

Lewis Creek Park Visitor Center

FAMILY & ADULT PROGRAMMING



To register for programs call 425-452-6885 or visit www.myparksandrecreation.com. **Preregistration required for all programs with a Course #.** Programs are FREE unless otherwise noted. **All children under 12 must be accompanied by a registered adult.**

Story Time (1st Friday of every month) Stories and activities are geared toward children ages 3-6. **Cost:** \$2 Resident; \$3 Non-resident.



Crawdad Creek

Discover all of the fascinating creatures that live in Crawdad Creek. We always make a fun craft to take home!

When: January 3
11:00—Noon **Course # 82827**
1:30—2:30 **Course # 82828**

Stellaluna

Meet Stellaluna, a little fruit bat who gets lost before she knows how to fly. We always make a fun craft to take home!

When: February 7
11:00—Noon **Course # 82829**
1:30—2:30 **Course # 82830**

Secret Place

Watch the secret place, learn about why it is so special and why parks are so important! We always make a fun craft to take home!

When: March 7
11:00—Noon **Course # 82831**
1:30—2:30 **Course # 82832**

Dream Weaver

Weave along with a small yellow spider as she enchants and inspires you! We always make a fun craft to take home!

When: April 4
11:00—Noon **Course # 82833**
1:30—2:30 **Course # 82834**

Little Explorers Club! Fun for the whole family! **Both adult and child must attend.**

Green Hour

Join us the 3rd Saturday of every for a Green Hour at Lewis Creek Park! Observe and explore the park during an hour of unstructured play and interaction with the natural world. Each month, creative, science-based ideas will have children and parents deepening their knowledge and love of nature together! **No registration required.**

Ages: 5+ **Cost:** FREE!

When: January 18 1 pm—2 pm February 15 1 pm—2 pm March 15 1 pm—2 pm April 19 1 pm—2 pm

All About Bones

All living things depend on each other to survive. Who do you depend on? Learn about the web of life as you create your very own food chain model to take home! **No registration required. Ages:** 6+ **Cost:** FREE

When: January 11 1 pm—2 pm

Groundhogs and Shadows

To celebrate Groundhog Day come learn about groundhogs, and the folklore that surrounds them. We will make our very own groundhog weather predictor to take home! **Registration required. Ages:** 3+ **Cost:** \$2 Resident; \$3 Non-Resident

When: February 1 1 pm—2 pm **Course# 82888**

Owl Prowl

Discover what owl species live in the Pacific Northwest. Then take a night hike with the Rangers to look for owls and other nocturnal wildlife in the park. Bring a flashlight or headlamp, as well as good shoes, for the journey! **Registration required. Ages:** 5+ **Cost:** \$5 Resident; \$6 Non-Resident

When: January 24 **Course# 82887** or March 28 **Course# 82892**

Night Hike

When the sun sets and the dark sets in Lewis Creek comes alive! Learn about the different nocturnal and crepuscular species that call Bellevue home, and join a Ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey! **Registration required. Ages:** 5+ **Cost:** \$2 Resident; \$3 Non-Resident **7:30-9:00 pm**

When: February 28 **Course# 82889** or April 18 **Course# 82895**



Frog Hop!

Learn about the intricate life cycle of these amphibians, as well as the kinds of frogs that live in Western Washington. Then join a Park Ranger to explore Lewis Creek using your ears to guide the way! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey! **Registration required.**

Ages: 5+
Cost: \$2 Resident;
\$3 Non-Resident

When: March 21,
7:30 pm—9 pm
Course# 82891



The Food Chain

All living things depend on each other to survive. Who do you depend on? Learn about the web of life and create your own food chain model to take home!

Registration required. Ages: 6+ **Cost:** \$2 Resident; \$3 Non-Resident

When: March 8 1 pm—2 pm **Course# 82890**

Nature Haiku

April is National Poetry Month! To celebrate we will learn how to write a haiku, and then incorporate nature themes. Poems will be displayed in the visitor center! **No registration required. Ages:** 5+ **Cost:** FREE

When: April 5 1 pm—2 pm

Metamorphosis

Each year Lewis Creek experiences a great change... hundreds of caterpillars fill the trees and then disappear. Where do they go? Come learn about the incredible change that caterpillars undergo. **No registration required. Ages:** 4+ **Cost:** FREE

When: April 12 1 pm—2 pm



Adult Enrichment Series

Coal Mining at Cougar Mountain (Eastside Heritage Center)

This program focuses on 100 years of local coal mining. In 1888 there were 20 mules and 200 men employed here! Exporting coal to San Francisco turned Seattle into a dominant seaport. Learn what is underneath a mountain that is older than Rainier. Presented by the Eastside Heritage Center and Bellevue Parks & Community Services.

No registration required. Ages: All! **Cost:** FREE!

When: January 26 2pm—4pm

Animal Art

Draw and sketch different Pacific Northwest species from a collection of wildlife mounts! There is no other way to capture the magnificence of these creatures so close up and so still. Mounts, newsprint, and charcoal pencils provided. Challenge your artistic talents while learning about the natural history of the area you live in. **Registration required. Ages:** 8+ **Cost:** \$4 Resident; \$5 Non-resident

When: February 8 1 pm—3 pm **Course# 82935**



National Parks History: Presidents That Made It Possible

In honor of President's week learn about the presidents who shaped the face of our national parks and the National Park Service. Their actions instilled a sense of the importance of preservation and appreciation in the American public that lives on today, in National Parks, as well as local area parks. **No registration required.**

Ages: 8+ **Cost:** FREE!

When: February 16 2pm—3pm

Hot Topics in Washington State: Frogs

Did you know that the Pacific Tree Frog is the Washington State Amphibian? It is the most commonly seen and heard frog in the Pacific Northwest! However, there are many other frog species that call Washington home, including an introduced species that is crowding native species. Come discover the variety of frog species and the habitats they live in! **No registration required. Ages:** 8+ **Cost:** FREE!

When: March 22 1 pm—2 pm

Ethnobotany (Eastside Heritage Center)

With the outdoor environment as your marketplace, how might you use the plants to support your daily needs? Join Barb Williams, Eastside Heritage Center volunteer, to learn how you could survive using the plant technologies developed by local Native Americans ... our first scientists. This fascinating program will include a talk, plant ID, stories, artifacts and outdoor walk (weather permitting). Presented by the Eastside Heritage Center and Bellevue Parks & Community Services.

No registration required. Ages: 12+ **Cost:** FREE!

When: March 23 2pm—3:30pm

