

Public Programs

SPRING AND SUMMER

MAY PROGRAMS

Sunday, May 5, 2024
8:30 a.m.

Morning Bird Walk

Join experts from the NEPA Audubon Society on a hike through the Sanctuary in search of spring migrants on their journey home. Meet at the Visitors Center. Event starts promptly at 8:30 a.m.
Event is Free. Registration is Appreciated.

Saturday, May 11, 2024
6:00 p.m.

Spring Wild Edibles

Join renowned herbalist Nathaniel Whitmore, for a walk around Lacawac looking for perennial vegetables, medicinal herbs, mushrooms, and many of the edibles in the forest. The forest has sustained our ancestors for generations. Learn how you can add some unusual options to your garden repertoire. Meet at the Environmental Education Center. The event begins at 6:00 p.m. \$7.00/ per person. Registration required.

Saturday, May 25, 2024
10:00 a.m.

Kids Nature Yoga

Join us for Kids Nature Yoga where children ages 4-8 will learn yoga through stories and poses inspired by animals and the natural world around them. After the yoga program, children and their families are invited to explore the grounds of Lacawac Sanctuary. The event is Free. Registration is required as spots are limited. Program starts at 10:00 a.m. Please meet at the Visitors Center!

Sunday, May 26, 2024
8:00 a.m.

National Birding Day Breakfast

Join our educator for a scenic hike around Browning Beaver Meadow Sanctuary, where participants will have the opportunity to spot various bird species in their natural habitat. Cap off the morning with an after-birding breakfast to celebrate national go birding day! Event starts promptly at 8 a.m. \$5.00/ per person. Registration is required.

Saturday, June 1, 2024
10:00 a.m.

The World of the Timber Rattlesnake

Discover the history, ecology, and conservation of America's Rattlesnake - the Timber Rattlesnake. We will discuss reasons why this animal is so special and should be conserved throughout its range. There will be safe opportunities to see live representatives of each of the four snake species. This talk will also have plenty of interactive moments for kids (and adults) of all ages. Event is Free and begins promptly at 10:00 a.m. Meet at the Carriage House. Registration is required.

Saturday, June 1, 2024
11:00 a.m. - Seminar
12:00 p.m. - Lunch by
the Mustard Seed Cafe

Lunch & Learn June Seminar

Lake Sediments and Climate Change: Examples from Northeast Pennsylvania
 Dr. Matthew Finkenbinder, Associate Professor of Geology at Wilkes University
 Matt is a geologist with research interests in sedimentary geology and long-term climate change. He uses the sediment record from lakes and a variety of physical and geochemical techniques to develop paleo records of glaciation, drought, and environmental changes.

Lacawac Members: Seminar & Lunch: \$22.50 | Seminar only: \$5

Non-members: Seminar & Lunch: \$25 | Seminar only: \$10

Wednesday, June 5,
2024
6:30 p.m.

Evening Paddle on Lake Lacawac

Experience the wonders of Lake Lacawac as the evening unfolds. During this relaxing paddle there will be a short introduction about the ecological features and the research being conducted on the lake. Learn why this is considered the most pristine glacial lake in North America. All equipment and boating instructions will be given prior to launch. Personal boats are not permitted. Meet at the dock of Lake Lacawac. The event begins at 6:30 p.m. \$10.00/ per person. Registration limited and required.

Saturday, June 8, 2024
10:00 a.m.

Tour of the Historic Watres Lodge

Join Lacawac's President Craig Lukatch for an exclusive tour of the lodge and carriage house including some newly renovated spaces. Learn about the unique features of the home and its history. Meet at the Carriage House front. Donations suggested. Event is free.

