

Morning Yoga

Tuesdays, May 1 to July 3, 8 to 9:15 am

Increase strength, flexibility, endurance, focus, and concentration. With Mary A. Taylor, yoga therapist. \$100/\$80 for 10-week series • Registration required.

Vernal Pools Alive Night Hike

Tuesday, May 1, 6 to 8 pm

Experience twilight on the trails, visit a vernal pool, and search for amphibian eggs and awesome insects. \$7/\$5 or \$15/family • Registration required.

Lunch 'n' Learn: Resilience Thinking

Monday, May 7, 12 to 1 pm

Can ecological recovery stimulate economic activity in coastal Maine? With John Lichter, Bowdoin College. \$2 suggested donation • Bring your lunch.

Preschool Story Hour: Birdsongs

Tuesday, May 8, 10:30 to 11:30 am

For ages 3 to 5. An introduction to animals through a book reading, a short trail walk, and an activity. Free • Meet in the library.

International Migratory Bird Day Celebration

Saturday, May 12, 8 am to 12 pm

Celebrate the feat of bird migration, visit a bird-banding station, join a bird walk, and view raptors up close. Free • Check the website for specific times.

Natural Beekeeping

Saturday, May 12, and Sunday, May 13, 9 am to 5 pm

Learn about sustainable beekeeping using natural techniques. With Ross Conrad, Dancing Bee Gardens. \$80 • Registration required at 207-730-0448.

wellsreserve ECODAY

Saturday, May 19, 10 am to 3 pm

Get active, be fit, and go green with local businesses. Free lessons, free demos, and free activities to try out. \$4/\$3 • Lead Sponsors: Goodall Health Center
Maine Magazine



wellsreserve
at laudholm

Wells National Estuarine
Research Reserve

342 Laudholm Farm Rd
Wells ME 04090
wellsreserve.org
207-646-1555

Visit for free throughout the year. Get discounts on programs and events. Become a member of Laudholm Trust.

By supporting Laudholm Trust, a 501(c)(3) nonprofit, you also help maintain historic Laudholm Farm, contribute to science and stewardship activities, and spread our conservation message far and wide.

Start here: wellsreserve.org/support



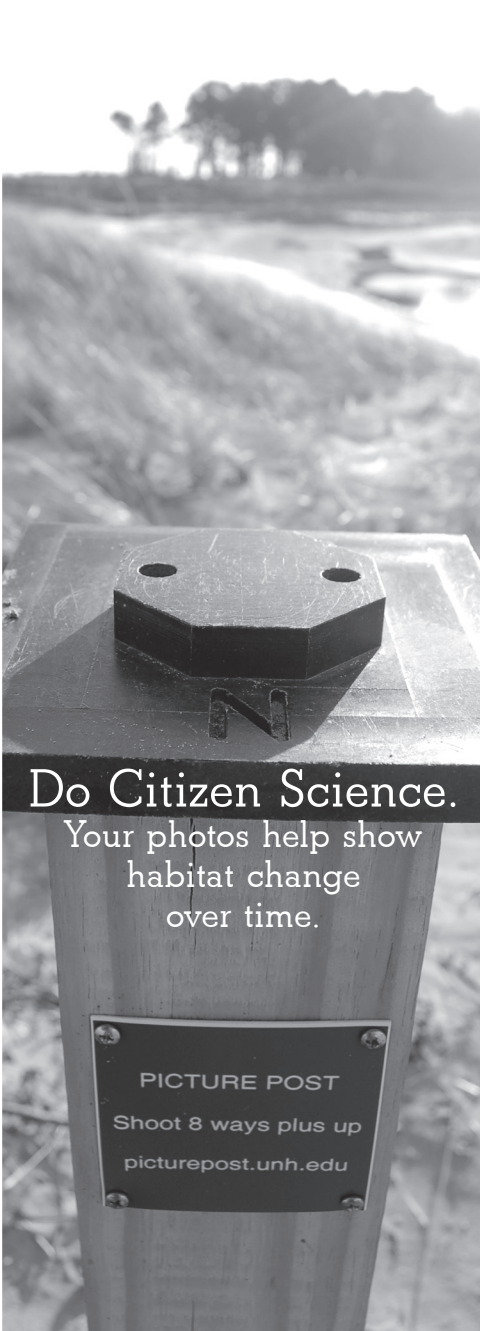
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- ▶ Go to wellsreserve.org for updates
- ◀ Get just the basics at m.wellsreserve.org
- ▶ **Trails Open:** Every day, 7 am to sunset
- ▶ Visitor Center & Exhibits Open: M-F 10-4 (+weekends starting May 26)
- ▶ **Please: No pets, no smoking**
- ▶ We're active on **Facebook.com/wellsreserve**
- ▶ **Group** of 10 or more? Please call ahead
- ▶ **Directions:** US Rte 1 to Laudholm Farm Rd or Route 9 west to Skinner Mill Rd



Wells National Estuarine Research Reserve
Headquartered at historic Laudholm Farm, Wells, Maine
wellsreserve.org | 207-646-1555

wellsreserve
winter-spring 2012



winterspring2012

Morning Yoga

Tuesdays, January 3-February 21, 8 to 9:15 am

Increase strength, flexibility, endurance, focus, and concentration. With Mary A. Taylor, yoga therapist. \$80/\$64 for 8-week series • Registration required.

