


## WHAT'S HAPPENING at the TREEHOUSE AT TIP??

FRIENDS OF ROCK RIDGES TRAIL			CALENDAR OF EVENTS 2025
Day and Date	Location	Time	Event
Ongoing	Rock Ridges Trail	Anytime	<b>Get out and hike the trail!</b> Follow the QR codes along the trail for natural history information and family-friendly activities. Take a relaxing break in our new Treehouse at South Bay.
Saturday June 7	Treehouse at TIP	10:30am-noon	<b>Seedball Hike:</b> Get your hands dirty creating seedballs filled with native plant seeds. Then join native plant experts Colin Withers and Nickie Foley on a hike along the Rock Ridges trail to disperse them. All ages welcome! <b>Raindate:</b> Saturday June 14.
Wednesday July 2	Treehouse at TIP	1:30-3:30pm	<b>River Critters:</b> All ages are invited to join TIP resident Bethan Gillett to learn about the little critters that live in our beautiful river. Please wear water shoes and be ready to get wet. <b>Raindate:</b> July 3 at MAC Nature Car
Friday July 11	Treehouse at TIP	11am-noon	<b>Dive into Aquatic Ecology: Discovering Life Below the Surface:</b> Professor Dibs Thomas is eager to share his love of the river and his deep understanding of the river ecosystem. Hands-on activities for all ages.
Saturdays: July 12,19, 26	Treehouse at TIP	8am- 9am	<b>Stretch and Sit-</b> Join Nickie Foley for a relaxing start to your day with gentle stretching followed by meditation in the peace of the Treehouse and surrounding woods.
Friday July 18	Treehouse at TIP	10:30am-noon	<b>150 Things to Experience on the Rock Ridges Trail Scavenger Hunt:</b> Celebrate the Sesquicentennial on the Rock Ridges Trail as we search together to find 150 (or more!) natural treasures on the trail.
Thursday July 24	Treehouse at TIP	10am-12:30pm	<b>Thousand Island Land Trust (TILT) sponsors KidsTrek "Let it Flow!"</b> , part of the Healthy Land, Healthy River series. This family friendly event offers games and activities by TILT, Save the River, and River Yoga. <b>Preregister</b> at <a href="http://tilandtrust.org">tilandtrust.org</a> or call 315-686-5345 to reserve. (spaces limited)
Friday August 1	Treehouse at TIP	10am-noon	<b>All About Bats:</b> Meet Brie Foley, the Animal Caretaker at the MAC Nature Center. She'll talk about bats, lead a hike along our beautiful trail, and treat us to some batty crafts. Fun for all ages!
Saturdays: August 2,9,16,23	Treehouse at TIP	8am- 9am	<b>Stretch and Sit-</b> Join Nickie Foley for a relaxing start to your day with gentle stretching followed by meditation in the peace of the Treehouse and surrounding woods.
Friday August 8	Treehouse at TIP	11am- noon	<b>Yoga in the Treehouse:</b> Join longtime TIP visitor and yoga practitioner Alex Palmer for a relaxing morning tune-up surrounded by the sounds of the forest. Bring a mat or towel.
Friday August 15	Treehouse at TIP	10am-noon	<b>Nature String Bag Creation Station:</b> Bring the family to this fun event. Decorate your own backpack with cool nature designs. Minimum donation: \$10 per bag. Pre-register at <a href="mailto:tiprockridges@gmail.com">tiprockridges@gmail.com</a>

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<b>JOIN US!</b> <b>SCAN to DONATE</b>		Any time is a GREAT time to make a donation to FRRNT!	We welcome all TIP families and visitors to join our organization. Find out what is happening and how you can support our efforts. Visit our website at <b><a href="http://tiprockridges.org">tiprockridges.org</a></b> .