



# Spring 2025

## RESERVATIONS

Reservations for programs are required and are taken two weeks prior to the program.

To register, please visit [Eventbrite.com](https://www.eventbrite.com) and search by program title, #HempsteadLake or #NatureEdventure.

Space is limited. If you are unable to keep your reservation, please cancel so others may have the opportunity to attend.

## PAYMENT INFORMATION

- Tiny Tots (ages 3-5) - \$4 per child
- Children's Programs (geared for 6 & up) - \$4 per child
- Family Programs (geared for 6 & up) - \$4 per person
- Adult Programs (geared for 18 & up) - \$4 per person

Parking Fees may apply. Visit [parks.ny.gov](https://parks.ny.gov) and search by park for more info.

## CONTACT US!

📞 (516) 766-1029

✉️ [hempsteadlakeEE@parks.ny.gov](mailto:hempsteadlakeEE@parks.ny.gov)

Add us on  
Facebook!



Follow us on Instagram!  
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## Environmental Education and Resiliency Center



**Open Daily  
9:00AM - 4:00PM**



JONES BEACH ENERGY & NATURE CENTER  
**EYE OF THE BEHOLDER**  
PHOTO CONTEST 2025

In coordination with  
Hempstead Lake State Park  
the contest will run March to  
May, with new themes  
announced each month.  
Exhibition of selected photos  
will be held at the Center in  
late June. Use the link or QR  
code to the right for more  
information.

**CONTEST INFORMATION**

JONESBEACHENC.ORG/  
PHOTO-CONTEST



OR USE THE  
QR CODE

JONES BEACH  
ENERGY & NATURE  
CENTER



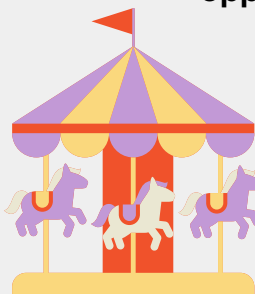
New York State  
Parks, Recreation and  
Historic Preservation



HELLO  
*Spring*  
at Hempstead Lake  
State Park



Please email  
[hempsteadlakeeee@parks.ny.gov](mailto:hempsteadlakeeee@parks.ny.gov) to  
inquire about school trips, scout  
programs, and volunteer  
opportunities!



**Historic Carousel &  
Gift Shop opens April 5!**

\$8 Vehicle Use Fee  
is in effect  
beginning April 5 on  
weekends & holidays,  
and every day  
beginning May 24

**I LOVE  
MY PARK**  
*day*  
www.ptny.org

**Saturday,  
May 3rd  
9:00 - 11:00 am**

Join us for annual  
I Love My Park Day!  
Volunteer for a litter  
cleanup around the lake  
or participate in  
beautifying the  
Environmental Education  
and Resiliency Center's  
gardens.

**Online registration begins 4/4  
at: [www.ptny.org](http://www.ptny.org)**

*Complete 25  
missions to earn  
a special edition  
sticker!*



**To begin the challenge...**

- Download the Goosechase app and search for "New York State Parks Wellness Challenge" or use code C38WSA to join
- Download and print the checklist from [parks.ny.gov/wellness-challenge](http://parks.ny.gov/wellness-challenge)
- Or pick up a checklist at your local state park or historic site!



Calendar Key

- (A) indicates Adult Program
- (C) indicates Children’s Program
- (F) indicates Family Program
- 🌱 = part of our spring gardening series!

