

## **MAY 2026!**

Every Friday Wiggly Wanderers 9:30am

Every Friday, year-round we will meet at the Nature Center for Wiggly Wanderers. Wiggly Wanderers is a casual and fun program that is offered to walking toddlers, carriable babies and their caregivers. This is a beginner's hike/wander series with not too much distance for toddlers who are ready to move and caregivers who are willing and able to baby wear and/or carry their toddler if their legs get too tired. Strollers will not work for these programs. We meet at the nature center parking lot. This program is free and does not require registration.

Friday, May 1<sup>st</sup> World Labyrinth Day 1:00pm

Wellness program! Come celebrate World Labyrinth Day one day in advance so that you can join in on an international event dedicated to using labyrinths as a "moving meditation" for world peace and personal reflection. World Labyrinth Day is celebrated on May 2<sup>nd</sup> with worldwide "Walks as One at 1:00pm", but we can show you on Friday what that might look like! Ages 13+ please register in advance by calling 518-793-0511.

Saturday, May 2<sup>nd</sup> I Love My Park Day 10:00-3:00pm

Parks & Trails New York and the Friends of Moreau Lake presents I Love My Park Day once again! Registration will begin at 10:00am. Please be prepared with comfortable clothing, snacks, and water. Tools will be provided, but people are more than welcome to bring their own hand tools and gloves. Registration is online and begins early April on the Parks & Trails website: <https://www.ptny.org/events/i-love-my-park-day/>

Sunday, May 3<sup>rd</sup> Dawn Chorus Bird Walk 8:00am

Wellness Program! Come join a casual early birding walk on the Nature Trail near the lake. This will be a short start-and-stop hike for about an hour. We have a limited number of binoculars to borrow. This program is for all ages, please register in advance by calling 518-793-0511.

Monday, May 4<sup>th</sup> Big Bend Birding 8:15am

Bring your binoculars if you have them and we will check out what birds are around this time of year at Big Bend. This will be a short start-and-stop hike for about an hour and a half. Big Bend is a great place to bird from beginners to experts. This is free and geared toward ages 13+. We will meet at the park office and caravan to Big Bend. Please register in advance by calling the office at 518-793-0511.

Thursday, May 7 – Homeschool: Fish Friends 11:00 AM

Join an educator for Moreau Lake State Park's Science Series, designed for homeschool families. Students in grades 1 to 4 (typically ages 6 to 9) will explore local fish species and discover the unique adaptations that help them survive underwater, such as gills, fins, and camouflage. Participants will learn how fish interact with their environment and why they are important to a healthy aquatic ecosystem. This is a free program. Please register in advance by calling (518) 793-0511. Limit 25 per time slot.

Thursday, May 7<sup>th</sup> Homeschool: All About Fish 2:00pm

Join an educator for Moreau Lake State Park's Science Series, designed for homeschool families. Students in grades 5-8<sup>th</sup> (typically ages 10 -13) will explore local fish species and discover the unique adaptations that help them survive underwater, such as gills, fins, and camouflage. Participants will learn how fish interact with their environment and why they are important to a

healthy aquatic ecosystem. This is a free program. Please register in advance by calling (518) 793-0511. Limit 25 per time slot.

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Saturday May 9- Knitting Circle at the Park drop-in 11:00 AM – 2:00 PM

Bring your current project and enjoy a peaceful, social knitting circle in the Nature Center. This informal gathering is open to all skill levels and is a great opportunity to relax, share techniques, and connect with fellow knitters and fiber artists. As the weather warms, we may move outside to the beach to knit or crochet in the fresh air. Participants should bring their own knitting supplies and projects, limited supplies available. This is a free program. No registration required.

Sunday, May 10<sup>th</sup> Needle Felting Garden Scenes 11:00-2:00pm

Wellness Program! Join us at the nature center where we will create a flower garden in landscape format using wool roving and needle felting! Materials provided, ages 10+. Please call 518-793-0511 to register, limited to 10 people.

