

CLOSTER NATURE CENTER NEWS

P.O. BOX 80, CLOSTER NJ 07624 closternaturecenter.org

By the pond on Ruckman Road

JANUARY 2024

Come join Nature Marc for a Winter of Nature Fun and Science

Semester-long programming for our After-School Nature Classes!

Plan your child's schedule in advance with our 10-week session!

Animals, hikes and exploration will all be a part of the CNC's Winter After-School Program.

5 and 10-Week Sessions: Winter: January 9th to March 21

Tuesdays- Pre-K4 and Kindergarten

Wednesdays- 1st- 3rd grades

Thursdays- 4th-6th grades

Time: 3:45 - 5:00 PM

Winter- Session I

1. January- 9, 10, 11
2. 16, 17, 18
3. 23, 24, 25
4. 30, 31, Feb. 1
5. February- 6, 7, 8

Winter- Session II

1. February- 13, 14, 15
2. 27, 28, 29
3. March 5, 6, 7
4. 12, 13, 14
5. 19, 20, 21

Member Fee: \$225: 10 weeks, \$125: 5 weeks. Non-Member Fee: \$270: 10 weeks, \$150: 5 weeks.

For more information, visit our website at www.closternaturecenter.org or sign-up directly on

Community Pass: <https://register.communitypass.net/closter>.

Naturalist's Notes:

Once again, it's New Year's resolution time! Each year I try to make a resolution that will be a change for the better: a way to improve myself mentally, emotionally or physically.

This year I have come up with one that covers all the bases – walking...yes, walking!

The jury is in; simple exercise like walking benefits us in so many ways.

The benefit of exercise to the heart and circulation is nothing new. The medical community has been recommending walking for years, with a long list of enhancements to well-being that include: reducing your risk of serious illness like heart disease, stroke,

diabetes and several types of cancer. Improving your blood pressure, blood sugar and blood cholesterol levels. Increasing your energy and stamina. Improving mental and emotional well-being, and reducing risk of depression. Improving memory and reducing your risk of dementia. Boosting bone strength and reducing your risk of osteoporosis. Preventing weight gain. Wow! all that just by taking a stroll.

As with all exercise it needs to be consistent and frequent. The American Heart Association recommends walking for 150 minutes per week. 2 1/2 hours over 7 days comes out to about 20 minutes per day. Now for the kicker...spend those 20 minutes a day walking at the Nature Center and you add to that list of mental and physical health benefits the bonus of surrounding yourself with the natural beauty of this amazing forest. I started early this year with my resolution and can't vouch for that entire list but I can add one - walking after meals aids digestion. Whether you walk here, around the block or even on treadmill in the basement, the jury is in... Walk!

Cute Kid's Quote:

One kindergartener, infatuated with the names for the CNC animals asked why I named my daughter Willow, since Willow is not a food.

A HUGE THANK -YOU!

The Closter Nature Center Board of Trustees would like to extend a heartfelt thank you to the many generous people who helped make our Annual Donation Appeal a success. Your contributions will support our environmental education classes and help protect the long-term health of Closter's 140-acres of forested wetlands!

We look forward to seeing you on the Closter Nature Center trails!

If you have not yet been able to contribute, it's not too late!

You can give either by going online to closternaturecenter.org, or by sending a check to P.O. Box 80, Closter NJ, 07624.

We are a registered 501(c)(3) non-profit organization. Your tax –deductible donation will help support our programming, our facility and stewardship of our 136-acre tract of forested woodlands.

Thank-You for your support!