

## FAMILY EDUCATION PROGRAMS **SUMMER 2023 | JULY - SEPTEMBER**

### **ICE CREAM MAKING - \$8**

Pre-registration Required

July 2, 6, 11, 13, 20 Aug. 2, 8, 17, 19, 29 Sept. 2, 6, 9, 12 - 10am-11:30am. Open to all ages. Location: Education Barn.

After learning how homemade ice cream is made you will work up an appetite touring our dairy facility, meeting our award-winning herd of Holsteins and learning a bit about how we care for them. The ice-cream will be churning while you are away and will be ready to enjoy a sample of at the end of your tour.

### FARMYARD HELPER - \$7

Pre-registration Required
July 6, 16 Aug. 8 Sept. 16, 20 - 3:30pm-5pm. Open to ages 6 & up. Location: Education Barn.

Our Farmyard Helper program is a hands-on opportunity for older children to meet and care for our farm animals. Each animal has a specialized care routine that involves feeding, watering, grooming, cleaning, and more. Join us for a behind-the-scenes look at daily chores in the farmyard.

### FRIDAY FARMERS - \$7

**Pre-registration Required** 

Every Friday July 7 - Sep. 29 - 10am-11:30am. Open to ages 3 & up. Location: Education Barn.

Every Friday we gather with our friends in the Family Farmyard to tackle farm chores as a team. All will have a chance to lend a hand and get their boots dirty while exploring the farm! Chores and activities are season and weather dependent.

### **GARDEN TASTING - \$7**

Pre-registration Required
July 12, 27 Aug. 9, 24 Sep. 7 - 10am - 11:30am.
Open to ages 3 & up. Location: Education Barn.

We invite our younger friends to explore the summer gardens and awaken their developing taste buds with samples directly from our vegetable beds. We will discuss sustainable harvesting, best garden practices, and enjoy lots of fresh produce!



Pre-register for family programs here:

#### (207) 650-3031 education@pinelandfarms.org www.pinelandfarms.org

### STORYWALK - FREE

**Pre-registration Required** 

Every Monday July 3 - Sep. 25 - 10am-11am. Open to all ages. Location: Market & Welcome Center. Enjoy a farm-themed story as you explore nature and the forest along our 1-mile StoryWalk trail. The StoryWalk Project was started by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle and Pedestrian Coalition and the Kellog-Hubbard Library. Stories change every 2 weeks view our story schedule here: https://pinelandfarms.org/story-walk/

See our StoryWalk story schedule here:



## AFTERNOON AT THE EQUESTRIAN CENTER - \$7

**Pre-registration Required** 

July 14 Aug. 11 Sept. 15 - 12:30pm-2pm. Open to ages 6 & up. Location: Equestrian Center. Children above the age of 6 are invited to join us at the Pineland Farms Equestrian Center to meet some of the prize-winning Cabot Morgans and tour our world class facility. Visitors will frolic in the arena, groom a Morgan, and discover the history of the Morgan breed at the Morgan Horse Museum.

### **APPLE CIDER MAKING - \$7**

Pre-registration Required
Sept. 21, 26 - 10am - 11:30am. Sept. 21, 26 - 3:30pm - 5pm Open to all ages. Location: Education Barn.

Join us as we pick apples from our apple orchard and learn how fresh apple cider is made. Enjoy a taste before heading home.

### **HARVEST LUNCH - \$7**

Pre-registration Required

Aug. 26, Sept. 6 - 10am-11:30am Open to ages 6 & up. Location: Education Barn. Children above the age of 6 are invited to join us in the garden to discover what the summer harvest has to offer. Everyone will have the opportunity to explore the vegetable beds and sample a variety of produce. We will end the program with a picnic lunch—fresh from garden to table!

### FAMILY PROGRAM FAQ's

- Our barns are exposed to the elements. Please wear appropriate weather attire.
- Adult paid participation is required.
- Arrive 15 minutes early to programs.
- Due to the nature of a working farm some programs / featured animals will vary.



## **ADULT EDUCATION PROGRAMS SUMMER 2023 | JULY - SEPTEMBER**

### **CHEESEMAKING & DAIRY TOUR - \$15**

**Pre-registration Required** 

July 18, 30 Aug. 12, 24 Sept. 19, 23 - 3pm-5pm Ages 14 & up. Location: The Sugar House in the Farmyard. While learning the basics of making cheese curds, enjoy a behind the scenes tour of our dairy facility including an observation of an afternoon milking.