May 12th: Poetry in the Park 2:00pm

We will be reading and discussing poetry inspired by observations of the natural world, written by poets of varying backgrounds. We'll explore our own relationships with poetry and literature, and how those can be informed by and grow with connection to nature. Bring your creative spirit, because we'll be doing some writing of our own! This is a free program. Please register in advance by calling (518) 793-0511.

Wednesday, May 13<sup>th</sup> Retirement Walk for Wise Wanderers 9:30am

Wellness Program! Maybe you just retired, or have you been for years? This hike is meant to be a nice walk with other retirees who are interested in getting out of the house and stretching their legs. This walk will be about 2 miles on uneven surfaces, snow and ice. Trekking poles and micro-spikes are suggested; we have some spikes we can lend out. Please watch the weather and dress appropriately. The educator leading this hike is not retired, however she looks forward to it someday! Please register in advance by calling 518-793-0511.

Thursday, May 14 – Homeschool: Presentation Workshop 11:00 AM

Join an educator for Moreau Lake State Park's Science Series, designed for homeschool families. Students in grades 1 to 4 (typically ages 6 to 9) will work on creating their own short presentations based on what they've learned throughout the series. Participants will choose a topic such as fish, habitats, or pond life and receive guidance on organizing ideas, practicing speaking skills, and building confidence while sharing knowledge about the natural world. This is a free program. Please register in advance by calling (518) 793-0511. Limit 25 per time slot.

Thursday, May 14<sup>th</sup> Night in the Observatory 8:30pm-9:30pm

Come to the beach to take a view of the dark sky with our telescope, where we have our volunteer astronomer teach us about the stars! If you have a telescope at home that you need help troubleshooting, the astronomer is welcoming people to bring there's if they have any questions. Dress warm, we will try to have some fire rings near the telescope! This program is free and for all ages. Please register in advance by calling 518-793-0511.

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Saturday, May 16 – Birds for All: Birding for Invisible Illness Awareness 10:00 AM

Join an educator for a welcoming and accessible birding program at Moreau Lake State Park in recognition of International Awareness Day for Chronic Immunological and Neurological Diseases. This program is open to all ages and abilities, with a focus on creating an inclusive outdoor experience for individuals living with chronic and invisible illnesses.

This program will take place along the beach area near the Nature Center, with a paved path leading to park benches for bird observation, as well as access to a pavilion if we choose to move locations. Designed to be relaxed and flexible, this experience encourages participants to enjoy the outdoors in a way that feels comfortable for them. This is a free program. Please register in advance by calling (518) 793-0511. Limit 25 participants.

Sunday, May 17<sup>th</sup> Monthly Hiking Series: Cottage Park Loop 9:30am

Wellness program! Join the monthly hiking series where we will explore the wide variety of trails at Moreau Lake State Park throughout the year! This month we are doing a hard hike on Cottage Park Trail and Western Ridge. This hike is approximately 5.3 miles with an elevation gain/loss of about 900 ft that could take anywhere from 3-4 hours. Please wear the appropriate attire for the weather with water-resistant hiking shoes and trekking poles if you need them. Bring a lunch, snacks and plenty of water. We will meet at the park office and caravan to the trailhead. This is a free hike and for ages 13+. Please register in advance by calling the office at 518-793-0511.

Sunday, May 17<sup>th</sup> Zen Tangle Drop-in 10:00-2:00pm

Join us at the nature center for a Zen tangle drop-in. Relax and let natural patterns guide your design process. For all ages, registration is not required.

Monday, May 18<sup>th</sup> Big Bend Birding 8:15pm

Bring your binoculars if you have them and we will check out what birds are around this time of year at Big Bend. This will be a short start-and-stop hike for about an hour and a half. Big Bend is a great place to bird from beginners to experts. This is free and geared toward ages 13+. We will meet at the park office and caravan to Big Bend. Please register in advance by calling the office at 518-793-0511.