APRIL 2025



New York State  
Parks, Recreation and  
Historic Preservation





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Hempstead Lake State Park

| SUNDAY   | MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY | SATURDAY  |
|--|--------|--|--|--|--------|---|
|  |        | 1  | 2  | 3  | 4      | 5<br>Passport Through Parks:<br>Early Earth Day Walk<br>(F)<br>9:30 AM - 11:00 AM |
| 6<br>Traditional Egg<br>Decorating<br>(A)<br>10:00 AM - 11:30 AM                         | 7      | 8  | 9  | 10   | 11     | 12<br>Spice Up Your Life<br>(A) 🌱<br>9:30 AM - 11:00 AM                           |
| 13<br>Chicken or the Egg?<br>(C)<br>10:00 AM - 11:00 AM                                  | 14     | 15<br>BioBlitz By the Lake<br>(F)<br>10:00 AM - 11:00 AM                                   | 16<br>Earth Day Upcycle<br>(F)<br>12:00 PM - 1:00 PM | 17<br>Storm Resiliency Stroll<br>(Ages 12+)<br>10:00 AM - 11:30 AM | 18     | 19  |
| 20<br> | 21     | 22<br> | 23   | 24   | 25     | 26  |
| 27<br>Photo Walk<br>(Ages 12+)<br>12:00 PM - 2:00 PM                                     | 28     | 29<br>Crafts & Coffee:<br>Crochet (A)<br>10:00 AM - 11:30 AM                               | 30   |  |        |   |

# APRIL 2025

## PROGRAM DESCRIPTIONS



New York State  
Parks, Recreation and  
Historic Preservation

Eventbrite

[Register here!](#)



[parks.ny.gov](https://parks.ny.gov)



[@hempsteadlakestatepark](#)



[Hempstead Lake State Park](#)

### **Passport Through Parks: Early Earth Day Walk | Family Program Ages 6+ Saturday, April 5th | 9:30 AM - 11:00 AM**

To learn more and to register, please visit NYS Parks Long Island Environmental Education on Eventbrite.

### **Traditional Egg Decorating | Adult Program Ages 18+ | Sunday, April 6th | 10:00 AM - 11:30 AM**

Discover a new method of egg decorating! The technique involves alternating applications of beeswax and dye in such a way that the wax protects the color of the dye underneath it. When all layers are completed, the wax is gently melted away by warming the egg over a flame to reveal beautiful, colorful designs. Capacity for this program is 10 adults.

### **Spice Up Your Life | Adult Program Ages 18+ | Saturday, April 12th | 9:30 AM - 11:00 AM**

Join us for a hands-on class about eating seasonally throughout the year, discover new foods and ways to eat them, and create your own spice blends to enjoy! This program is part of our monthly gardening series.

### **Chicken or the Egg? | Children's Program Ages 6+ | Sunday, April 13th | 10:00 AM - 11:00 AM**

Which one came first?! Join us to learn about the science behind the age-old question. We will dive into the evolution of chickens, starting all the way back to the dinosaurs, we will do some egg-citing activities, and there will be a fun craft!

### **BioBlitz By the Lake | Family Program Ages 6+ | Tuesday, April 15th | 10:00 AM - 11:00 AM | FREE**

How many different species of plants and animals can we find during one hour at the park? Let's find out together! Please have the free "iNaturalist" app pre-downloaded and bring your own smartphone to participate in this program.

### **Earth Day Upcycle | Family Program Ages 6+ | Wednesday, April 16th | 12:00 PM - 1:00 PM | FREE**

Come celebrate Earth Day with us! We will create upcycled crafts and toys. All recycled supplies will be provided, just bring your creativity!

### **Storm Resiliency Stroll | Ages 12+ | Thursday, April 17th | 10:00 AM - 11:30 AM | FREE**

Explore the northern half of the park, where our storm resiliency devices can be spotted! Please come prepared for an out and back hike of roughly 5 miles.

### **Photo Walk | Ages 12+ | Sunday, April 27th | 12:00 PM - 2:00 PM | FREE**

Hempstead Lake is a beautiful place to take photos! Bring your own camera and join us for a leisurely photo walk. All participants are encouraged to submit their photos to the Jones Beach Energy & Nature Center's Eye of the Beholder photo contest.

### **Crafts & Coffee | Adult Program Ages 18+ | Tuesday, April 29th | 10:00 AM - 11:30 AM**

Let's talk about sustainability and find out where textile crafts fall into the mix! Join us for a beginner's lesson in crochet after a quick intro to sustainability.

## TINY TOTS

Explore the natural world around us. These programs will connect children and their parents with nature through short walks, animal visitors, and crafts.

