

Adult Learning Summer Series

JULY & AUGUST 2024

All programs are free of charge. Parking fee applies. Space is limited, please pre-register by calling Minnewaska at 845-255-0752 or Sam's Point at 845-647-7989, where noted.

For a full description of the following events, please call or see the **Upcoming Events** at:

parcs.ny.gov/parks/127
parcs.ny.gov/parks/193

Minnewaska
Sam's Point



Nature, the Storyteller

Monday, July 1, 9:30 AM – 12:30 PM
Meet: Lake Minnewaska Visitor Center
Join Josh Grosse, Student Conservation Association/AmeriCorps Environmental Educator, for a discussion about the long association between nature and the oral and written traditions in human cultures. From the Lenape and Zulu creation stories to the biblical Garden of Eden, the natural world around us has been deeply intertwined in our belief systems. Our outing will include a four-mile, round trip walk to the tranquil Echo Rock, where we will listen to some of these stories and explore their significance. On our return trip, we will look at the natural landscape of Minnewaska, discussing things like talus and trees, and aligning their existence with notable historical events to build perspective on our relationship with the world around us. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Ice Caves Geology Walk & Talk

Friday, July 5, 9:30 AM – 12:30 PM
Meet: Sam's Point Visitor Center
Join Becca Howe-Parisio, Geologist and Sam's Point Educator, for a walk through the Ice Caves, where the air temperatures remain cool and comfortable all summer. If you've ever been curious about how this natural landmark formed, this program is for you! While on this three-mile walk, Becca will offer a lesson on the unique geology of the entire Sam's Point area, such as glacial evidence and extinct faults. Good mobility is required for this hike. **Pre-registration is required, call Sam's Point at 845-647-7989.**

Tree Identification Hike

Monday, July 8, 9:30 AM – 12:30 PM
Meet: Lake Minnewaska Visitor Center
Join Laura Conner, Environmental Educator, for a casual hike along the Beacon Hill hiking loop to learn some of our more common trees. This approximately three-mile route features easy walking carriage roads as well as a cliff-edge footpath with lovely views of the Wallkill Valley and Catskill Mountains. The footpath does include some modest hills and potentially tricky footing that may be challenging for people who are not familiar with hiking or who have some physical limitations. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Birding Talk & Walk – Songbirds

Thursday, July 11, 9:30 AM – 12:30 PM
Meet: Lake Minnewaska Visitor Center
Join Nick Martin, Park Educator, for a talk and walk that will focus on the songbirds of summer at Minnewaska. We'll start off with a presentation and discussion about all these interesting songbirds. After, we will go for a slow-paced, bird walk of up to two miles on the carriage roads near Lake Minnewaska. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Mindfulness Woods Walk with Jane Dobson of Mind the Forest

Friday, July 12, 9:30 AM – 11:30 AM
Meet: provided upon registration
Begin your day with peace of mind when you join Jane Dobson with Mind the Forest guides for a meditative walk in the beautiful forest at Minnewaska. Join any one or all of the classes in this series as we use mindful nature connection to explore themes of embodiment, species loneliness and relationship, reciprocity and gratitude, and our relationship with time. Inspired by the Japanese practice of Forest Bathing, this guided experience is more of a saunter than a hike or exercise. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Learn about the Lichens of the Shawangunks with John Franklin

Wednesday, July 24, 9:30 AM – 12:30 PM
Meet: Lake Minnewaska Visitor Center
Join Department of Environmental Conservation Steward, John Franklin, for a walk and talk on lichens, the colorful organisms seen growing on trees and rocks throughout the Park Preserve. These amazing and abundant organisms consist of a fungus and an alga or cyanobacteria living together in a symbiotic relationship. Lichens were the pioneer species of life to establish on this rocky, barren landscape after the glaciers receded thousands of years ago. This program will include up to two miles of walking on carriage roads, stopping to discuss lichens along the way. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Mindfulness Woods Walk with Jane Dobson of Mind the Forest

Friday, July 26, 9:30 AM – 11:30 AM
Meet: provided upon registration
Begin your day with peace of mind when you join Jane Dobson with Mind the Forest guides for a meditative walk in the beautiful forest at Minnewaska. Join any one or all of

the classes in this series as we use mindful nature connection to explore themes of embodiment, species loneliness and relationship, reciprocity and gratitude, and our relationship with time. Inspired by the Japanese practice of Forest Bathing, this guided experience is more of a saunter than a hike or exercise. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Field Guide Creation

Monday, July 29, 9:30 AM – 1:00 PM
Meet: Lower Parking Area
On this three-mile outing, we will be focusing on how to create entries in a field guide, which can be used to help identify plants and animals at Minnewaska. Josh Grosse, Student Conservation Association/AmeriCorps Environmental Educator, will help walk you through the steps of making entries in your own field guide, from taking measurements of the subject to making a drawing. Blank guides, measurement tools, and drawing materials will be provided by the Park Preserve before we embark on the hike. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Snakes of Sam's Point

Wednesday, July 31, 9:30 AM – 12:30 PM
Meet: Sam's Point Visitor Center
Come learn about the wonderful world of snakes with Colleen Stevens, Student Conservation Association/AmeriCorps Environmental Education Intern. The program will start off with a discussion of typical snake habitat, venomous species and much more. After the presentation, we will hike out on the Indian Rock Footpath with high hopes of experiencing snakes in their natural habitat! This five-mile hike is mildly challenging and individuals may attend just the presentation if they are uncomfortable with the hiking portion of the program. **Pre-registration is required, call Sam's Point at 845-647-7989.**

