



Flat Rock Brook Nature Association

443 Van Nostrand Avenue, Englewood, NJ 07631

(201) 567-1265 • www.flatrockbrook.org

For Immediate Release

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Fall Programs at Flat Rock Brook Offer Fun for Everyone

Englewood, NJ – Flat Rock Brook Nature Association has a full slate of family fun scheduled for the fall season. Enjoy the cooler temperatures and changing seasons with a wide variety of activities at the Nature Center.

Flat Rock Brook Nature Center is located just off Route 4 at 443 Van Nostrand Avenue in Englewood. Flat Rock Brook Nature Association is a non-profit, 150-acre nature preserve. Permanently zoned as open space, the Nature Association's mission is to preserve the woodlands within its boundaries and provide outdoor experiences to thousands of adults and children each year. For more information, contact Stephen Wiessner, Executive Director, at 201-567-1265 or visit www.flatrockbrook.org.

Garden in the Morning

Tuesdays in September and October

From 8:30 – 10:30 am

For adults of all skill levels.

Join the Flat Rock Brook gardeners and help maintain the native plant gardens at the Nature Center this fall. The company is fun, the work rewarding and educational, and the results are beautiful and beneficial for the animals. No gardening experience necessary, just bring willing hands and a set of gloves! There is always a ten minute mini-lesson before each session.

No need to register.

FREE to all.

Sunset Hikes

Tuesdays in September and October

6:00 - 7:00 pm

For adults and children ages 10 and older.

Take a sunset hike along the trails of Flat Rock Brook Nature Center. Hikes are about 2-3 miles and are a great and relaxing way to end your day. Enjoy the beauty of fall and take advantage of hiking close to home. Meet at the parking lot gazebo.

No need to register.

FREE to all.

Mad about Monarchs!

Sunday, September 10

2:00 – 3:00 pm

For adults and children 10 and older

How are Monarch butterflies tracked from one place to another? By tagging them of course! Learn the protocol for tagging these beautiful creatures along with the biology of what makes these butterflies so special. Join us to learn how Monarch migration was discovered, how it works, and how we can help the Monarchs with their annual journeys. We'll also look in Flat Rock's Butterfly Garden and Native Habitat Gardens for Monarch eggs, chrysalides, and butterflies.

Please register online at www.flatrockbrook.org

FREE to all.

Surprise Sundays!

Sundays: September 17, October 22, November 19 and December 10

2:00 to 3:00 pm

For families with children ages 6 and older

Join Flat Rock Brook's Naturalist for a surprise nature-themed adventure! From birds and bats to plants and seasons, nothing is off limits! Come dressed for the weather and ready to learn something new.

No need to register.

Free to all.

Fall Equinox Hike

Sunday, September 24

2:00 to 3:00 pm

For adults and children ages 10 and older

Join Flat Rock Brook Nature Center for a hike through our trails as we honor the changing of the seasons. Learn about what the Fall Equinox is, as well as how it affects both animals and people. FREE to all.

Full Moon Howl

Thursday, October 5

7:00 – 8:30 pm

For families with children ages 5 and older

What can you see by the light of the full “Harvest” moon at Flat Rock? Why does the moon change shape? Come on a nighttime hike and find out. We’ll do activities to test how sharp your senses are in the dark and search for signs of nocturnal life. The hike will be followed by hot chocolate! Bring a flashlight.

Please register online at www.flatrockbrook.org

FREE to all.

Signs of Fall Hike

Sunday, October 8

2:00 - 3:00 pm

For adults and children ages 10 and older

Fall is an exciting time in the forest as animals prepare for winter. Join Flat Rock Brook on a hike as we see what the animals of Flat Rock Brook are up to in preparation for the colder months. We will also keep an eye out for the beautiful fall foliage!

Please register online at www.flatrockbrook.org

FREE to all.

Rattlin’ Bones

Sunday, October 29

2:00 - 3:00 pm

For families and children ages 6 and older

Halloween is a great time to look at bones and skeletons! These things aren’t creepy, they’re fun, and they can teach us a lot about what animals eat and how they live. Come and try to solve the mystery of the skulls, reconstruct a whole skeleton and much more.

Please register online at www.flatrockbrook.org

FREE to all.

Fall Family Scavenger Hunt

Sunday, November 5

Anytime between 1:00 – 4:00 pm

For families with children ages 3 and older

Calling all adventurous families! Once again, Flat Rock challenges families to work together to follow the clues and find the answers to a new set of fall nature riddles! We promise you’ll have a great time and learn something new!

Please register online at www.flatrockbrook.org

FREE to all.

Project Feederwatch

Every Monday and Tuesday in December, with the exception of December 25-26

10:00 am – 12:00 pm

For all ages.

Project Feederwatch is a citizen science program through the Cornell Lab of Ornithology and a great way to learn to identify the birds in your own backyard. Join Flat Rock Brook Nature Center staff as we observe the birds at our feeders as often as you like, and help us collect valuable data for this North American project.

No need to register.

Free to all.

Christmas Bird Count

Saturday, December 16

9:00 am – 1:00 pm

For adults and teens.

Join local birders and Flat Rock Brook's staff as we do our part to count all the birds at Flat Rock as part of National Audubon Society's annual nationwide Christmas Bird Count. We'll go out in small groups to search sections of the park and identify different species of birds. Afterwards, enjoy hot refreshments back at the Center as we tally the results. Dress for cold weather. We go rain, snow or shine! Bring binoculars or borrow ours. Bring lunch. Beginners welcome.

No need to register.

Free to all.

Hikes with Tykes

Sunday, December 17

2:00 – 3:00 pm

For families with children ages 4-8.

Have you ever wished you had a naturalist guide along on a family hike to help you point out the sights? Here's your chance! Join Flat Rock Brook for a fun and informative nature walk and learn about what's going on in the natural habitats of Flat Rock Brook.

Please register online at www.flatrockbrook.org

FREE to all.

Winter Solstice Walk

Thursday, December 21

5:30- 7:00 pm

For adults and teens.

The winter solstice is the longest night of the year. Many cultures around the world have celebrated the winter solstice for hundreds, even thousands of years as they watched the days grow shorter and wait patiently for the sun to return. Join Flat Rock Brook staff for a program full of folklore and hiking on our trails.

Please register online at www.flatrockbrook.org

FREE to all.