

PROGRAMS

BIRDS AND BIRDING BASICS

Birds can be found in almost every habitat. Over 47 million Americans enjoy bird watching and birding each year, and it's a great way to connect with nature in your own backyard. This program gives participants a closer look at our colorful feathered friends and investigates their irresistible allure. Engaging activities introduce participants to bird topography, bird classification, bird ID skills, and bird behavior.

OWLS OF NJ



New Jersey has eight species of owls that overwinter in the state. From the petite Saw-whet to the mighty Great Horned, owls are primarily nocturnal with excellent eyesight and hearing. This engaging program features an assortment of hands-on materials and bird

mounts, and includes activities where participants will learn about owl characteristics, owl habitat, and owl calls.

LET'S TALK ABOUT TREES

Quite possibly the largest living things on earth, trees are a mystery to most of us. Through a PPT presentation and interactive activities, participants will learn about tree physiology, photosynthesis, learn to ID several leaf types, and examine hands-on materials.



NATURE THROUGH THE SEASONS

Geographically, New Jersey is one of the smaller states, but don't confuse size with diversity. Within its borders, if you know when and where to look, you can find a variety of species-rich, natural habitats with great eye-appeal. A naturalist will guide you on a photographic journey through the seasons and share some of the natural spectacles you can see throughout the year.

BUZZ ABOUT BEES

Do you know why honey bees swarm? What makes for a healthy hive? Ever seen a pollen basket? Bring your questions and your curiosity. Learn about the fascinating life of bees, their colonial lifestyle, the structure of the hive, the importance of pollinators, and the challenges we face as their population numbers diminish. This program, intended for all ages, includes demonstration materials and a colorful, informative PowerPoint presentation.



MAPLE SUGARING (February-March)

What a tasty way to spend an afternoon! Maple sugaring is the oldest continuous industry in North America. Learn about the physiology of the Sugar Maple tree and the history of maple sugaring, including an Indian myth. Observe a mock tapping demonstration and, if possible, enjoy a maple sugar sap tasting. Please note, this program is only offered in late winter.

FROGS OF NEW JERSEY (April-Sept.)

Join us as we learn about these fabulous amphibians. New Jersey is home to 15 species of frogs and toads. The program covers the frog life cycle, frog vocalizations, and various frog and toad habitats and features live specimens!



MONARCHS, MOTHS, AND BUTTERFLIES! (June-October)

How exactly does a caterpillar become a butterfly? What's the difference between a butterfly and a moth? Where do monarch butterflies go in the winter? Participants will learn the answers to these questions and more as we explore this fascinating and beautiful group of insects through a colorful PPT, live specimens, and hands-on activities!

SCHEDULE A PROGRAM

AT YOUR LOCATION:

Programs are available Tuesday through Sunday, are approximately one-hour long, and are led by our knowledgeable environmental staff.

Cost: \$175 per program

Payment is requested two weeks in advance to hold your place. Early booking is recommended, as dates fill up quickly.

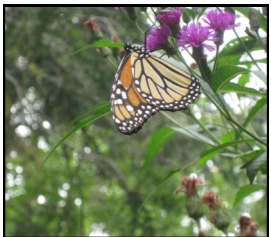
AT RANCOCAS: A NATURE EXPERIENCE

Seasonal topics are the focus of these "Nature Experiences" in varied habitats at Rancocas, including forest, meadow, and wetlands, and offer the chance to spot local wildlife. Programs can be held indoors or out, depending on the capability of the participants.

Cost: \$135 per program

Ask about customized programs and additional seasonal themes.

- call: 609-261-2495
- email: info@rancocasnaturecenter.org



WELCOME TO THE RANCOCAS NATURE CENTER

The Center is centrally located in South Jersey in close proximity to Mt. Holly, Cherry Hill, Trenton, and Philadelphia. Situated in the Rancocas State Park, the site includes natural habitats for hikers and birders to explore. Our programs offer activities for all ages and interests. Join us and experience the value of nature education at its best.

THE BENEFITS OF NATURE

Studies suggest even short periods of time in nature can reduce symptoms of depression. Dutch researchers, who published their findings in the Journal of Epidemiology and Community Health found that living close to parks, or at least near lots of trees, can have far reaching mental health benefits for people. In turn, living in places without parks or trees, especially if you are young or poor, can have major negative impacts.

—American Society of Landscape Architects

Incorporating forest bathing trips into a good lifestyle was first proposed in 1982 by the Forest Agency of Japan. It has now become a recognized relaxation and/or stress management activity in Japan. The results of a study using the Profile of Mood States (POMS) test demonstrated that a forest bathing trip significantly increased the score for vigor and decreased the scores for anxiety, depression, and anger.

—*Environ Health Prev Med (2010) 15:9–17*

—*The Japanese Society for Hygiene, 2009*

DIRECTIONS TO THE RANCOCAS NATURE CENTER:

FROM I-295: Exit 45A (Mt. Holly/Willingboro exit). Head east on Rancocas Road. The Center is on the right-hand side, about 1.8 miles from I-295.

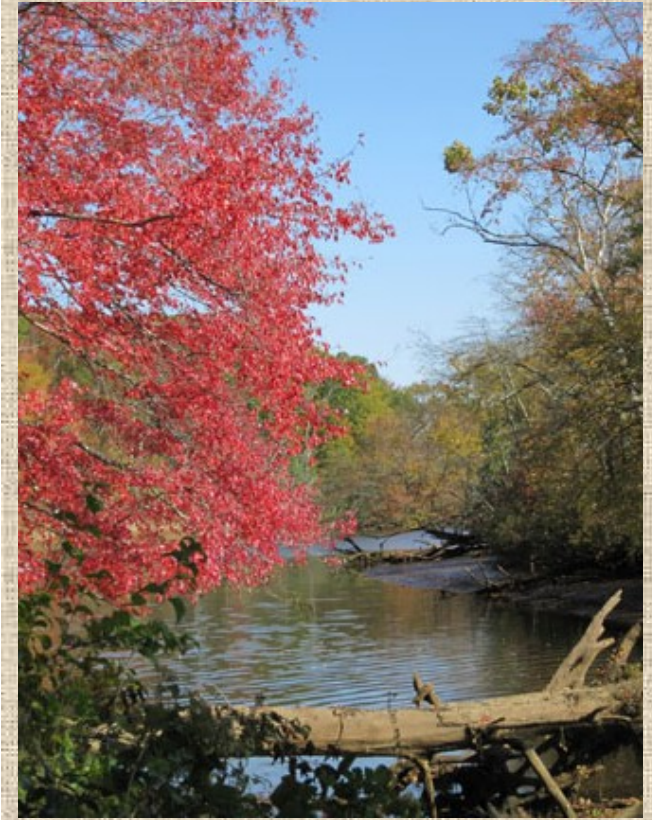
FROM STATE ROUTE 206: Connect with Route 38 southeast of Mount Holly. Take Route 38 west to Route 541 By-pass, turn right, following Route 541 to Rancocas Road (2nd intersection). Turn left onto Rancocas Road and proceed about 1 mile. The Center will be on the left.

Visit us online at:

www.rancocasnaturecenter.org
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ADULT GROUP PROGRAMS

Presented by
Rancocas Nature Center
*For Senior Centers, Garden Clubs,
and Adult Communities*



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