december news

Thank you for another beautiful year in Pittsburgh's parks.

To explore all of the events coming to your parks this month, read below. Click here to explore our full events calendar.
a new exhibit visits the frick environmental center

Join us for an intimate glimpse into the realm of insects and arachnids with portrait photography by Jacque-lyn Cynkar. This photography exhibit will begin with an opening ceremony on Thursday, December 12 from 6:00 p.m. - 7:30 p.m. at the Frick Environmental Center. Enjoy light bites and refreshments!

Click here to register for this free event →
explore frick park in a new way with a full moon hike

Enjoy a moonlit stroll through Frick Park led by one of our Naturalists. This relaxing one-hour hike is designed to connect participants to the cycles in nature and the seasonal phenomena each month brings. Because this particular hike is a fan-favorite, registration is required and can be completed at the link below.

Click here to register for this event →
get your heart pumping with *heartrate hikes*

Every other Saturday, hikers are invited to meet at the Braddock Avenue parking lot (near the clay tennis courts) in Frick Park for a vigorous guided hike lasting between 2-2.5 hours. These hikes have a registration limit of 15 individuals and are designed to increase overall health and wellness.

Learn more and register here →
**hello, little squirrels!**

Join a naturalist educator in a reading of *Hello, Squirrels! Scampering through the Season* by Linda Glaser, followed by a hike to search for the fuzzy acrobats of Frick Park. Families will experience a day in the life of a squirrel as they practice balancing on logs, searching for food, scurrying along the trails.

Click here to register for this family-friendly event →
learn about lichens on a **hike with a naturalist**

Join a Frick Environmental Center Naturalist in exploring Frick Park and learning about lichens. This two-hour themed hike is designed for teens and adults, beginning at the Frick Environmental Center on Sunday, December 15 at 1:00 p.m.

[Click here to learn more and to register →](#)
restore your balance and peace of mind with yoga

Fight stress and find serenity during this hour-long yoga class at the Frick Environmental Center. Yoga takes place every third Sunday of the month from 3:30 p.m. - 4:30 p.m. Individuals of all ages and abilities are welcome!

Click here to register for this pay-what-you-want event →
improve your health with a third friday fitness hike

Time spent in nature has been proven to be beneficial to one's physical and mental health. Expand upon these benefits by participating in a fitness hike. Designed for those ages 50+, Third Friday Fitness Hikes last approximately one hour and are led by an experienced, educated Naturalist.

Click here to register →

#GIVINGTUESDAY

thank you for your support

Thank you for your support of Pittsburgh's parks during the 2019 Giving Tuesday event. Across the world, individuals and organizations participated in this annual movement founded on one simple idea: a day that encourages people to do good. With your support, more than $14,000 were raised for Pittsburgh’s parks.

The Pittsburgh Parks Conservancy is your non-profit partner in the parks. Please consider giving a gift today to help support your local parks.

DONATE TODAY
Did you know that many employers match their employees' charitable contributions?
Click here to see if your donation can be matched!

You received this email because you are subscribed to General Parks News from Pittsburgh Parks Conservancy.

© 2019 Pittsburgh Parks Conservancy. All rights reserved.

Update your email preferences to choose the types of emails you receive.