

MIND, BODY, SOUL – COME ALIVE!

The Friends of the Robert Moses Nature Center, Inc. events:



June

1	"Nurture Your Journaling with Nature"	1pm – 2pm	Linda Potter
2	Trail Walking Club	3pm – 4pm	Debra Donatto
2	Meditation Circle	4pm - 5pm	Debra Donatto
8	Outdoor Yoga	11am – 12pm	Dolly Kirwan
8	Making Clay Animals	1pm – 4pm	Sara Lynch
15	Alexander Technique	10am -12pm	Beth Robinson
15	Japanese Swordsmanship Workshop	1pm – 3pm	Juan Adams
21	Campfire Cooking & Nature Vendors	6:30 – 8pm	Linda Besio/Debra Donatto
21	Summer Solstice Drumming Event	7:30 – 10pm	Mark Light & Let's Drum
29	Basket Weaving	9am – 12pm	Donna Jadlos
29	Outdoor Yoga for Kids	12pm – 1pm	Debra Donatto
29	Summer Digital Photography	1pm – 3pm	Charlene Dumas

July

5	Geocaching – GPS Scavenger Hunt	3pm – 5pm	Linda Besio
5	Campfire Cooking – “New Smores”	6:30 – 8pm	Linda Besio
5	Humane Society Craft & Donation Event	7pm – 8pm	Debra Donatto
6	Trail Walking Club	9am – 10am	Debra Donatto
6	Summer Doggie Fashion Show	12pm - 2pm	Debra Donatto
6	Making Sun-visors for Kids	3pm – 5pm	Linda Besio
6	Outdoor Meditation Circle	4pm – 5pm	Judy VanKennen
7	Guided Bird Walk	9am – 10am	Linda Besio
7	Outdoor Yoga for Kids	10am – 11am	Debra Donatto
13	“Bird Nest” Braiding	1pm – 3pm	Helen Condon
15	Making Sundials	6:30 – 8:30pm	Bruce McClure
20	Outdoor Yoga	10am – 11am	Dolly Kirwan
20	Intro to Reiki	11:30 – 1:30pm	Susan McDermott
20	Clay Fairy Houses	1pm – 4pm	Sara Lynch
27	Basket Weaving	10am – 1pm	Donna Jadlos
27	Campfire Cooking	6:30 – 8pm	Linda Besio
27	Hand Drumming Workshop	7:30 – 9pm	Mark Light
28	“Bird Nest” Braiding	1pm – 3pm	Helen Condon

August

3	Trail Walking Club	9am – 10am	Debra Donatto
3	Watercolor Painting “Leaf”	1pm – 3pm	Judith Utter
10	Outdoor Yoga for Kids	10am – 11am	Debra Donatto
10	Meditation Circle	12pm – 1pm	TBA
17	Intro to Reiki	12pm – 2pm	Susan McDermott
17	Basket Weaving	1pm – 4pm	Donna Jadlos
24	Basket Weaving	1pm – 4pm	Donna Jadlos
31	Campfire Cooking	6:30 – 8pm	Linda Besio
31	Star Walk	7:30 – 9:30pm	Bruce McClure

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MassenaNatureCenter.org

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The Mind,
Body, Soul –
Come Alive!
Grant is
funded by the
Alcoa
Foundation,
providing free
opportunities
to get
outdoors in
nature and
learn
something