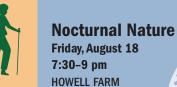
**Butterfly Bonanza** 

Saturday, July 22 2-3:30 pm

CAPITAL CITY FARM, 301 NORTH CLINTON AVE... TRENTON, NJ

Free, All ages

As summer warms and days lengthen, butterflies mix and mingle over the farm fields. Examine butterflies up close and find out how these colorful, delicate insects benefit the farm with a family-friendly scavenger hunt.



Free, All ages



but that doesn't mean the farm is asleep! Tune up your night vision and join our naturalists and farmers for a walk through the barns, fields and lanes where the animals with nocturnal schedules just starting their day!







natureprograms@mercercounty.org



www.mercercounty.org/parks