All programs meet at the Environmental Education Center unless otherwise noted. Accommodation will be made for visitors with disabilities upon advance request.

Programs requiring registration have a ✈️ symbol after the program name. Use the listed course number when making reservations by phone (1-888-EBPARKS opt. 2) or at our registration website, ebparksonline.com. All other programs are drop-in only. For more information on drop-in programs call 510-544-2233 or email tnarea@ebparks.org.

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**BUGS FOR LUNCH ✈️**

Jenna Collins  
12:30-1:30pm, Sat, July 1 & 8  
Insects play a very important part in our ecosystem. From decomposition to food, bugs help make the world go round. We’ll read a story about animals that rely on insects for food then make old fashioned ice cream ...topped with bugs! Meet at the visitor center.

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**BIRDING THE BOTANIC GARDEN**

Tilden Botanic Garden  
Paula Urtecho  
9-10am, Sun, Jul 2  
Thanks to the diversity of plants and habitats represented in the Regional Parks Botanic Garden, there’s always a good variety of bird species to observe. We’ll have a few pairs of binoculars to loan. Meet in front of the Botanic Garden Visitor Center.
GARDEN HELPERS
Paula Urtecho
10-11am, Sun, Jul 9 & Aug 6
Come and get your hands dirty in the Kid’s Garden! Help out with gardening tasks like weeding, planting, spreading mulch, and of course, harvesting. Meet at the Garden Gate, right next to the Round Barn. Gloves and gardening tools provided.

CONOCIENDO LOS ANIMALES DE LA GRANJITA
MEET THE LITTLE FARM ANIMALS
(Español/English)
Paula Urtecho
10-11am, Sun, Jul 16 & Aug 13
De gallinas a vacas, hay un a variedad de animales en La Granjita! Ven a concerlos e aprender su lugar en la granja. Nos reuniremos en frente del establo de vacas.

From chickens to cows, there’s a great cast of characters at the Little Farm. Come and meet them and learn about their place at the farm. Meet in front of the Cow Barn.

TWILIGHT FOG HIKE
Paula Urtecho
Tilden Regional Park
7:30-9:30pm, Tue, Jul 18
Let’s a take a twilight hike on the Seaview Trail! From our vantage point we’ll hope to watch the fog roll in as the sun sets – always inspiring to watch, but notoriously hard to predict. Nevertheless, it will be amazing to be out on the ridge of the hills on an East Bay summer evening! Wear layers and sturdy shoes. Bring water and a snack. A flashlight or headlamp is a good idea too. Park in the Steam Train Overflow Lot and meet at Seaview Trail.

FUN WITH FELTING
Jenna Collins
12:30-1:30pm, Sat, Jul 22 & 29
Come find out how we can turn sheep’s wool into cloth! Practice your hand at wet felting and make your own felted creation. Meet at the visitor center.
BIRDING AT TILDEN NATURE AREA
Paula Urtecho
8:30-9:30am, Sun, Jul 23
Let’s get active early, like the birds! We’ll meander around the Nature Area in search of avian activity. We’ll have a few pairs of binoculars to loan. Meet in front of the Environmental Education Center.

THE OVER-THE-HILLS GANG
Various Parks
10am-12:30pm, Tue, Jul 25, Aug 8 & 29
Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks.

Jul 25: Leona Canyon, Canyon Oaks Drive entrance (no facilities) Rough trail, hills.
Aug 8: Redwood Regional Park, Canyon Meadow Staging Area – in the shade of giants!

TILDEN TOTS
Melissa Fowlks
10:30-11:30am, Wed, Jul 26, Aug 23
Bring the littlest ones to the park to explore! Do an activity, meet some animals, and listen along to a story. Meet outside the visitor center.

HIKE AND STORYTIME
Various Parks
Melissa Fowlks
11am-12:30pm, Thu, Jul 27 & Aug 24
Join Naturalist Melissa and Librarian Deborah in nature exploration activities, and a themed Storytime.

July 27: Tilden Little Farm. Meet at the Environmental Education Center.
August 24: Kennedy Grove. Meet on the lawn.
WILDCAT GORGE HIKE
Tilden Regional Park
Paula Urtecho
9-11am, Sun, Jul 30
Let’s seek refuge from the summer heat in the cool, shady gorge. We’ll hike to Lake Anza and back. Bring water and a snack, wear sturdy shoes. Meet at Wildcat Gorge trailhead near Lone Oak picnic site.

JEWEL LAKE (OR NOT)
Naturalist Anthony Fisher
11-12:30pm, Sat Aug. 5 & 19
Is there water, or nah? Well, that’s neither here, nor there. As we wander hitherto and thither, we may see a lizard or a dino or a dragon! Meet at the front desk.

CREATURES OF THE NIGHT
Naturalist Anthony Fisher
3-4pm, Sat Aug. 5 & 19
The Real Truth, Captured on Trail Camera Video! You won’t Believe your Eyes! Wild Animals Minding their own Business! New episodes Weekly!