



John Hay Estate at The Fells

2023 Calendar of Programs and Events

APRIL

Vernal Pool Adventure Walk for Families

Co-sponsored by The Fells and Lake Sunapee Protective Association

Sunday, April 30 1:00pm-2:30pm

Please join us for this exciting program collaboration between LSPA and the Hay Estate. We'll be looking for the eggs of our native salamanders and frogs and possibly catch sight of these remarkable creatures. This program is offered jointly by the John Hay Estate and Lake Sunapee Protective Association. Hay Estate and LSPA members free, nonmembers \$10 per family. Location at the Hay Estate is TBD- check in at the Kiosk on April 30th. For more information, please call 603-763-4789 x3 or email info@thefells.org.

MAY

Workshop: Heath and Heather Pruning

Wednesday, May 3, 1:30-4:00pm

This annual event is critical to improving the growing habit and flowering performance of The Fells heather collections and specimen heath varieties. A short discussion of technique and tools will be followed by fieldwork. No experience required; ALL ARE WELCOME. Bring your own sharpened hand pruners and shears or work with Fells tools. Meets at the Nursery Glasshouse near the Pavilion. No cost

First Thursday Hike at The Fells

Thursday, May 4, 11AM

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Dave Anderson, "Hidden Histories of the Fells"

Saturday, May 6 10:00-12:30pm

Join Dave Anderson of the Forest Society for a hike and trailside discussion of key moments in the history of the John Hay Estate at The Fells, including the visit of President Theodore Roosevelt in late August 1902 and the Hurricane of 1938. We will discover how these historic moments are still visible in the landscape if one knows where and how to look! Co-sponsored by the Society for the Protection of NH Forests and The Fells.

Members: free, non-members: \$10. Meets at the Gatehouse. To register, or for more information call 603-763-4789 x3 or visit www.thefells.org.

Plant Stand Opens

Tuesday May 9th for Members and Saturday, May 13th to the Public and runs thru October

The Fells Plant Stand opens for the season on Saturday, May 13 at the Gatehouse. Just in time for Mother's Day and your early season purchases! We plan to have a selection of spring flowers, perennials, and hanging baskets for you and your family to choose from. As the season progresses, we will regularly introduce new varieties and seasonal favorites, some of which may be Fells Signature/Heritage Plants and Fells nursery grown materials. Please check often and buy from The Fells Plant Stand throughout 2023. SPECIAL NOTE: All season we will be offering to track down and TRY to purchase a special plant or quantity of plants that you may be looking for. While we can't guarantee we will always find your selection, we have great suppliers and sources available to us, so give The Fells a try. We will do our best to fill your custom order. Leave your request in our new box at the patio or email Nick at nscheu@thefells.org.

Workshop: Potting Up Small Plants and Plugs

Thursday, May 11, 1:30-3:30pm

It may be too early to pot up outdoor seeds, but it is not too early to settle small plants and plant plugs into potting soil and small containers. We will share recommendations for a good general soil mix, what size and type of pots you might use, and the pros and cons of fertilizing new plantings, among other topics. Help bring along another generation of great Fells plants, taking home one sample of your choice when done. No experience necessary. Bring your own gloves and afternoon refreshments. Meets at the Nursery glasshouse. \$10 per person and please call 603-763-4789 x3 to pre-register. Limit: 15 participants

National Public Gardens Day

Friday-Sunday, May 12-14, 10:00am -4:00pm

Join the John Hay Estate at The Fells in a nation-wide celebration of public gardens. Explore the beauty of The Fells and discover the colorful spring blooms in the Rock Garden and the fragrant blossoms of early flowering trees and shrubs. Admission is free to all the entire weekend. www.thefells.org

Mindfulness in Nature Classes

Mondays, May 15 – June 12, 10:00-11:00am

Libby Curtis Webb, Mindfulness Guide and Meditation Educator, offers Mindfulness programming through her business Forest Flow. She is excited to lead a series of Mindful Outdoor Experiences at the John Hay Estate at The Fells this Spring. Libby recently relocated to the Kearsarge area and is expanding her class schedule in the region, including classes at The Andover Hub, a vibrant community center in Andover, NH, and in Bradford, NH, at the awe-inspiring Bradford Tall Pines Recreation Area. Please bring water, a yoga mat, and close-toed shoes for walking outside. This 5-week session will be held rain or shine. The program fee is \$60 for all five sessions or \$15 per individual class if space is available. Meets at the Pavilion. The class size is limited to 10

participants, and advance registration is required. Call 603-763- 4789 x3 or email info@thefells.org for more information.