Lunch 'n' Learn: Online Mapping

Wednesday, February 15, 12-1 pm

The internet revolution in mapmaking made easy. Learn to create effective, beautiful maps to share. \$2 suggested donation • Bring your lunch.

Winter Trekkers

Tuesday, February 21, 9 am to 3 pm

For ages 9 to 12. Learn how animals survive the winter, search for wildlife sign, and become a scat expert. \$50/\$40 • Scholarships available • Registration required.

Snow Survivors

Wednesday, February 22, 9 am to 3 pm

For ages 9 to 12. Learn safety strategies, build a snow shelter, and take on a snowy scavenger hunt. \$50/\$40 • Scholarships available • Registration required.

Winter Wildlife Detectives

Thursday, February 23, 9 am to 3 pm

For ages 6 to 9. Hit the trails with a Maine Guide, make a track model, and see animals up close. \$50/\$40 • Scholarships available • Registration required.

Winter Wildlife Day

Thursday, February 23, 10 am to 2 pm

The Center for Wildlife and York County Audubon join us for a day of family fun and animal awe. Free • Bring snowshoes, sleds & skis if you have them.



Winter Feathered Friends

Friday, February 24, 9 am to 3 pm

For ages 6 to 9. Investigate owls, practice bird calling, dissect an owl pellet, and go bird watching. \$50/\$40 • Scholarships available • Registration required.

Morning Yoga

Tuesdays, February 28 to April 24, 8 to 9:15 am (no 3/27)

Increase strength, flexibility, endurance, focus, and concentration. With Mary A. Taylor, yoga therapist. \$80/\$64 for 8-week series • Registration required.

Moonlight Night Hike

Tuesday, March 6, 6 to 8 pm

Experience late winter at twilight with lunar and winter folklore along the way. \$7/\$5 • Registration required.

Lunch 'n' Learn: Shores Brook Dam Removal

Thursday, March 15, 12 to 1 pm

A centuries-old dam is removed to restore fish habitat. Learn why and what's next. With Tin Smith, Wells Reserve Stewardship Coordinator. \$2 suggested donation • Bring your lunch.

Docent Training Sessions

March 19 through April 11

New docent orientation, skill-building sessions, and trainings for Wild Friends in Wild Places, Exploring Estuaries, and Microscopic Marvels. Contact Paige Rutherford at 646-1555 ext 110.



Maine Seabird Islands

Tuesday, March 20, 7 to 8 pm

Discover the Maine Coastal Islands National Wildlife Refuge and the birds that live there. With Stephanie Martin, Friends of Maine Seabird Islands. Free • York County Audubon program.

Springtime Garden Craft Workshop

Sunday, March 25, 2 to 4 pm

Jump start spring with three simple crafts—greeting card, hanging planter, and flower press—made from natural and recycled materials. All ages welcome. \$12/\$10 includes materials • Registration required.

Preschool Story Hour: A House for Hermit Crab

Tuesday, April 10, 10:30 to 11:30 am

For ages 3 to 5. An introduction to animals through a book reading, a short trail walk, and an activity. Free • Meet in the library.

Woodcock Watch

Thursday, April 12, 7 to 8:30 pm

Friday, April 13, 7 to 8:30 pm

Commune with the famed timberdoodle, forest denizen and aerial acrobat. With Paul Dest. \$7/\$5 • Registration required.



Vernal Pool Party

Monday, April 16, 9 am to 3 pm

For ages 6 to 9. Investigate insects, search for salamanders, listen for frogs, and make a frog puppet. \$50/\$40 • Scholarships available • Registration required.

Endangered Neighbors Art Day

Tuesday, April 17, 9 am to 3 pm

For ages 6 to 9. Discover Maine's endangered species, learn how to protect them, and create art. \$50/\$40 • Scholarships available • Registration required.

Birding in York County

Tuesday, April 17, 7 to 8 pm

Learn to enjoy local birds and the many excellent birding locations in our area. With Marie Jordan. Free • York County Audubon program.

Migration Exploration

Wednesday, April 18, 9 am to 3 pm

For ages 9 to 12. Uncover the secrets of animal migration, listen to whale song, and try life as an eel. \$50/\$40 • Scholarships available • Registration required.

Beach Keepers

Thursday, April 19, 9 am to 3 pm

For ages 9 to 12. Explore barrier beaches, investigate ocean pollution, and do a beach scavenger hunt. \$50/\$40 • Scholarships available • Registration required.

Lunch 'n' Learn: Earth Day Stewards

Thursday, April 19, 12 to 1 pm

Play Biodegradation Bingo, recite a stewardship pledge, and join a cleanup on Laudholm Beach. \$2 suggested donation • Bring your lunch.

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fees = regular/Laudholm member