

Sweet Tweets

Saturday, February 18, 9:30am-4:30pm

All ages welcome

Cost: FREE!

Valentine's Day may be over, but if you'd also like to show your affection for our feathered friends, com to the Audubon Center and make a treat you can put outside for the birds to eat. Learn more about the annual Great Backyard Bird Count, February 17th-20th, which you can also do at home to help the birds. Come and go as you please. *Note: treat will contain peanut products.*

Great Backyard Bird Count and Discover Birds Program

Saturday, February 18, 10am-12pm

All ages welcome; suggested age 7 and up

Cost: \$6 per person

Many winter guests are visiting our feeders. Do you know who your guests are? We'll begin indoors learning basic bird identification techniques, and a few of the more common birds in our area. We'll also learn about critical issues affecting birds, and what we can do to help. Following a discussion of how to use binoculars and field guides, we'll head outdoors for a chance to see and hear birds in their natural habitats on a hike through the Park. Learn how you can participate at home in the annual Great Backyard Bird Count, February 17th-20th.

Yoga in Nature

Saturday, February 18, 9-10am

All ages welcome

Cost: \$4 per person

Enjoy exercising at your own level beside beautiful Shoal Creek. Instructor Connelaine Gustad teaches Hatha Yoga, exercise for balance, strength, flexibility, and endurance, which can instill harmony and tranquility in one's life. Will be held indoors in inclement weather.

*All programs of the Wildcat Glades Conservation & Audubon Center, unless otherwise stated, require **pre-registration**. Preschool programs usually require **pre-registration and prepayment**. You may pre-register through the website at wildcatglades.audubon.org, or by calling (417)782-NATR. We accept walk-ins, but due to limited capacity for most programs, we cannot guarantee that space will be available.*

Cancellation Policy: Cancellations will be accepted until noon the day before the program.