

May 12, 2014



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PARK PICKS by FRIENDS OF THE ALLENTOWN PARKS

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Discovery Walk Wildflowers of Lehigh Parkway



A beautiful morning for a walk in the park! On Saturday visitors to Lehigh Parkway not only enjoyed the gorgeous spring weather, but were

introduced to a number of beautiful wildflowers. Botanist Claudia Steckel regaled the participants with discussions of native plants, their uses and importance to a healthy ecosystem.



Friends' Barnes & Noble Fundraiser... is still on.

Today you can still visit any B & N store and provide bookfair code # 11346426 at check-out and B & N will make a contribution to Friends. On or before May 15 order on-line (bn.com/bookfairs) and enter our code at check-out. Your support is greatly appreciated!



Saturday's in-store event was fun. Allentown Public Library Director Renee Haines engaged children with lots of great storytelling. Friends' volunteer Naseeba kept children laughing during games of Bug Bingo.

Recordante (recorder trio) provided Renaissance musical entertainment.



Thanks for your support!

Friends of the Allentown Parks 2700 Parkway Blvd. Allentown, PA 18104

Phone: 610-432-7275 info@allentownparks.org www.allentownparks.org



Upcoming Events

May 17—10:00 a.m. Discovery Walk: They creep, they crawl, they sometimes fly! Insect Discoveries at the Allentown Rose Garden led by entomologist and Muhlenberg College professor Marten Edwards. Meeting point is the stone house (2700 Parkway Blvd.)

May 24— 10:00 a.m. Discovery Walk: Birdwatching at Trexler Park led by Scott Burnet of the LV Audubon Society. Meeting point is the park entrance at parking lot off Springhouse Rd.

Accessible Nature Walk Cedar Creek Parkway



On April 27, in collaboration with the Wildlands Conservancy and the Lehigh Valley Center for Independent Living, visitors had the opportunity to tour Cedar Creek Parkway in the area of the Allentown

Rose Garden for an overview of the ecology and, of course, a view of the beautiful landscape. Friends provided a historical overview of the park, activities such as habitat creation on the island at Muhlenberg Lake, sightings of Bald Eagles, Great Horned Owls and lots more. The Wildlands Conservancy brought a number of animals for a little hands-on experience.



Back by popular demand!



Yoga in the Beauty of Allentown's Rose Garden!

Rose Garden Yoga

Morning & evening sessions with Instructor Lisa Bryan

Save the dates!

Come smell the roses this summer with outdoor Yoga! Classes are open to new and experienced yoga students alike. Two classes are offered weekly. Every class includes postures, breathing techniques, and mind/body relaxation. The Allentown Rose Garden is along Parkway Boulevard at N. 28th Street in west Allentown. Meet at the gazebos!

Bring a beach towel, mat, block, and water bottle. Payments made at class time; ten percent goes to Friends of the Allentown Parks! \$10/class or commit to 5 classes for \$40 (all classes must be taken by 8/4). No preregistration needed. Payment by cash or check only. Weather cancellations will be posted @ www.pranajoy.com one hour before class (or sooner).

Monday evenings 7:00-8:00PM June 2 through August 4 Thursday mornings 7:00-8:00AM June 5 through August 7

All classes taught by Lisa D. Bryan - MA, E-RYT500 610-248-5020 lisa@pranajoy.com www.pranajoy.com