<p>Saturday, June 15, 2024 10:00 a.m.</p>	<p>Forest Bathing Join us for a mindful and immersive practice known as forest bathing to celebrate the approaching summer solstice. We'll explore the forests of Lacawac Sanctuary and connect with nature through a slow-paced, easeful sensory exploration based on the Japanese practice of Shinrin-yoku. The event begins at 10:00 a.m. \$15.00 per/person. Registration is limited and required. Meet at the Environmental Education Center.</p>
<p>Saturday, July 6, 2024 11:00 a.m. - Seminar 12:00 p.m. - Lunch by the Mustard Seed Cafe</p>	<p>Lunch & Learn June Seminar Traditional Music of Appalachia Dr. David Husic, the John D. and Frances H. Larkin Professor of Chemistry at Lafayette College Dave became captivated by traditional Appalachian music as a teenager and has been playing the fiddle socially and semi-professionally for 50 years, focusing on styles associated with the Appalachian Mountain region of the U.S. from New England to Georgia. For over 10 years, Dave has taught an introductory seminar course entitled "Appalachia" at Lafayette College, which addresses a wide range of both historical and contemporary topics relevant to the region, including how its abundant resources and associated growth influenced social, cultural, and environmental changes. In this presentation, Dave will share, discuss and perform some of the instrumental music from parts of Appalachia (including PA) that was inspired by the history, heritage, and natural features of the region. Lacawac Members: Seminar & Lunch: \$22.50 Seminar only: \$5 Non-members: Seminar & Lunch: \$25 Seminar only: \$10</p>
<p>JULY DATE TBD</p>	<p>Adopt-A-Tail on the Trail EVENT Join us for a tail-wagging good time at Lacawac Sanctuary as we host Adopt-A-Tail on the Trail, a heartfelt fundraiser supporting our local animal shelter. It's a day filled with furry friends, outdoor adventures, and plenty of opportunities to make a difference in the lives of shelter animals. OPEN FOR SPONSERS AND VENDORS SOON !</p>

Thursday, July 11, 2024
5:30 p.m.

Butterfly Pinning for Beginners

This program features an immersive and educational experience as we delve into the intricate world of butterfly and moth preservation. Our Butterfly Pinning Workshop offers beginner enthusiasts the opportunity to learn the art and science behind preserving these delicate and mesmerizing creatures. The event will begin at 5:30 p.m. \$30.00 per/person, includes all materials and kit to bring home. Registration is limited and required. Meet at the Environmental Education Center.

Wednesday, July 17, 2024
6:30 p.m.

Evening Paddle on Lake Lacawac

Experience the wonders of Lake Lacawac as the evening unfolds. During this relaxing paddle there will be a short introduction about the ecological features and the research being conducted on the lake. Learn why this is considered the most pristine glacial lake in North America. All equipment and boating instructions will be given prior to launch. Personal boats are not permitted. Meet at the dock of Lake Lacawac. The event begins at 6:30 p.m. \$10.00/ per person. Registration limited and required.

Sunday, July 21, 2024
7:30 p.m.

Full Moon Yoga and Hike

Join us for a gentle yoga flow at sunset overlooking Lake Lacawac followed by a hike to the shores of Lake Wallenpaupack to watch the full moon rise. This is a strenuous 3-mile hike. Bring your own yoga mat or towel and wear layers and proper footwear for the hike. The event begins at 7:30 p.m. \$15.00/ per person. Registration limited and required.

Saturday, July 27, 2024
10:00 a.m.

Tour of the Historic Watres Lodge

Join Lacawac's President Craig Lukatch for an exclusive tour of the lodge and carriage house including some newly renovated spaces. Learn about the unique features of the home and its history. Meet at the Carriage House front. Donations suggested. Event is free.

Sunday, July 28, 2024
10:00 a.m.

Kids Nature Yoga

Join us for Kids Nature Yoga where children ages 4-8 will learn yoga through stories and poses inspired by animals and the natural world around them. The event is Free. Registration is required as spots are limited. Program starts at 10:00 a.m. Please meet at the Visitors Center!

**Saturday, August 3,
2024
10:00 a.m.**

LIVE Birds of Prey

See the majesty of live hawks, falcons, owls, and eagles. The Delaware Valley Raptor Center will present an engaging program about these fantastic animals. Learn about predator/prey relationships, wildlife rehabilitation, fascinating adaptations, and why we need to protect the wildlife in our communities. Please park at the Environmental Education Center. Begins Promptly at 10:00 a.m. at the Lodge Tent. Program lasts one hour. \$5.00/ per person. Registration limited and required.

**Wednesday, August 7,
2024
8:00 p.m.**

Glow Hike

Do plants and animals glow in the dark? Become a forest detective and experience the world of natural fluorescence on this nighttime hike on Lacawac's trails. We will encounter plants and animals that hide their glowing secrets. Meet at the Environmental Education Center. The event starts at 8:00 p.m. \$5.00/ per person. Registration limited and required.

Lacawac Hours: Open to the public sunrise to sunset

**LACAWAC SANCTUARY FOUNDATION
94 Sanctuary Road, Lake Ariel, PA 18436
570.689.9494 - info@lacawac.org**

Registration Process:

Visit our program page: <https://www.lacawac.org/programs.html>

or

Email: Natalie @ natalie.wasilchak@lacawac.org

Call: Lacawac Sanctuary at (570)689-9494

Lacawac Sanctuary Field Station and Environmental Education Center is an independent, non-profit, environmental education organization located on the shore of Lake Wallenpaupack in the Northern Poconos. We operate solely on grants and private donations from people like you.