**10:00AM -11:00AM**

**TINY TOTS WILL RESUME IN MAY!**





Calendar Key

- (A) indicates Adult Program
- (C) indicates Children's Program
- (F) indicates Family Program
- 🌱 = part of our spring gardening series!

MAY 2025



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Hempstead Lake State Park

| SUNDAY   | MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY   |
|--|--------|---|---|----------|--------|--|
|  |        |   |   | 1        | 2      | 3<br><b>I LOVE MY PARK days</b><br><small>www.ptny.org</small><br>9:00 AM - 11:00 AM |
| 4<br>Indoor Planting<br>(F) 🌱<br>10:00 AM - 11:30 AM | 5      | 6   | 7   | 8        | 9      | 10<br>Let's Garden!<br>(Ages 10+) 🌱<br>11:00 AM - 12:30 PM                           |
| 11<br><i>Mother's Day</i>                            | 12     | 13  | 14  | 15       | 16     | 17   |
| 18<br>   | 19<br> | 20<br>  | 21<br>  | 22<br>   | 23<br> | 24<br>Spring Wreathmaking (A)<br>9:00 AM - 10:30 AM                                  |
| 25   | 26<br> | 27<br>Crafts and Coffee:<br>Floral Arrangements<br>(A)<br>10:00 AM - 11:30 AM | 28<br>Tiny Tots: Gardening<br>10:00 AM - 11:00 AM | 29       | 30     | 31<br>Forest Bathing (A)<br>10:30 AM - 12:30 PM                                      |

# MAY 2025

## PROGRAM DESCRIPTIONS



New York State  
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Eventbrite  
Register here!



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Hempstead Lake State Park

### I Love My Park Day | Saturday, May 3rd | 9:00 AM - 11:00 AM | FREE VOLUNTEER EVENT

Join us for annual I Love My Park Day! Volunteer for a litter cleanup around the lake or participate in beautifying the Environmental Education and Resiliency Center’s gardens. Online registration opens 4/4 at [www.ptny.org](http://www.ptny.org)

### Indoor Planting | Family Program Ages 6+ | Sunday, May 4th | 10:00 AM - 11:30 AM

Learn how to grow herbs, vegetables, and other plants without needing a yard! Container planting is a beautiful and useful way to bring life into your home, office, or other indoor space. This program is part of our spring monthly gardening series.

### Let’s Garden! | Ages 12+ | Saturday, May 10th | 11:00 AM- 12:30 PM | FREE VOLUNTEER EVENT

Help us plant our back garden! This program is perfect for anyone interested in volunteerism, gardening, or the benefits of native plants. Participants are encouraged to bring their own gardening gloves. Capacity is 10 individuals.

### Spring Wreathmaking | Adult Program Ages 18+ | Saturday, May 24th | 9:00 AM - 10:30 PM

Come showcase the beauty of flowers as well as your creativity by joining us for our first ever Spring Wreath Making program. Program capacity is 10 people. Supplies will be provided.

### Crafts & Coffee: Floral Arrangements | Adult Program Ages 18+ | Tuesday, May 27th | 10:00 AM - 11:30 AM

To celebrate the beauty of spring, join us for a flower foraging walk around the park followed by the opportunity to make your own floral arrangement!

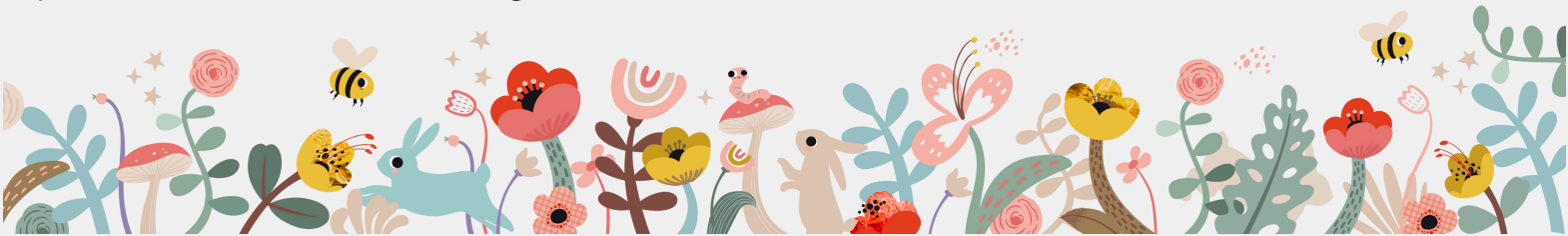
### Forest Bathing | Adult Program Ages 18+ | Saturday, May 31st | 10:30 AM - 12:30 PM | FREE

