

*Images Available Upon Request*

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## Arbor Weekend Returns to Wave Hill April 28–30, 2023

Bronx, NY, March 30, 2023—Join us to celebrate the trees in our gardens and neighborhoods with walks, art-making, a cooking demo, kid-friendly activities and more! By popular demand, arborists from Almstead Tree, Shrub & Lawn Care return this spring to host a family-favorite activity, the Junior Arborist Station.

Some events this weekend will take place in fully accessible areas of the garden, some not. Please read the full description of each event—see the links below—to learn more. Events are free with admission unless otherwise indicated. Outdoor events will be cancelled in severe weather. The full schedule for the weekend is at [Arbor Weekend - Wave Hill](#).



### **Fri, April 28, 2023**

**Walks with the Gardeners:** Tree Specimen Resiliency, 1-2PM  
Fee. Advance registration recommended.

### **Sat, April 29, 2023**

**Family Art Project:** Barking up a Wave Hill Tree, 10AM–1PM  
Visit some of Wave Hill's treasured trees and have a tactile experience making simple but rich bark rubbings.

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**Small Trees for Small Landscapes**, 11AM–12PM

Senior Horticultural Interpreter Jess Brey shares some of the trees and shrubs at Wave Hill that are small enough to fit in a small urban garden.

**Junior Arborist Station**, 11AM–3PM

Kids are invited to don tree-climbing harnesses and hardhats and ascend into the canopy of our old sugar maple tree to get a bird's-eye view of Wave Hill. Arborists from Almstead Tree, Shrub and Lawn Care are on hand to Ages five and older welcome with an adult. Generously sponsored by Almstead Tree, Shrub and Lawn Care.

**Intro to Forest Bathing: Meditative Moments**, 12–12:30PM

Connect to Wave Hill's great trees from certified forest guide Fru Molnar.

**Cooking Demonstration: Going Nuts for Nuts**, 1–2PM

Sample tree-themed recipes, including bite-sized chicken nut puffs and a mixed-nut appetizer, then learn how to make homemade almond milk in this tasty demo with Chef Nick Acosta from Great Performances. Ages 10 and older welcome with an adult. Allergy alert: Tree nuts will be served in this program.

**Intro to Forest Bathing: Meditative Moments**, 2–2:30PM

Connect to Wave Hill's great trees from certified forest guide Fru Molnar.

**Sun, April 30, 2023**

**Family Art Project: Barking up a Wave Hill Tree**, 10AM–1PM

Visit some of Wave Hill's treasured trees and have a tactile experience making simple but rich bark rubbings.

**Trees and the Designed Garden Walk**, 11AM–12PM

Take a spring stroll with garden designer and Director of Public Programs Laurel Rimmer to see how trees enhance the design of the gardens at Wave Hill

**Intro to Forest Bathing: Meditative Moments**, 12–12:30PM

Experience a few meditative moments that introduce the idea of Forest Bathing, a guided meditation in nature, with certified forest guides Cindy Olsen.

**Family Tree Walk**, 1–2PM

Join environmental educator Corinne Flax on a fun and family-friendly walk to visit the biggest, oldest and most unusual trees in the garden. Appropriate for children ages six and older with an adult.

**Intro to Forest Bathing: Meditative Moments**, 2–2:30PM

Experience a few meditative moments that introduce the idea of Forest Bathing, a guided meditation in nature, with certified forest guides Cindy Olsen.

**Public Garden Highlights Walk**, 2–2:45PM

Join a knowledgeable Wave Hill Garden Guide for a leisurely stroll in the gardens. Topics vary by season

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and the expertise of the Guide--come back for an encore; each walk varies with the Guide leading it. This walk lasts a half-hour to 45 minutes.

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*Wave Hill Incorporated is an independent non-profit cultural institution governed by a volunteer Board of Directors. The City of New York owns the buildings and grounds of Wave Hill. With the assistance of the Bronx Borough President and Bronx representatives in the City Council and State Legislature, Wave Hill's operations are supported with public funds through the New York City Department of Cultural Affairs; the Zoos, Botanical Gardens and Aquariums Grant Program administered by the New York State Office of Parks, Recreation and Historic Preservation; the National Endowment for the Arts; and New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.*



### **About Wave Hill**

A 28-acre public garden and cultural center overlooking the Hudson River and Palisades, Wave Hill's mission is to celebrate the artistry and legacy of its gardens and landscapes, to preserve its magnificent views, and to explore human connections to the natural world through programs in horticulture, education and the arts.

HOURS: Open all year, Tuesday–Sunday, 10AM–5:30PM. Marco Polo Stufano Conservatory 10AM–Noon; 1–4PM.  
ADMISSION TO THE GROUNDS: \$10 adults, \$6 students and seniors 65+, \$4 children 6-18. Free Thursdays.  
Free to Wave Hill Members, children under 6.  
DIRECTIONS at [wavehill.org](http://wavehill.org).

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