### READING THE FORESTED LANDSCAPE - \$6

**Pre-registration Required** 

September 5 - 5pm-7pm

Ages 14 & up. Location: Education Barn.

Have you ever wondered how old the trees and forests that surround you are or what the land you are standing on was used for in the past? How could you find out? Join Shane Duigan, District Forester from the Maine Forest Service, to learn how to read the clues in the landscape!

#### NATURE FOREST THERAPY - \$20

Pre-registration Required

July 20, 27 Aug. 10, 17 Sept. 14 - 5pm-7pm Ages 18 & up. Location: Education Barn.

Are you looking for a different way to destress and connect to the natural world around you? Hughes Kraft, a Certified Nature Forest Therapy Guide, is partnering with Pineland Farms to share his knowledge of and love for the spectacular forests of Maine in a unique way.Nature Forest Therapy Walks are two hour opportunities to slow down, connect with nature and with oneself. It is not a destination hike, nor is it a nature walk where things are named and described, it is an invitation to explore the relationship between the humans and the more than human world. We hope you accept.

### **CONNECT WITH NATURE - \$40**

**Pre-registration Required** 

July 23, Aug. 6, 20 Sept. 9 - 10am-1pm

Ages 18 & up. Location: Education Barn.
This 3-hour workshop will blend the approaches of a naturalist and techniques of a nature therapy guide to create an understanding of emotional and scientific relationships with "the living world." Questions will naturally arise while exploring and making observations. Walking at the pace of curiosity, we will answer the questions we can, use resources to find answers we don't have and maintain the humble practice of not-knowing.

#### **ADULT PROGRAM FAQ's**

- Programs may be cancelled if minimum enrollment is not met.
- Arrive 15 minutes early to programs.
- Be prepared to be outside for the entirety of the
- Adult supervision is required for ages 14-17.



### **GARDEN TOURS - \$5**

Pre-registration Required Tuesdays Jun. 20, Jul. 18, Aug. 8, Sept. 12 - 2pm-3:30pm Rain dates will be available on Wednesdays. Open to all ages. Location: The Garden. Enjoy a tour and relax in our beautiful garden surroundings. Stroll the paths and mingle with friends. We'll be here to answer your garden questions. Light refreshments will be served. **Contact**: cjalbert@pinelandfarms.org or 207.688.4800 ex. 11











# **SPORTS & RECREATION SUMMER 2023 | JULY - SEPTEMBER**

### **WOMEN'S HIKE NIGHT - \$5**

Drop-in or Pre-registration Every Wednesday, July - September - 6pm-8pm All ages. Location: Outdoor & Fitness Center. Come join us on Wednesday evenings for our weekly Women's Night! Meet some new friends and join the Pineland Farms
Outdoor & Fitness Center staff for a guided 2-3 hour moderate hike along our trail systems. We will stop for a small break and snack. These hikes are designed to help you feel confident on the trails for the next time you venture out on your own solo or group hike at Pineland Farms. Hike ending times may vary.

### **FULL MOON HIKE - \$10**

Pre-registration Required

July 3, Aug. 1, 30 - 7pm-10pm | Sept. 29 - 6pm-9pm All ages - moderate hike. Location: Outdoor & Fitness Center. Bring some friends or family and come join us for a full moon hike. We will be hiking from the Pineland Farms Outdoor Center. Enjoy a lit firepit and great views of the Full Moon and the surrounding stars. During this outing you will be learning how to read our trail maps and locate where you are on the trails, how to prep for hiking adventures, proper hiking attire, responsible leave no trace principals, hiking etiquette, wildlife / insect protection, and much more! This is a moderate hike over hilly terrain.

## **ORIENTEERING**

\$5 per person, \$8 with tutorial

Please call the Outdoor Center for availability: 207.688.6599

With roots in Scandinavia, orienteering is an international sport with world-wide participation. It is the sport of navigating in unknown terrain. Using a map and a compass, participants locate a series of checkpoints called controls. The challenge comes in determining the most efficient route around the course by interpreting land features indicated on the map. It is like a treasure hunt on the run. Contact: outdoor@pinelandfarms.org or 207.688.6599

Great for individuals & groups!