John Chadwick, Beekeeping at the Hay Estate

Saturday, May 20th, 10-11:30am

On World Bee Day, please join us for a field-based program , “Introduction to Beekeeping” with John Chadwick, including a hive opening and demonstration. All ages are welcome. Members free, nonmembers regular admission. For more information, please call our office at 603-763-4789 x3 or by email info@thefells.org. Meets on the Veranda of the Main House.

Mindfulness in Nature Classes

Mondays, May 15 – June 12 (May 22), 10:00-11:00am

Libby Curtis Webb, Mindfulness Guide and Meditation Educator, offers Mindfulness programming through her business Forest Flow. She is excited to lead a series of Mindful Outdoor Experiences at the John Hay Estate at The Fells this Spring. Libby recently relocated to the Kearsarge area and is expanding her class schedule in the region, including classes at The Andover Hub, a vibrant community center in Andover, NH, and in Bradford, NH, at the awe-inspiring Bradford Tall Pines Recreation Area. Please bring water, a yoga mat, and close-toed shoes for walking outside. This 5-week session will be held rain or shine. The program fee is \$60 for all five sessions or \$15 per individual class if space is available. Meets at the Pavilion. The class size is limited to 10 participants, and advance registration is required. Call 603-763- 4789 x3 or email info@thefells.org for more information.

Volunteer Reception & Orientation

Wednesday, May 24, 2-4:00pm

Join us as we welcome Volunteers, introduce new summer staff and recognize the invaluable contributions that Volunteers make at The Fells. We will review the Volunteer Handbook and roll out new opportunities for volunteering. There will be a slide presentation on the history and current programming of the John Hay Estate. We will then divide into smaller groups for specialized training. We will be meeting at the Pavilion, Tea, soft drinks and sweet treats will be provided. Everyone welcome – why not bring a friend?

Workshop: Starting Outdoor Seeds

Thursday, May 25, 1:30-3:30pm

Start the Memorial Day Weekend with your hands in Fells dirt! This Nursery workshop will be devoted to planting a variety of seeds and sharing our collective wisdom on some of the best practices, techniques, and supplies for starting seeds outdoors. We will try to address some of the variables that can contribute to success or failure. No experience necessary. Sharing information and experiences will be encouraged. Meets at the Nursery glasshouse; \$10 per person, Please register in advance as space is limited by emailing info@thefells.org or calling our office at 603-763-4789 x3.

Joshua Megyesy, NH F&G, Native Turtles of NH

Saturday, May 27, 10:00-11:30am

There are seven species of turtles native to New Hampshire. Can you name them? Join Joshua Megyesy, a biologist with New Hampshire Fish and Game Department's Nongame and Endangered Wildlife Program, as we discover these special animals and their habitat needs. We will learn about the challenges our turtles face and what we can do to help. This program, designed for elementary school age children through adults, will include a presentation in the John Hay Classroom in The Fells Gatehouse, followed by an easy hike to turtle habitat on the grounds of The Fells. Waterproof boots may be helpful! Members: free, non-members regular admission. Please register in advance as space is limited by calling our office at 603-763-4789 x3 or by email info@thefells.org.

The John Hay Estate at The Fells: Historic Home Opens for the Season

Saturdays, Sundays and Monday Holidays, May 27-June 11, 10:00am -4:00pm

The Main House is open during our "early season" from 10am -4pm on Saturdays, Sundays, and Memorial Day. Discover what life was like on an early 20th century New Hampshire summer estate. See new exhibits in history, ecology, and art. Take an historic guided or self-guided tour of the 22-room Colonial Revival Main House, explore the renowned gardens and sculpture, build a fairy house in the children's Fairy Village and experience the natural world on an easy hike along one of our scenic trails. Site admission at the Kiosk applies. Visit our website for full information. www.thefells.org.

