



SOURCEPOINT

at Your Local Parks

Programs for Delaware County adults ages 55 and better!

WILDFLOWER WALK WITH A MASTER GARDENER

Saturday, April 6, 1:30–2:30 p.m., at Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Friday, April 12, 1:30–2:30 p.m., at Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Meet at the trailhead near the parking lot at Emily Traphagen Park. Walk with a Master Gardener and others and search for wildflowers.

MEDITATIVE ART: EARTH DAY YOGA AND JOURNAL

Thursday, April 18, 9 a.m.–noon, at Shale Hollow Park: 6320 Artisan Run, Lewis Center.

Join instructor Laurel McCullough in a yoga practice to pay homage to Earth Day with gentle grounding and opening poses. Art Instructor and Certified Meditation Teacher Carol Wallenfelsz will lead a guided meditation including meditative time in the woods followed by making your own Earth Day nature mandala. Feel free to bring a sack lunch to enjoy with others following the program. *Fee: \$20.*

METRO PARK DISCOVERY HIKE

Thursday, April 18, 1–2 p.m., at Highbanks, 9466 Columbus Pike, Lewis Center.

Meet Carrie Keller, Outreach Naturalist for Senior Programs at Metro Parks, in the Big Meadows picnic area at Highbanks. Park in the lot that has the shelter and restroom. Enjoy a hike that is an easy gravel hike 0.6 miles long through forest and along the Olentangy River.

ALUM CREEK WILDFLOWER WALK

Thursday, April 25, 11 a.m.–noon, at Alum Creek Park Office, 3615 S. Old State Road, Delaware.

Meet Naturalist Lindsey Krusling at the Park Office. Wear shoes that can get muddy for this 1-mile walk through prairie and woodland.

BIRD STROLL WITH A PARK RANGER Tuesday, May 7, 9–10 a.m., at Alum Creek Lake Visitor Center, 5905 Lewis Center Road, Lewis Center.

Go on a slow-pace, easy walk with Ranger Aubrey Bartman. Park at the visitor center and meet the ranger by the visitor center. Wear sturdy boots.

Register at MySourcePoint.org/register or call 740-363-6677.

