

BOOMERS & BEYOND

ACTIVE LIFESTYLES

Tour de Parks: River View Landing

Fee: \$5

Meet at Beaty Landing for an easy one-mile hike by the Grand River. See a scenic overlook and three access points to the river. Learn why this river runs north and not south to the Ohio River, and more!

Instructor: Andrea Pasquale, min 5, max 20

Friday, April 20, 2012, 10:30 a.m. to 11:30 p.m., BE

Tour de Parks: River View Eagle Eye

Fee: \$5

Easy one-mile hike! Meet at Indian Point Park for a bird's eye view of Paine Creek and the Grand River. Learn about meandering rivers and see how glaciers carved the river channels!

Instructor: Andrea Pasquale, min 5, max 20

Friday, May 4, 2012, 10:30 to 11:30 a.m., IP-UPPER

Tour de Parks: River View Up Stream

Fee: \$5

Easy one-mile hike! Meet at Hidden Valley Park to hike along the river. Learn about where this river begins and ends! Learn about stream quality and see how this river tests out.

Instructor: Andrea Pasquale, min 5, max 20

Friday, May 11, 2012, 10:30 to 11:30 a.m., HV

Intro to Playing Golf

Fee: \$20

Learn the basics of the game of golf including proper club grip, hitting the ball and game rules. Instruction will take place on the driving range, putting green and the first hole.

Instructor: Andrea Pasquale, min 6, max 12

Tuesday, May 29, 2012, 6:30 to 8:30 p.m., ES

PRE-REGISTRATION IS REQUIRED FOR MOST PROGRAMS.

ARTS & CRAFTS

Wildflowers & Watercolors

Fee: \$10

We will go out in search of the wildflowers in the park, take a digital photo, then come back and try your hand at doing a watercolor painting of the flower you chose.

Instructor: Marie Kozan, min 4, max 9

Wednesday, May 16, 2012, 9 to 11 a.m., EL

DAY TRIPS

Lake View Cemetery Tour

Fee: \$12

Take a guided 90-minute bus tour of Lake View Cemetery, Cleveland's historical, horticultural, architectural, sculptural and geological gem. Stops will be made at Wade Chapel and Garfield's Monument.

Instructor: Andrea Pasquale, min 10, max 22

Wednesday, April 18, 2012, 9 a.m. to 12:30 p.m., PG

HIKES

Hiking Seniority

FREE

We meet year-round every Tuesday at nearby parks for nature appreciation, exercise and camaraderie. Schedule and maps are distributed at the first session.

Instructor: Naturalist Staff, min 10, max 75

Tuesday, March 6, 2012, 10 a.m. to noon, PG

Tuesday Fast Hikers

FREE

We meet year-round every Tuesday at nearby parks hiking around four to five miles. Schedule and maps are distributed at the first session. We are out in all weather so please dress appropriately.

Instructor: Naturalist Staff, min 10, max 60

Tuesday, March 6, 2012, 10 a.m. to noon, PG

INTERGENERATIONAL

Let's Go Fishing

Ages 3 and older, Fee: \$6 per pair, each additional sibling \$2

Learn "catch and release" fishing for bass and blue gill with your grandchild. Bait, fishing poles and prizes provided. First-timers welcome!

Instructor: Jim Meadows, min 6, max 12

Tuesday, May 22, 2012, 4 to 5 p.m., GR-SKOK

REQUESTED PROGRAMS

Showbiz Kidz Theater Ensemble

Showbiz Kidz Theater Ensemble is available for booking! This amateur senior group entertains with musicals or songs at your agency, facility or outing. Sing along as the Showbiz Kidz perform. For show reservations, more information or if you are interested in becoming a performer, contact Andrea Pasquale at apasquale@lakemetroparks.com. Practices held at Lakefront Lodge in Willowick on the second Monday of the month, 10 a.m. to noon.

See page 10 for more programs that may be requested for groups of adults.

SPECIAL EVENTS

Senior Safety Spring Open House

Thursday, April 26, 2012 at Penitentiary Glen Nature Center

Lake Metroparks is hosting a spring open house at Penitentiary Glen.

Informative topics and refreshments will be offered! Meet staff and learn about care and caution with wildlife, meet K-9 Carly and Detective Donaldson of the Lake Metroparks Ranger Department. Senior safety topics, birding, spring wildflowers and hiking safety will also be offered! Bring a picnic lunch and join others in the shelter for a great day in our park!



Northcoast Senior Games

June 4 through 9, 2012

Lake Metroparks will host the summer Regional Senior Games. Mark your calendars for these great events, geared for both athletic competition and social opportunities. Competition groups are divided into 5-year categories beginning at age 50. Registration begins May 1, 2012.