Exhibits: May 27-October 9

1st Floor Gallery Exhibit: A Silent dialogue with Nature, "In all of nature there can be nothing more expressive than silence," wrote John Hay. A great nature writer, John Hay, the grandson of John Milton Hay spent a lot of time in the silence of nature. This exhibit was inspired by his words and features the work of eight artists who also spend a lot of time in nature interpreting nature's expressive silence. Fresh new work from painting to printmaking to ceramics, each piece is as different as nature itself.

2nd Floor Gallery Exhibit: The Artist's Eye and the Poet's Words, Every summer artists gather at the John Hay Estate at The Fells to paint in Plein Air. On Artists Weekend you can find artists in every nook capturing the beauty of the gardens, the woods and the vistas. This exhibit features spectacular paintings of The Fells created by these artists combined with poems by the John Hay Poet Society. Experience the natural wonders of The Fells through the eyes of these amazing artists and the words of these enchanting Poets.

History Exhibit: The Many-Faceted Life of John Hay

May 27-October 9

Our special exhibit illustrating the many-faceted life of John Milton Hay will be shown in the History Exhibit Room. Visitors will be able to explore his early life and experiences that led him to become a leader on the world stage of politics and diplomacy. Information about his family life and time spent at The Fells will also be displayed. Lastly, the exhibit will explore Hay's literary and historical legacy. Open during Main House hours and included with regular admission fee. The John Hay Estate at The Fells, www.thefells.org.

Ecology Exhibit: Gateway to Exploring Nature

May 27-October 9

Our Ecology Room in the Pavilion is our gateway to exploring nature here at the John Hay Estate. Engage with our indoor learning stations and pick up some educational resources that will guide your Outdoor Exploration quests as well. Open during Main House hours and included with regular admission fee. The John Hay Estate at The Fells, www.thefells.org

Mindfulness in Nature Classes

Mondays, May 15 – June 12 (May 29), 10:00-11:00am

Libby Curtis Webb, Mindfulness Guide and Meditation Educator, offers Mindfulness programming through her business Forest Flow. She is excited to lead a series of Mindful Outdoor Experiences at the John Hay Estate at The Fells this Spring. Libby recently relocated to the Kearsarge area and is expanding her class schedule in the region, including classes at The Andover Hub, a vibrant community center in Andover, NH, and in Bradford, NH, at the awe-inspiring Bradford Tall Pines Recreation Area. Please bring water, a yoga mat, and close-toed shoes for walking outside. This 5-week session will be held rain or shine. The program fee is \$60 for all five sessions or \$15 per individual class if space is available. Meets at the Pavilion. The class size is limited to 10 participants, and advance registration is required. Call 603-763- 4789 x3 or email info@thefells.org for more information.

JUNE

First Thursday Hike at The Fells

Thursday, June 1, 11AM

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Members Opening Reception

Friday, June 2, 5:00-7:30pm

Join fellow Fells supporters in celebrating the opening of the 2023 season! Be among the first to see the exciting new Gallery Exhibits and explore the exquisite Art In Nature: Outdoor Sculpture Exhibit, stroll the gardens and view the new history and ecology exhibits in the Main House. Music, cocktails and light hors d'oeuvres will be served. This event is free to Members. Advance registration required, please call 603-763-4789 x3 or email info@thefells.org to reserve your space.

Mindfulness in Nature Classes

Mondays, May 15 – June 12 (June 5), 10:00-11:00am

Libby Curtis Webb, Mindfulness Guide and Meditation Educator, offers Mindfulness programming through her business Forest Flow. She is excited to lead a series of Mindful Outdoor Experiences at the John Hay Estate at The Fells this Spring. Libby recently relocated to the Kearsarge area and is expanding her class schedule in the region, including classes at The Andover Hub, a vibrant community center in Andover, NH, and in Bradford, NH, at the awe-inspiring Bradford Tall Pines Recreation Area. Please bring water, a yoga mat, and close-toed shoes for walking outside. This 5-week session will be held rain or shine. The program fee is \$60 for all five

sessions or \$15 per individual class if space is available. Meets at the Pavilion. The class size is limited to 10 participants, and advance registration is required. Call 603-763- 4789 x3 or email info@thefells.org for more information.

