

Tacoma Nature Center

2018

1919 South Tyler Street, Tacoma WA 98405
(253) 591-6439 www.metroparkstacoma.org
Open Monday – Saturday 9:00am - 4:00pm

Tacoma Nature Center Volunteer Stewardship

Habitat Restoration Work

All ages welcome, free

Join us for our regular stewardship activities as we care for the park by removing invasive plant species, re-planting areas with native plants and helping those plants thrive. No experience necessary. Come dressed for the weather and prepared to get dirty. Work parties occur rain or shine! Children must be accompanied by adults.

September 7 9:00am – 12:00pm

September 21 9:00am – 12:00pm

Tacoma Nature Center Family Programs

Nature Yoga

Ages 18 months to 12 years old + adults (adult must accompany children)

\$15.00/adult-child combo, \$5.00 for each additional child or adult

Fun, child-centered activities and nature poses are combined with time-honored yoga practice to guide children and an adult partner through warm-up, work-out, strengthen, cool down and relaxation. Adult attendance is required. Participants may bring yoga mats or use those provided. Drop-ins welcome if the class is not already full - call ahead to check on status. A portion of the class will be outdoors so come dressed for the weather and in layers appropriate for the indoor section. Adults with younger children should feel free to leave after the first 60 minutes but the program will last 75 minutes.

September 8 12:30-1:45pm

Little Sprouts

Ages 2-4 years, \$5.00/child, \$4.00/TNC or TAS Member child

Join our partner in education, Tahoma Audubon for an hour of fun with your littlest ones!

This program features story-time, sensory-based activities, songs and outside time, all focused on the natural world. Doors open at 9:30 for independent discovery. Children must be accompanied by an adult. Pre-registration encouraged.

September 10 9:45 – 10:45am Sprouting Scientists

September 17 9:45 – 10:45am Sprouting Scientists

Tahoma Audubon Society

Adriana Hess Wetland Park

2917 Morrison Road West, University Place WA 98466

(253) 565-9278 www.TahomaAudubon.org

Open Monday – Friday 10:00am-1:00pm

Tahoma Audubon Family Programs

Beginning Bird Walk at the Audubon Center

Adriana Hess Wetland Park, 2917 Morrison Rd. W., University Place

All ages welcome, free

Not a morning person, but want to enjoy birds? Join us for a late morning guided bird walk at our home, the Adriana Hess Wetland Park and Audubon Center. This walk is great for beginners and intermediate birders alike. The gravel trails provide an easy, short loop, and are accessible by wheelchairs or strollers. This walk has much more stopping, looking, and listening, than walking! The Center will be open, as well. Bring your binoculars or borrow ours. We are happy to show you how to use them. This walk is led by volunteers Rosanne Becker and/or Russ Smith. All are welcome. (May be canceled in case of heavy rain or wind.)

September 10 10:00am – 11:30am

Morse Wildlife Preserve Second Sunday Programs

Best for ages 2 and up, free

The public is invited to explore the foot trails and board walk at this monthly event between April and October. Discover distinct habitats from forest to riparian to prairies to wetlands. Morse Wildlife Preserve has it all! The preserve is located in Graham at 25415 70th Ave E. Call Tahoma Audubon at 253-565-9278 for more information and directions (www.TahomaAudubon.org). No registration needed. No pets are allowed and carpooling is encouraged. The Morse Wildlife Preserve is managed by Forterra (www.morsewildlifepreserve.org).

September 9 9:00 – 3:00pm