Wednesday, May 20<sup>th</sup> Invasive Plant Species Clean-up 9:30am-12:00pm

Come join park educators to learn about the impacts of invasive plant species and how you can volunteer to help remove them! Please be prepared with comfortable work clothes and sturdy shoes. We can supply hand tools, work

gloves, bug spray, and sunscreen, but you are more than welcome to bring your own. We are so grateful for any help making a dent in the invasive species at Moreau Lake, please join us! The program is for beginners through experts in field work and plant identification and is for ages 13+. Please call 518-793-0511 to register.

Thursday, May 21 – Homeschool: Celebration, Optional Presentations & Certificates 11:00 AM

Join an educator for Moreau Lake State Park's Science Series, designed for homeschool families. Students in grades 1 to 4 (typically ages 6 to 9) will celebrate all they've learned with a fun, interactive trivia game. Participants will also have the option to share their presentations with the group in a supportive environment. All students will receive certificates to recognize their hard work, creativity, and curiosity throughout the series. This is a free program. Please register in advance by calling (518) 793-0511. Limit 25 per time slot.

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May 22nd: O-Possum! My Possum! 1:00-2:00 PM

What do opossums and poets have in common? They're both just so misunderstood! Join an educator to learn about the awesome Virginia opossum, try your hand at blackout poetry, and inspect sources of bias in science. Best for ages 8 and up, but all are welcome. This is a free program. No registration required.

#### Saturday, May 23rd Family Porcupine Hike

This hike is short and a bit steep but fun for all ages. Strollers are not an option but lots of children have completed this hike and baby wearing is a great option. We will hike up to a small rocky cave area where we will pop off trail to see if we can find quills, tracks or even a napping porcupine! This hike is free, please call 518-793-0511 to register.

#### Sunday, May 24<sup>th</sup> Invasive Plant Basket Making 11:00am

We will be making baskets from invasive plants like bittersweet, phragmites, and knotweed and learning about how invasive plants can be detrimental to our environment. We can turn these tenacious plants into useful materials! Ages 13+, please register in advance by calling 518-793-0511, limited to 10 people.

#### Monday, May 25<sup>th</sup> Lake Ann Loop Hike 9:00am

Wellness Program! Join an educator on a loop hike from Lake Bonita to Waterfall Trail to Western Ridge Trail to Lake Ann Trail and back to the Lake Bonita Trailhead. This hike is a moderate-hard hike of 5 miles and can take from 2.5-3 hours and for ages 13+. Please register in advance by calling 518-793-0511.

#### May 26th: Poetry in the Park! 10:00-11:00 AM

Wellness Program! We will be reading and discussing poetry inspired by observations of the natural world, written by poets of varying backgrounds. We'll explore our own relationships with poetry and literature, and how those can be informed by and grow with connection to nature. Bring your creative spirit, because we'll be doing some writing of our own! This is a free program. Please register in advance by calling (518) 793-0511.

Wednesday, May 27<sup>th</sup> Retirement Walk for Wise Wanderers 9:30am

Wellness Program! Maybe you just retired, or have you been for years? This hike is meant to be a nice walk with other retirees who are interested in getting out of the house and stretching their legs. This walk will be about 2 miles on uneven surfaces, snow and ice. Trekking poles and micro-spikes are suggested; we have some spikes we can lend out. Please watch the weather and dress appropriately. The educator leading this hike is not retired, however she looks forward to it someday! Please register in advance by calling 518-793-0511.

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Saturday May 30- Knitting Circle at the Park drop-in 11:00 AM – 2:00 PM

Wellness Program! Bring your current project and enjoy a peaceful, social

knitting circle in the Nature Center. This informal gathering is open to all skill levels and is a great opportunity to relax, share techniques, and connect with fellow knitters and fiber artists. As the weather warms, we may move outside to the beach to knit or crochet in the fresh air. Participants should bring their own knitting supplies and projects, limited supplies available. This is a free program. No registration required.

Sunday, May 31 Nature Center Closed

Our educators are tabling at Wilton Wildlife Festival from 11-3pm, please come visit us at this free event at Wilton Wildlife in Gansevoort!