

Massabesic Audubon Center

January and February Adult Programs

Introduction to Snowshoeing

Saturday, January 2, 10–Noon

Cost: \$10 Members/\$15 Non-Members (*includes snowshoe rental*) **Leader:** Alison Dixon, Volunteer Coordinator

Start 2010 off with learning the basics for this frosty sport: its history, material of which snowshoes are made, how to put them on and take them off properly, how to walk in them. Head outside and look for signs of wildlife on snowshoes. Warm up with hot chocolate at the end of the walk. If no snow, we will explore on foot. Limit: 20 participants.

The Art of Tea

Saturday, January 9, 10 am–Noon

Cost: \$15 Members/\$25 Non-Members, + \$5 materials fee **Presenter:** Maria Noel Groves, Clinical Herbalist

Join herbalist Maria Noel Groves as we taste simple teas that form the base for a variety of blends, including cinnamon, ginger, hibiscus, nettle, mint, and rose. Then we'll talk about how to blend them and give you a chance to create your own teas to bring home.

Soap Making Workshop

Saturday, January 16, 1–3 pm

Cost: \$8 Members/\$12 Non-Members, + \$4 materials fee **Leader:** Barbara Benton, Little Cabin Crafts

Come join us for a demonstration of making hand-crafted soap using all natural ingredients including vegetable oils, lye, essential oils, pigments and dried herbs. Follow the process from start to finish – from recipe and ingredient selection, utensils and equipment needed, mixing, pouring into a mold, and finally cutting a batch into bars. A variety of additives used for scents, color and texture will be displayed. Take home a bar of freshly cut soap (made the previous day) and let it finish curing for 3 weeks.

Coastal Birding Trips: Bald Eagles and Owls

Wednesday, January 20, 9–2:30pm

Cost: \$6 Members/\$9 Non-Members **Leader:** JoAnn O'Shaughnessy, Member NHA Board of Trustees

Enjoy winter birding from the comfort of your car with JoAnn O'Shaughnessy. Meet at the Hampton Beach State Park at 9 and carpool from there to coastal hot spots. Bald eagles and harriers and other raptors are likely sightings. Even an owl sighting may be possible! Lunch is not provided, but the group will stop at a local restaurant to cap off the morning's adventure. Meet at 7:45 in the Massabesic Audubon parking lot if you want to carpool to Hampton. Maximum of 24 people.

Call to Register: (603) 668-2045

**Massabesic
Audubon Center**

26 Audubon Way • Auburn, NH 03032
(603) 668-2045 • www.nhaudubon.org



Snowshoe Supper

Cost: Individuals \$15 Members / \$20 Non-Members

Friday, January 29, Time: 6–9 pm

Leader: Alison Dixon, Volunteer Coordinator

Strap on some snowshoes and walk our wintry fields by the light of the almost full moon. Come celebrate winter with a reflective hike through the fields and woods of Massabesic. Listen for owls and look for tracks. Warm yourself afterwards with a bowl of vegetarian soup and fresh bread. Bring a flashlight, but don't expect to use it much! Snowshoes may or may not be needed. Bring your own snowshoes – or rent a pair of ours for \$5.

Making Herbal Oils & Salves

Cost: \$15 Members/\$25 Non-Members, + \$5 materials fee

Saturday, January 30, 10 am–Noon

Presenter: Maria Noel Groves, Clinical Herbalist

We'll demonstrate an easy, effective, yet unusual method for making herbal oils from dried plant materials—start to finish in less than 24 hours! (Maria will bring some prepared material to start us off.) Make an herbal oil and discuss the healing properties of a variety of herbal oils. Then learn how to turn your oil into a salve.

Snowshoe and Tracking Workshop

Cost: \$10 Members/\$15 Non-Members

Saturday, February 13, 1–3 pm

Join us for a wintry walk through the woods. Learn to identify several common tracks and track patterns made by NH's winter animals, then strap on some snowshoes to go look for more! Be prepared to be outside. If there isn't sufficient snow – we'll still take a walk and see what we can find.

Coastal Birding Trips: Bald Eagles and Owls

Cost: \$6 Members/\$9 Non-Members

Wednesday, February 17, 9–2:30pm

Leader: JoAnn O'Shaughnessy, Member NHA Board of Trustees

Enjoy winter birding from the comfort of your car with JoAnn O'Shaughnessy. Meet at the Hampton Beach State Park at 9 and carpool from there to coastal hot spots. Bald eagles and harriers and other raptors are likely sightings. Even an owl sighting may be possible! Lunch is not provided, but the group will stop at a local restaurant to cap off the morning's adventure. Meet at 7:45 in the Massabesic Audubon parking lot if you want to carpool to Hampton. Maximum of 24 people.

Wild Winter Walk

Cost: \$14 Members/\$18 Non-Members

Saturday, February 20, 10–11:30 am

Presenter: Maria Noel Groves, Clinical Herbalist

Venture out into the brisk, snowy woods this winter to see what medicines still lie within your reach. We'll focus on pine, hemlock, and other common evergreens, how to make teas, tinctures, and honeys for the cold season, as well as craft ideas to bring life to your home this winter. Depending on snow cover, we may dig out some wintergreen and partridgeberry. If we're lucky, we may see some moose, deer, and coyote tracks in our path. Please wear appropriate clothing for walking outdoors.

**Call to Register:
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