



Winter 2019-2020: METRO FIVE-0 PROGRAMS

For those age 50 and older, listed by degree of difficulty.

Level 1 (Easy, fully accessible)

1/22 Wed 1:00 pm Sharon Woods **Laughter in the Lodge** Joyce Johnson, from the Breathing Association, will show you exercises to improve your breathing along with laughter yoga to improve your mood. No mats or experience necessary. All activities can be done while sitting. *Spring Hollow Lodge.*

Level 2 (Slow pace, less than one mile)

1/4 Sat 10:00 am Inniswood **Common Winter Birds** Learn about the most common winter birds on a guided walk. Afterwards, warm up inside the Innis House with warm drinks. Binoculars available. *Innis House.*

2/8 Sat 10:00 am Inniswood **Winter Wellness Walk** Join us for an invigorating walk around the Gardens. *Gardens Entrance.*

Level 3 (Up to two mile hike, moderate pace)

12/4 Wed 11:00 am Blacklick Woods **Walk of the Month** Take a 2-mile walk to discover the sights and sounds of the season. *Ash Grove Picnic Area.*

12/15 Sun 1:00 pm Three Creeks **Walk to the Eagle Nest** Learn about our national bird and take a 2-mile off-trail walk to visit their nesting site. *Confluence Area.*

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Level 3 (Continued)

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|-------|-----|---------|-----------------|---|
| 12/21 | Sat | 4:00 pm | Blacklick Woods | Solstice Walk Start winter off right with a 2-mile walk. <i>Nature Center.</i> |
| 1/10 | Fri | 6:30 pm | Blacklick Woods | Lantern Hike Take a 1.5-mile lantern-lit hike. <i>Nature Center.</i> |
| 1/26 | Sun | 2:00 pm | Three Creeks | Off-trail Wandering Take a 2.5-mile on-and-off hike through field and forest to visit rarely seen parts of the park. <i>Confluence Area.</i> |

Level 4 (Hike over two miles, strenuous pace)

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| 12/13 | Fri | 10:00 am | Clear Creek | Fern Gully Hike Navigate steep terrain and hike through a ravine on a 4-mile off-trail hike to the newest addition of property at Clear Creek. Terrain in the backcountry is unimproved, uneven, and steep in areas. Water and hiking boots are recommended. <i>Creekside Meadows.</i> |
| 1/8 | Wed | 10:00 am | Clear Creek | Hike the Trails Explore one of the parks most rugged trails on a 3-mile hike. <i>Fern Parking Lot.</i> |
| 2/8 | Sat | 10:00 am | Blacklick Woods | Hike All Trails Join a naturalist on a brisk 6-mile walk through the park. <i>Nature Center.</i> |
| 2/26 | Wed | 10:00 am | Clear Creek | Backcountry Hike Take in winter views and learn about the history of the Neotoma Valley on a 4-mile off-trail hike. <i>Thomas-Mathias Parking Lot.</i> |

For more information or to register: www.metroparks.net or call (614) 508-8111.