**OUTDOOR CONTACT INFO**  (207) 688-6599 outdoor@pinelandfarms.org www.pinelandfarms.org



MOUNTAIN BIKE, DISC GOLF, & LAWN GAME RENTALS - 207,668,6599



Activities may be cancelled due to Gym Rentals. Please visit https://pinelandfarms.org/recreation/outdoorcenter/open-gym/ for our daily schedule before participating in Pickleball, Basketball, or Open Gym.

Please review our **Gymnasium Rules** before participating.

#### **OPEN GYM**

Check our website for availablility mid-week & weekends.

#### **ADULT PICKLEBALL**

July-September | Mon. & Wed. 6pm-8pm Thurs.-Sun. 9am-11:30am

#### **ADULT BASKETBALL**

July-September | Tues. 6pm-8pm

All dates are subject to cancellation due to Gym Rentals.

\$5/drop-in fee or \$50/10-pass punch card. After 10 punches turn in card for 1 free visit!

207.688.6599

See our schedule & open gym activity details here:











# PUMPKIN PATCH

OPENS SEPTEMBER 23, 2023

LINK TO PURCHASE PUMPKINS

**COMING SOON** 



CORN MAZE OPENS SEE ALL ENDED AUGUST INCLUDES FARM PASS EVENTS





## MORE THINGS TO DO

In addition to our programs & activities Pineland Farms is open daily for farm visits and recreation. Stop by the Market for delicious food in our cafe & bakery or for a wide array of locally sourced produce, meats, cheeses, and grocery items - 15 Farm View Drive, New Gloucester, Maine.

### **FARM VISITS**

You can visit the Dairy Farm, Family Farmyard, and Equestrian Center year-round with a 2-Hour Farm Pass. Farm passes are pre-registration, purchase online to reserve a time slot.

207.650.3031

Visit:

https://shop.pinelandfarms.org/ collections/all-classes-events/ 2-hour-farm-pass







Hike the trails, play disc golf, bike, try orienteering, pick up a game of bocce or tennis, or enjoy our indoor activities like candlepin bowling, open gym basketball, pickleball, and more! 207.688.6599

**OUTDOOR RECREATION** 

https://pinelandfarms.org/recreation/ outdoor-center/

### VISIT THE GARDENS

All of our professionally designed gardens are created and maintained for the public to enjoy and learn. The Garden, Lilac Garden and Annual Displays around Campus and the Great Lawn are available FREE for all to enjoy from 8 am until dusk spring, summer & fall.

Visit: https://pinelandfarms.org/ experience/the-gardens/













### CANDLEPIN BOWLING

Family-friendly lanes include bumpers for those who would like to utilize them. Paper score cards are provided. \$20/lane per hour. 4 people per lane. Please bring your own bowling shoes or wear socks. 207.688.6599



https://pinelandfarms.org/recreation/ outdoor-center/candlepin-bowling/

\*Ask about our Farm Season Pass, Recreation Passes, & and Open Gym Punch Cards for discounts.

## **SEASON PASSES**

Do you love our family programs and recreational opportunities? Get an annual or season pass to the farm, disc golf, xc skiing, biking, or snowshoeing for added benefits including 10% off purchases at the Market. Learn more about our Educational & Recreational opportunities at pinelandfarms.org

### **FARM SEASON PASS**

Grants a family of four access to the farm, 50% off family programs, and 10% off at the Market for one whole year!
207.650.3031

Visit:

https://shop.pinelandfarms.org/collections/annual-season-passes/products/farm-season-pass-1



### **OPEN GYM PUNCH CARD**

Join us for teen & adult open gym activities. Drop in for \$5/per person or \$50/ for this 10-pass punch card and receive 1 free visit after you turn in your card with 10 punches. 207.688.6599

Visit:

https://shop.pinelandfarms.org/ collections/all-recreation-passesactivities/products/open-punch-card





# RECREATION SEASON PASSES

We offer season passes to XC skiing & snowshoeing as well as annual passes for mountain/fat biking & disc golf! All recreation season passes offer access to your favorite activity plus 10% off a the Market, 2 free guest passes, and 10% off rentals.

To learn more about each season or annual pass scan the QR code below and select the pass that interests you!

Call 207.688.4539

Visit:

https://shop.pinelandfarms.org/collections/all-recreation-passes-activities