Summer Concert Series:

Dominique Dodge, Harpist

Sunday, June 11, 5:00-7:00pm

Dominique Dodge is a harpist and singer from New Hampshire's White Mountains who maintains strong ties to Cape Breton. Her 2019 album, "Cànan nan Teud" (The Language of the Strings) features Gaelic songs from Cape Breton and explores the relationship between Puirt-à-Beul (mouth music) and traditional dance tunes. A Fulbright Scholar and 2012 graduate of the University of Limerick with an MA in Irish Music Performance, Dominique also holds a BA Honors in Scottish Music from the Royal Conservatoire of Scotland in Glasgow. In addition to her work as a highly regarded performing artist, Dominique is a fluent learner of Scottish Gaelic and an experienced traditional arts educator. We encourage you to please bring your own picnic to enjoy as you listen to the music. \$35 per person. Advance registration is required, call 603-763-4789 x 3 or visit

www.thefells.org

Mindfulness in Nature Classes

Mondays, May 15 – June 12 (June 12), 10:00-11:00am

Libby Curtis Webb, a practitioner of Adult Education programming through her business Forest Flow, is excited to offer a series of mindful outdoor experiences at the John Hay Estate at The Fells. Recently, she offered her classes at Wright-Locke Farm, a historic organic farm in Winchester, MA. Chairs are available for use. Please bring water and a yoga mat, as well as close-toed shoes for walking outside. This 5-week session will be held rain or shine. Meets at the Pavilion. Program fee is \$60 for all five sessions or \$15 per individual class if space is available. Class size is limited to just 10 participants and advance registration is required. Call 603-763-4789 x3 or visit www.thefells.org.

Program /Workshop: Creating Outstanding Summer Containers

Thursday, June 15, 10:00am -12:00pm

Shayna Levesque, our former Nursery Manager, returns to pass along her suggestions for composing beautiful container combinations for the summer season. Traditional annual and perennial pairings and great succulent combinations will be presented. Shayna has a creative eye and loads of experience to share.

Bring one favorite container to pot up or The Fells can supply everything you need for the day, including select annuals, perennials, and soils. If you already purchased favorite plants elsewhere but need help improving how to compose them in your containers, bring those along too. Take home your masterwork and many techniques to continue the experience. \$15 per person, containers and plants will be available to purchase. Meets at the Glasshouse, Class size is limited so reserve your space by emailing info@thefells.org or calling the office at 603-763-4789 x 3

A Hay Family Picnic on Sunset Hill

Saturday, June 17 11:00am -2:30pm

One of the beloved events of the Hay family was to enjoy a picnic on the top of Sunset Hill. Join Dave Anderson of the Forest Society and members of the Hay Estate staff for a traditional Hay Family picnic at the top of Sunset Hill. Co-sponsored by Society for the Protection of NH Forests and The Fells. Members: free,

non-members: \$10. Please bring your own picnic lunch and water. Meet at the Gatehouse Kiosk. Advance registration required, call 603-763-4789 x3. www.thefells.org.

History Speaker Series

Patrick Rael, "Lincoln and Emancipation"

Monday, June 19, 1:00pm

Patrick Rael, Professor of History at Bowdoin College from Maine, will approach the following ideas and questions in his talk: How did Lincoln's views regarding slavery and emancipation evolve during the Civil War? Did the form that emancipation took, align with Lincoln's views at all? Meets on the Veranda of the Main House. Members: free, non-members: \$10. To register please call 603-763-4789 x3 or email info@thefells.org

Patrick Rael specializes in African-American history, the Civil War era, and the history of slavery and emancipation. His most recent book, Eighty-Eight Years: The Long Death of Slavery in the United States, 1777-1865 (University of Georgia Press, 2015) explores the Atlantic history of slavery to understand the exceptionally long period of time it took to end chattel bondage in America.

