



MAY 2008 PROGRAMS

All Programs are free and open to the public. An adult must accompany children. For more information call (978) 464-2987.

Thursdays

WOMEN'S FITNESS HIKING 6:00-7:30

Ladies- Are you looking to spice up your workout routine? Why not take your workout outdoors? Join the park interpreter for guided hikes that explore different trails each week as you take advantage of the fresh air, natural surroundings, and the occasional wildlife sightings while getting a great workout. Wear hiking boots or sturdy, comfortable footwear, weather appropriate clothing, and bring water and insect repellent. All abilities are welcome to join us and we look forward to seeing you! No registration required- this program is FREE; **meet at Visitor's Center**

Fridays

Starting May 16

KIDLEIDOSCOPE KIDS, 10:00-11:00 am

Join the interpreter for a kid-friendly, hands-on environmental experience for very young children presented in a fun age-appropriate manner. Each topic includes stories, interactive games and activities to help you and your child understand the world around us. Programming recommended for children ages 3-6 with a parent or guardian; **at the Visitor Center**. This month's theme is: **Habitats!**

Sundays

Beginning May 11

ONCE UPON WACHUSETT, 1:00-3:00 pm

This mountain may be the highest peak east of the Connecticut River and have great hiking trails, but that's not all! From old-growth forest and glacial erratics to Native Americans and early settlers, we will explore a variety of topics that all have one thing in common- Wachusett Mountain! Wear sturdy footwear; bring water and insect repellent. **Meet at the Visitor Center!**

Saturday

May 17

AQUATIC BUGS & KIN, 1:00-3:00pm

Spring is here and our ponds and streams are just teeming with little critters! Bring the kids and have fun catching (and releasing) all sorts of wiggly things as we discover just what kinds of creatures are living in the water. Wear boots, weather appropriate clothing that can get wet/dirty, and bring water. **Insect repellent is recommended; however, please wash hands thoroughly before coming in contact with the water to avoid contamination.** For all ages.

CONTINUED ON OTHER SIDE....

coming events



Wachusett Mountain State Reservation

Department of Conservation and Recreation

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Sunday
May 18

Vernal Pools, 1:00-4:00 pm

What is a vernal pool? What kinds of things live in them? And why are they important? To answer these questions, take advantage of this family-friendly opportunity to get outside and explore the ecology of vernal pools (with nets!) and discover why the pools on Wachusett Mountain are unique. Please wear comfortable footwear and weather appropriate clothing that can get wet and/or dirty and bring water. **Insect repellent is recommended; however, please wash hands thoroughly before coming in contact with these sensitive pools.** Meet at the Visitor's Center

Saturdays
Beginning May 24

Going Green, 10:00-11:30 am

In this age of environmental awareness, many people are making more earth-conscious choices. Join the park interpreter **at the Visitor's Center** and discover what you and your family can do to minimize your impact on the environment and explore green-living through a series of programs designed to introduce alternatives to daily living in order to become more earth-friendly.

5/24- "Trash to Treasure: Basic Composting"

5/31- "Grow Organic"

Wachusett Mountain State Reservation Visitors Center is located at 345 Mountain Rd, Princeton, MA 01545
Tel. (978) 464-2987

coming events