



Wellness in the Woods

2025-2026 Nature Education Wellness Program Schedule



Nature Clay, Play, and Display

Sun., Nov. 9, 2025 2-3:30 p.m. - Red Oaks Nature Center

Unwind with an indoor craft session using nature-inspired stamps to create a unique coaster, trinket dish, or plant saucer. Display your creation proudly or gift it just in time for the holidays!
\$10/person. Suitable for all ages.

Zenning Your Space: Kokedama

Fri., Jan. 23, 2026 6-7:30 p.m. - Wint Nature Center

Bring nature home—no matter where you live. In this hands-on workshop, you'll craft your own kokedama (a Japanese moss ball plant) and discover simple, beautiful ways to weave natural elements into your environment for relaxation, balance, and better air quality.
\$10/person. Suitable for ages 8+.

Stargazing Meditation

Sat., March 7, 2026 6-7 p.m. - Red Oaks Nature Center

Step into the stars and find your center. Join us indoors in our inflatable planetarium for a unique stargazing experience and guided meditation. Discover the calming magic of the night sky as you explore mindfulness through focused breathing and celestial wonder.
\$5/person. Suitable for ages 8+.

Introduction to Forest Bathing

Sun., April 19, 2026 10:30 a.m.-noon - Red Oaks Nature Center

Enhance your health and wellbeing by entering the forest with one goal in mind: sensory immersion in nature. Explore the art and science of forest bathing while being led through exercises by a certified forest bathing professional.
\$15/person. Suitable for ages 16+.

An ASL interpreter will be provided.



Bonfire Brain Break

Fri., April 24, 2026 7-8:30 p.m. - Wint Nature Center

Brain won't stop buzzing? Take a much-needed brain break around the bonfire with us! Unwind, connect with others, and learn simple, calming tools you can start using right away to bring balance back to your mind.
\$5/person. Suitable for all ages.

Drum in the Sun

Sun., June 21, 2026 11 a.m.-noon - Wint Nature Center

Welcome summer with the beat of the drums in an energizing outdoor drum circle led by experienced facilitator Teri Williams of Soul Practices! All you need is a good attitude, while you connect with community, nature, and oneself through rhythmic exploration.
\$15/person. Suitable for all ages.



Playful Hiking and Sound Bath

Sat., June 27, 2026 11 a.m.-noon - Red Oaks Nature Center

Jump into nature and shake off those big feelings! Kids and their caregivers are invited to gather at this fun-filled session to explore the outdoors through playful forest bathing and unwinding with a calming sound bath. Along the way, kids will pick up simple tools to feel more in control and confident while having a great time.
\$10/child, caregivers are free. Suitable for ages 5-10.



Painting in the Garden

Sat., Aug. 29, 2026 2-3 p.m. - Wint Nature Center

Unleash your creativity in the heart of nature! Join a Michigan-based artist for an inspiring outdoor watercolor session. This beginner-friendly class combines hands-on instruction with the calming power of nature, designed to boost well-being and encourage mindfulness.

\$25/person. Suitable for ages 16+. An ASL interpreter will be provided.



Forest Bathing 101

Sat., Sept. 12, 2026 10:30 a.m.-noon - Wint Nature Center

Enhance your health and wellbeing by entering the forest with one goal in mind: sensory immersion in nature. Explore the art and science of forest bathing while being led through exercises by a certified forest bathing professional.

\$15/person. Suitable for ages 16+.



Summer is Done Let's Drum

Sat., Sept. 19, 2026 6-7 p.m. - Red Oaks Nature Center

Send summer off with a bang on a drum. Join Teri Williams from Soul Practices for an outdoor drum circle focused on connecting with others through the co-creation of rhythms.
\$15/person. Suitable for all ages.



Program Registration: Preregistration with payment is required for all nature center programs. Walk-ins are accommodated when possible. Refunds are issued only under extenuating circumstances or if the program is cancelled.

Register/pay: Visit <http://bit.ly/OcpNatureCenters> or call 248-858-0916 during regular business hours. Visa, Mastercard, Discover and American Express are accepted.

Programs take place rain or shine. Dress for the weather as programs may be held outdoors. Programs will be cancelled for severe inclement weather.



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