Mindful Flow Yoga

Fridays, June 23 – July 22, 8:00-9:00am

Join Meghan MacLean of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

YOGA- Mindful Movement for 4-6 Year Olds

Fridays, June 23—July 21, 9:15–9:45am

For Kids & Caregiver

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward 4-6 year old children. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, children may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

YOGA- Mindful Movement for Toddlers

Fridays, June 23-July 21, 10–10:30am

For Kids & Caregiver

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward new walkers to 36 months, but crawlers and older toddlers are welcome too (as are tag along infants)! Toddlers are on the move and this laid-back class creates an environment for movement, song, interaction, and play through the framework of yoga. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, toddlers may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Veranda Readings: John Hay's Memories of the Fells

Sunday, June 25, 2:30-3:45pm

Join Dave Anderson for this late afternoon program on the Veranda of The Fells Main House where he will share readings from John Hay's works—*The Immortal Wilderness*, *A Beginner's Faith in Things Unseen* and *In the Company of Light*. No hiking, this program takes place on the Veranda of the Main House. Co-sponsored by Society for the Protection of NH Forests and the John Hay Estate. Members: free, non-members: \$10 per person. Advance registration requested, call 603-763-4789 x3. www.thefells.org.

Summer Concert with Peabody's Coal Train

Sunday, June 25, 5:00-7:00pm

Peabody's Coal Train (PCT) is a unique, local NH acoustic Americana 6-piece band featuring strings and shared vocal harmonies. Musicians are Jason Teaster on acoustic guitar, Dave Anderson on harmonica, Steve Cybulski on banjo, Dave Carroll on mandolin, Marc Fraley on upright bass, and Scott Hayes on guitar and dobro. Our home is the Contoocook River Valley of central, NH. We enjoy playing originals and covers that tell stories which celebrate the triumphs and tragedies of human conditions. We particularly appreciate opportunities to interact with a listening audience in special venues with neighbors and new friends. We encourage you to please bring your own picnic to enjoy as you listen to the music. \$35 per person. Advance registration is required, call 603-763-4789 x 3 or visit www.thefells.org

Nature Poetry on the Veranda

Wednesday, June 28th at 2:30pm

Please join us for a reading by two authors of nature poetry. Nancy Manning is a high school English teacher from Connecticut. In "The Unspoken of Our Days," and the forthcoming "What Glues Us Together," she writes about nature and the relationships people share. Many of her poems focus on the Sunapee area, where

she and her family vacation each year. Karen J. Ciosek is a retired Connecticut teacher and lifetime bird watcher. In her book, "Navigating the Poet's Sky," all the bird poems are written about permanent residents and seasonal visitors of New England. Both poets hold MFA's in poetry from Southern Connecticut State University. We will hold this education program on the Veranda. Free for members; Non-members \$10 per person. To register please call 603-763-4789 x3 or email info@thefells.org.

Mindful Flow Yoga: Series in the Garden at The Fells (Session I)

Wednesdays, June 28 – July 26, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Volunteer Trip to Hildene

Thursday, June 29, 8:30am - 4:00pm

To show our appreciation for our Fells Volunteers, we have planned a special trip to Hildene, the Lincoln Family home in Manchester, Vermont. We will be traveling by Premier Coach, departing at 8:30am and traveling to the Estate, returning by 4:30pm. Your travel, boxed lunch and admission are included. Once there, we can explore at our own pace. Hildene offers self-guided tours, or scheduled guided tours of the house, and a lovely spot to enjoy a boxed lunch. We should allow approximately 3 to 4 hours for our visit. Registration is \$15 per person and reservations are required. For more information, please call 603-763-4789 x 3 or visit www.thefells.org

Mindful Flow Yoga

Friday, June 30, 8:00-9:00am

Join Meghan MacLean of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Mindful Movement for 4-6 Year Olds

Friday, June 30, 9:15–9:45am

For Kids & Caregiver

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward 4-6 year old children. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, children may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

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JULY

Mindful Flow Yoga: Series in the Garden at The Fells (Session I)

Wednesday, July 5, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

First Thursday Hike at The Fells**Thursday, July 6, 11:00am**

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Mindful Flow Yoga**Friday, July 7, 8:00-9:00am**