With the guidance of certified forest therapy guide Linda Lombardo, we invite you to join us as we immerse ourselves in nature and practice the art of forest bathing.

### TINY TOTS

Explore the natural world around us. These programs will connect children and their parents with nature through activities, story times, and crafts.

10:00AM - 11:00AM  
May 28th: Gardening





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- 🌱 = part of our spring gardening series!

JUNE 2025



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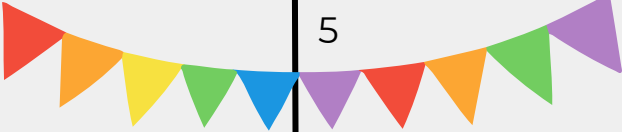



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Hempstead Lake State Park

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|--|---|---|---|
| 1<br>Flower Frenzy<br>(Ages 8+)<br>10:30 AM - 12:00 PM   | 2  | 3  | 4<br> | 5   | 6   | 7<br>Grow It. Make It.<br>Eat It. (F)<br>10:00 AM - 11:30 AM                          |
| 8<br>Pond Explorers<br>(Ages 10+)<br>10:00 AM - 11:30 AM | 9  | 10   | 11<br>Tiny Tots:<br>Butterflies<br>10:00 AM - 11:00 AM                                   | 12  | 13  | 14  |
| 15<br>Father's Day                                       | 16<br> | 17   | 18   | 19<br>HAPPY<br>JUNE<br>TEENTH   | 20  | 21  |
| 22<br>Pride in the Park<br>(F)<br>10:00 AM -11:00 AM     | 23   | 24<br>Meditative<br>Craft Night (A)<br>6:30 PM - 8:00 PM                             | 25<br>Tiny Tots:<br>Under the Sea<br>10:00 AM - 11:00 AM                                 | 26<br> | 27  | 28  |
| 29   | 30   |  |     |        |  |  |

# JUNE 2025

## PROGRAM DESCRIPTIONS



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Eventbrite

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Hempstead Lake State Park

### Flower Frenzy | Ages 6+ | Sunday, June 1st | 10:30 AM - 12:00 PM

It's flower season! Come learn all about flowers through activities, including a flower dissection, followed by a scavenger hunt to uncover all the floral beauty around HLSP!

### Grow It. Make It. Eat It. | Family Program Ages 6+ | Saturday, June 7th | 10:00 AM - 11:30 AM

Our spring monthly gardening series comes to a close through a discussion on how to use the crops we've grown and participating in a recipe exchange!

### Pond Explorers | Ages 10+ | Sunday, June 8th | 10:00 AM - 11:30 AM | FREE

Experience the unique opportunity of seining in Hempstead Lake State Park's McDonald Pond! Waders will be provided. Please meet in parking Field 4.

### Pride in the Park | Family Program Ages 6+ | Sunday, June 22nd | 10:00 AM - 11:00 AM | FREE

Happy Pride Month! Celebrate Pride at the park with a story time and hands on activity.

### Meditative Craft Night | Adult Program Ages 18+ | Tuesday, June 24th | 6:30 PM - 8:00 PM

Unwind with us! We'll watch the sun set on the park as we create meditative zentangle art.

## TINY TOTS

Explore the natural world around us. These programs will connect children and their parents with nature through activities, story times, and crafts.

10:00AM - 11:00AM

June 11th: Butterflies

June 25th: Under the Sea

