AUTUMN CLASSES AND EVENTS AT VAN VLECK

Registration required for all classes at Montclairfoundation.org

Family Programs

Sensory Celebration

Sunday, September 22, 1:00 PM – 4:00 PM

Rain Date & Time: Saturday, October 5th, 10:00 AM – 1:00 PM

This annual event invites you to explore the Van Vleck Gardens using your senses as your guide. Activity stations throughout the gardens are self-paced, optional and focus on using our senses to discover nature through art, movement, literature, planting and exploration walks. This outdoor family program is an inclusive event, open to people of all ages and abilities and will be held outdoors, with select activities in the Education Center.

Scarecrows in the Garden

October 16th - November 2nd

Our annual community exhibit returns! Get your group/club/family/team/business/block together and join the fun. The contest is free to enter and prizes will be awarded in 4 categories. Those winners will then choose a nonprofit organization to receive a donation from The Montclair Foundation. Register your group now!

Art in Nature

November 2, 1:00 PM - 3:00 PM

Rain Date: Sunday, November 3

Spend an afternoon in Van Vleck Gardens exploring various nature-inspired art projects. Outdoor stations will include activities such as painting with natural objects, nature journaling, shadow drawings and more. Families and individuals of all ages (3 yrs. & up) and abilities are welcome. Materials will be included, and no art experience is needed.

Scouting Saturday

Saturday November 2, 10:00 AM – 12:00 PM

Scout activities will be centered around sustainability and gardening. Each activity is designed to help a scout complete part or all of the requirements for the scout badges listed on the website. Scouts of all ages and abilities are welcome to join. For more information or any questions, please email kelsey@montclairfoundation.org.

Birds of Prey
October 23rd, 4:30 PM - 5:30 PM

Meet live birds of prey from Flat Brook Rock Nature Center. Discover how incredible these birds are by learning about their behavior and special adaptations. Open to families and individuals. Designed for children ages 5 and older, but all ages are welcome.

**Outdoor Adventures Family Program**

Saturdays, 10:00 AM – 12:00 PM

October 12 - [Pumpkins and Squash and Gourds, oh my!](#)

November 9 - [Whooo Wants to Learn About Owls](#)

December 14 - [Bird Feeder Fun](#)

Each program will focus on a specific theme, and our Van Vleck Education team will guide your family through this interactive learning experience. Your family will explore and learn about the outdoor world through crafts, scavenger hunts, activity sheets and displays.

*Family programs sponsored by Montclair State University*

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**Classes for Children**

**Tales on the Trails**

Wednesdays 1:00 PM - 1:45 PM

September 18 - [Seeds & Acorns](#)

October 2 - [Spiders & Their Webs](#)

October 23 - [Fall Leaf Fun](#)

November 13 - [Nocturnal Animals](#)

December 11 - [Winter Homes](#)

Caregivers/parents and their preschool age child discover the wonder of the outdoors in our Gardens through a story, a stroll and a simple craft.

*Sponsored by The Albert Payson Terhune Foundation*

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**Storybook Gardening** *(formerly Garden Tales class)*

Tuesdays, 4:00PM - 5:00PM

September 17 - Book: [How Groundhog’s Garden Grew](#)

October 1 - Book: [From Seed to Pumpkin](#)

November 19 - Book: [Compost Stew: An A to Z Recipe for the Earth](#)
December 17 - Book: *Up in the Garden and Down in the Dirt*

Explore our Edible Garden through nature stories with our Storybook Gardening class! This class combines the love of reading with gardening and environmental science. Let’s make stories come to life and become a junior garden and citizen scientist along the way. Perfect activity for children in grades K – 2. Registration required. Space is limited.

*Sponsored by The Albert Payson Terhune Foundation*

**Garden to Table Family Program**

Tuesday, 4:00PM - 5:00 PM

September 24 - **Recipe: No Bake Applesauce Cookie Dough**

October 17 - **Recipe: Pumpkin Hummus**

November 7 - **Recipe: Spinach Kale Bites**

December 12 - **Recipe: Peppermint Tea**

Enjoy quality time in the garden with your child/children as we explore our Edible Garden and all that it has to offer. Help us weed and water, plant, and harvest. We will prepare a simple snack with ingredients found in the garden. Appropriate for children ages 4 and up but all are welcome. Children must be accompanied by an adult.

**Classes for Adults**

**Garden Inspirations Plein Air Watercolor Class** with Sharon Pitts

Tuesdays, **October 22, 29, November 5 & 12**, 1:00 PM - 3:30 PM. Registration opens September 9th

Four Tuesday afternoons we will paint in the magical Van Vleck Gardens or work from photos taken there. Each week will be in a different location in the garden. The class will concentrate on fascinating discoveries inspired by the variety of settings, from floral to trees to trails and secret gardens.

**Yoga in the Gardens**

Tuesdays, **September 10, 17, 24**, 6:00 – 7:00 PM

Tuesday, **October 1**, 5:30 – 6:30 PM (TIME CHANGE!)

Spend a peaceful evening practicing mindful slow-flow yoga. Instructor Jennifer Hondru-Celestin takes inspiration from the magnificent natural beauty of our Gardens to lead a class blending mindful movement, breath, meditation, and a good dose of humor and fun. Our yoga community welcomes all levels from beginner to experienced yogis.

**Monday Morning Yoga** Hybrid class (in-person and virtual offered)
Mondays, 9:30 AM - 10:45 AM, **Early Fall Session: September 9 - October 28** (no class 10/14)

Join our welcoming community for a meditative yoga flow practice in the Van Vleck living room overlooking the charming courtyard gardens. All levels of yoga experience are welcome in this dynamic, inclusive class. Our teacher Jennifer Hondru-Celestin takes inspiration from the natural beauty around us to flow with the seasons, blending mindful movement, breath, meditation, and a good dose of humor and fun. This class welcomes all levels from beginner to experienced yogis.

**Virtual Meditation Class with John Welshons**

Wednesdays, 7:00PM - 9:00PM

September 4, 11, 18, 25

Immerse yourself in meditation with highly experienced spiritual teacher and author John Welshons. Open to beginners and experienced practitioners, these evening classes will focus on specific practices for working with fear and anxiety. Learning different forms of mindfulness meditation in each session, these gatherings offer an opportunity to experience deep inner peace.

**Wreath Making Class**

Wednesdays, **December 4th**, 10:00 AM- 12:00 AM

Laura Roberts, Director of Horticulture at Van Vleck House & Gardens, will guide you through creating your own wreath made from pine cones. Decorate with an assortment of natural items collected from the Van Vleck property. Leave the mess and supplies to us, and bring home a unique creation that will add beauty to any home.

**Montclair Institute for Lifelong Learning** at Van Vleck House & Gardens

Fall session Thursdays, 1:30 PM – 2:30PM NEW TIME!

9/19 - [The Milkweed and Monarch Connection](#)

9/26 - [Flower Pounding](#)

10/3 - [Leaf and Flower Press - Make Your Own](#)

10/10 - [Seed on the Move - Seed Dispersal](#)

10/17 - [Tree ID - Trees Under Threat](#)

10/24 - [Fall Interest Walk](#)

10/31 - [Pumpkins - not just for jack-o-lanterns](#) (botany and simple recipes)

12/5 - [Pine Cone Wreath Making Demo](#)

Registration required at the [Montclair Institute for Lifelong Learning site](#).
The Montclair Foundation/Van Vleck House & Gardens is a 501(c)(3) charitable organization

The Gardens are free to visit from dawn to dusk daily unless posted on our website

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Good Grows Here