Join Meghan MacLean of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Mindful Movement for 4-6 Year Olds**Friday, July 7, 9:15–9:45am****For Kids & Caregiver**

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward 4-6 year old children. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, children may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Mindful Movement for Toddlers**Friday, July 7, 10–10:30am****For Kids & Caregiver**

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward new walkers to 36 months but crawlers and older toddlers are welcome too (as are tag along infants)! Toddlers are on the move and this laid-back class creates an environment for movement, song, interaction, and play through the framework of yoga. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and

flexibility as caregivers take cues from their kids. As the weeks continue, toddlers may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Artists Weekend

Saturday & Sunday, July 8-9, 10am -4pm

Sunday – Wet Paint Sale and Reception: 3-4pm

Discover the natural beauty and gardens of the John Hay Estate through the eyes of prominent New England artists as they create en plein air. Visitors are invited to observe artists as they bring the landscape to life and to discuss their techniques and inspiration. Select artists demonstrate special artistry methods. Sunday culminates with a 3pm reception with tea and treats; an exhibit of the weekend's paintings; and a wet paint sale. Note that Sunday's reception is free to all beginning at 3pm and that paintings may be purchased off the easel anytime on Saturday or Sunday. Members free, nonmembers regular admission.

Kids in Nature: Watercolor Camp

Monday-Thursday, July 10-13 9:00am -12:00noon

Join local artist Debbie Campbell for a four-day workshop on the essentials of watercolor painting. Students, ages 10 and up, will learn watercolor techniques and express their creativity while learning about color, composition and perspective. Meets on the Veranda. Members \$50, nonmembers \$75. All materials provided. Class size is limited, and advance registration requested. Scholarships available. To inquire or register, call 603-763-4789 x3.

Mindful Flow Yoga: Series in the Garden at The Fells (Session I)

Wednesday, July 12, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Mindful Flow Yoga

Friday, July 14, 8:00-9:00am

Join Meghan MacLean of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels

to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Mindful Movement for 4-6 Year Olds

Friday, July 14, 9:15–9:45am

For Kids & Caregiver

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward 4-6 year old children. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, children may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Mindful Movement for Toddlers

Friday, July 14, 10–10:30am

For Kids & Caregiver

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward new walkers to 36 months but crawlers and older toddlers are welcome too (as are tag along infants)! Toddlers are on the move and this laid-back class creates an environment for movement, song, interaction, and play through the framework of yoga. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, toddlers may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Fairy Festival

Sunday, July 16, 1:00-3:30pm

This celebration of Fairy Houses connects children to the natural world and includes crafts, stories readings, a whimsical Tea Party in the Pavilion, and, of course, the creation of fairy habitats in the Fairy Village. Children are invited to dress in their finest Fairy or Gnome attire. A performance by Ballet Misha will culminate this special family event. Members: Adults \$10, Children (ages 5-17) \$8; 4 and under free. Nonmembers: Adults

\$15; Children (ages 5-17) \$10; 4 and under free. Tickets in advance or at the Pavilion. For more information call 603-763-4789 x3 or email info@thefells.org

Summer Concert the Hot Skillet Club

Sunday, July 16, 5:00-7:00pm

The three gals of The Hot Skillet Club bring their audience into another time and place, swooning their three part harmonies, sock rhythm and walking bass lines with sweet violin fills and ripping solos. Their audience grows nostalgic under the spell of dreamy songs and swing that lights a fire on your feet. Picture fans laughing and swaying, dancing to juke box music that is Swing, Western Swing and songs from the Great American song book. Please bring your own picnic to enjoy as you listen to the music. \$35 per person. Advanced registration is required as space is limited. Call 603-763-4789 x3 or register online at www.thefells.org

Kids in Nature: Photography Camp

Monday-Thursday, July 17-20, 9:00am -12:00 noon

Budding young photographers, ages 10 and up, join instructor David Blohm for a four-day workshop and learn the essentials of nature photography and composition. Bring your own camera (DSLR preferred or a camera with a fully adjustable manual mode), your creativity, and leave with outstanding images. Meets at the Pavilion. Members \$50, nonmembers \$75. Advance registration requested by Wednesday, July 5. Scholarships available. To inquire or register, call 603-763-4789 x3.

