

# INTERPRETIVE PROGRAMS IN JULY & AUGUST

**MORNING YOGA:** Join Interns Alison Bennett and Meghan McCafferty on Thursdays throughout the summer to experience the peace of the refuge in the morning while engaging in some light exercise and stretching designed to revitalize your body and mind. This program will run on **July 12<sup>th</sup>, 29<sup>th</sup>, 26<sup>th</sup> and August 2<sup>nd</sup> at 10:00 AM** at the Assabet River NWR Visitor's Center. Please bring your own mat, water bottle and outdoor appropriate shoes. **Please RSVP** to [kizette\\_ortizvanger@fws.gov](mailto:kizette_ortizvanger@fws.gov) by the Wednesday before the program.



**PAINT THE REFUGE:** Join Intern Jollane Eccleston at the Assabet River NWR for an activity that the whole family can enjoy! On **Wednesday, August 1<sup>st</sup> from 12:00 – 2:00 PM** participants will demonstrate their connection to nature by painting a part of the refuge of their choice. “Paint the Refuge” is open to new and experienced artists (teenagers to adults). Watercolor paint will be provided, however participants are encouraged to bring their own supplies. **\*The winning painting will be displayed in the multipurpose/conference room in the Visitor Center for visitors to view\***. During the “Paint the Refuge” activity, children can participate in a scavenger hunt and nature walk on Puffer Pond trail, geared towards ages 4-7. **Please RSVP** to [kizette\\_ortizvanger@fws.gov](mailto:kizette_ortizvanger@fws.gov) by Tuesday, July 31<sup>st</sup>.



**CANOEING ADVENTURE!** Join us at the Assabet River NWR for a guided canoe tour of Puffer Pond. Experience the refuge, nature and Puffer Pond in a new and exciting way! This program will run on **Sunday, August 5<sup>th</sup> at 10:00 AM** and is designed for adults, families and children 10 years of age and older. If interested, **please RSVP** to [kizette\\_ortizvanger@fws.gov](mailto:kizette_ortizvanger@fws.gov) or (978) 562-3527 by Wednesday, August 1<sup>st</sup>. On the day of the event, please meet at the Visitor's Center at 10:00 AM with waterproof clothing, hat, sunscreen and a water bottle. Canoes and PFDs will be provided, but participants are encouraged to bring their own.



## ASSABET AS AN ARMY BASE AND SUPERFUND

**SITE:** Join us at the Assabet River NWR for a **two-part program** about the transformation of the Assabet River NWR from an Army base and Superfund Site to a beautiful refuge that is open to the public. The **first part of the program** is an informational PowerPoint Presentation (including photographs from before the refuge was restored to its current condition), and will be held on **Thursday, August 9<sup>th</sup> from 7:00 – 8:00 PM** in the Visitor's Center. The **second part of the program** is a guided walk around the refuge featuring locations discussed in the PowerPoint, and will be held on **Saturday, August 11<sup>th</sup> from 10:00 – 11:00 AM**. Please RSVP to [kizette\\_ortizvanger@fws.gov](mailto:kizette_ortizvanger@fws.gov) by Wednesday, August 8<sup>th</sup>.



Assabet River National Wildlife Refuge  
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<http://www.fws.gov/northeast/assabriver/>

<http://www.farnwr.org/>

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