Mid-Season Pruning – Beginner and Intermediate Skills

Wednesday, July 19, 9:00-11:30am

Practice makes perfect. This pruning workshop will focus on shrubs or trees which have had a first flush of flowers and show healthy spring growth. Do you have Forsythia, Lilac, and spring Viburnums? Some of your specimens may need reshaping; some are beginning to set buds for 2024. Learning correct pruning for these shrubs will pay dividends for you later. Come join Fells staff, Interns, and experienced volunteers, who will all share their skills and knowledge on improving Lilacs, Rhododendrons, Climbing Hydrangeas, Yews, and many more. Bring your own sharpened hand pruners and shears or work with Fells tools. Meets at the Nursery Glasshouse near the Pavilion. \$10 per person, please pre-register by calling 603-763-4789 x3

History Speaker Series

Liz Tentarelli, “Women of The Fells”

Wednesday, July 19, 4:30pm

On the anniversary of the 1848 Seneca Falls Convention, the first women’s rights convention in the United States, Liz Tentarelli will talk about New Hampshire’s connection to the suffrage movement and highlight the lives and personalities of women who were part of the Hay family, their connections to The Fells, as well as to the wider women’s rights movement of the late 19th and early 20th century. Members: free, non-members: \$10. Call 603-763-4789 x3 for information. This program will be held in the Pavilion.

Liz Tentarelli had a career spanning over 30 years teaching high school and college students, including 19 years at Merrimack College in North Andover, MA. Although history was not her field, women’s history has been a long-

time interest and avocation. Today, she is President of the League of Women Voters in New Hampshire and lives in Newbury.

Mindful Flow Yoga: Series in the Garden at The Fells (Session I)

Wednesday, July 19, 8:00-9:00am

Join Tam i Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Art in Bloom

Thursday-Sunday, July 20-23, 10:00am -4:00pm

Experience the art of our current Gallery exhibit, through the eyes of talented local floral designers. “In all of nature there can be nothing more expressive than silence,” wrote John Hay. See how these talented florists interpret the painted canvas through innovative floral designs—from a single stem set in the perfect vase to an elaborate arrangement. Members free, non-members pay Fells Site Admission.

Floral Design Presentation on the Veranda

Thursday, July 20, 11:00-12:00pm

Join us for a lovely morning demonstration by floral designer Lynne Merrill, as she interprets a painting or sculpture from the current exhibit. Lynne is a Master Judge in design and horticulture in the National Garden Club. Learn how to select materials and containers and create style, shape, and color. Members: \$5, non-members: \$15. Meets on the Veranda of the Main House. Advance registration is required as space is limited. To register please email info@thefells.org or call 603-763-4789 x3 to reserve your space.

Mindful Flow Yoga

Friday, July 21, 8:00-9:00am

Join Meghan MacLean of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Mindful Movement for 4-6 Year Olds

Friday, July 21, 9:15–9:45am

For Kids & Caregiver

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward 4–6-year-old children. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, children may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Mindful Movement for Toddlers**Friday, July 21, 10–10:30am****For Kids & Caregiver**

Join Meghan MacLean of Crescent Moon Wellness and Yoga for this class in which little yogins and their caretakers are introduced to yoga with songs, movement, stories, and play. The class is geared toward new walkers to 36 months but crawlers and older toddlers are welcome too (as are tag along infants)! Toddlers are on the move and this laid-back class creates an environment for movement, song, interaction, and play through the framework of yoga. Repetition is an important learning tool for young children, which is why the series model works best for this age group. The class will practice the yogic principle of a balance between structure and flexibility as caregivers take cues from their kids. As the weeks continue, toddlers may start to become familiar with poses and find deeper body awareness. Other benefits may include bonding with caregiver(s), increasing attention span, creating an outlet for emotions, and nurturing creativity. Feel free to bring a toy or lovey if this will make your child more comfortable and come in comfy clothes. No mat needed but we will be sitting on the floor/grass. Water is welcome but snacks can be distracting. This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$60, or drop-ins are welcome, if space is available, for \$15/class. Class size is limited to just 12 pairs and advance registration is required. Please register by visiting www.crescentmoonwellnessnh.com

Summer Concert Series: Opera North**Sunday July 23, 5:00-7:00pm**

In its annual visit to The Fells, Opera North will entertain us with delightful music and performances. Check back for more information about the performance. Please bring your own picnic to enjoy as you listen to the music. \$35 per person. Advanced registration is required as space is limited. Call 603-763-4789 x3 or register online at www.thefells.org

Kids in Nature: Nature Explorers Camp**Co-sponsored by The Fells and Lake Sunapee Protective Association****Monday-Wednesday, July 24-26, 9:00am -12:00 noon**

For children entering grades 1-5

Come investigate the wild side of The Fells to learn secrets of the plants and animals that call it home! During our three days of adventure, we will explore nature's playground in the meadow, forest, and stream. Members \$40, nonmembers \$60. Advance registration requested. Scholarships available. To inquire or register, call 603-763-4789.

Mindful Flow Yoga: Series in the Garden at The Fells (Session I)

Wednesday, July 26, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

The Fells Gala Benefit Auction

Saturday, July 29, 5-8:00pm

Join Friends to bid on elegant dinners, fabulous trips, distinctive wines, and many other specialty items. The evening will be full of excitement, with cocktails and hors d'oeuvres, dinner, music and special opportunities to support The Fells. Reservations are required by registering online or emailing info@thefells.org or calling the office at 603-763-4789 x3.

Summer Concert with Deep Blue C

Sunday July 30, 5:00-7:00pm

A studio orchestra is made up of woodwinds, brass, percussion, and strings as in a symphony orchestra. It also includes a rhythm section of guitar, bass guitar, keyboards and drum set as in a jazz combo or show orchestra. It often includes vocalists as well. Traditionally studio orchestras were assembled by large recording houses (MGM) or in the film industry to enhance the effect of a movie (film scoring) and to extract the most poignant details in the composer's music. "Doc" Vose followed his dream to spread this musical excitement and his deep love and respect for the musical contributions of composer Burt Bacharach and lyricist Hal David by assembling his own Deep Blue "C" Studio Orchestra, 17 members including vocals. The DB "C" concerts are elegant and classy. You will find our concerts to be unique and memorable, ingredients that are always present. We encourage you to please bring your own picnic to enjoy as you listen to the music. \$35 per person. Registration is required as space is limited. Visit our website or call the office to register 603-763-4789 x3

AUGUST

Mindful Flow Yoga: Series in the Garden at The Fells (Session II)

Wednesdays, August 2 – August 30, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of

accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

First Thursday Hike at The Fells

Thursday, August 3, 11am

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Hay Day Summer Festival

Sunday, August 6th, 11:00am -2:00pm

A fun-filled day for all ages with old-fashioned games, music, children's art projects, scavenger hunt, petting zoo, face painting, and more. Explore nature trails, create a fairy house in the Fairy Village, and discover our exhibits and art installations. Step back in time and take a historic tour of the Main House and gardens, or simply imagine a simpler bygone life while relaxing on the Veranda. A delicious lunch will be for sale from 11am -2pm. Members: Adults \$10, Children (ages 5-17) \$8; 4 and under free. Nonmembers: Adults \$15; Children (ages 5-17) \$10; 4 and under free. Tickets in advance or at the Welcome Kiosk. Reserve online or call 603-763-4789 x3.

Ballet Misha Performance

Sunday, August 6, 5-7pm

Ballet Misha, the NH based professional dance company and its apprentice company, is thrilled to bring the original ballet *A Midsummer Night's Dream* to the fells on Sunday, August 6th at 5pm. This original ballet adapted from the Shakespeare play was choreographed by Ballet Misha Director Amy Fortier, and is set to the *Mendelssohn score*. This humorous, light-hearted ballet is full of magic, fairies, and mischief, making it a perfect evening for everyone, including families. Run time is approximately two hours with a 20 minute intermission. Advanced registration is required as space is limited. Call 603-763-4789 x3 or register online at www.thefells.org

Mindful Flow Yoga: Series in the Garden at The Fells (Session II)

Wednesday, August 9, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels

to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Summer Concert with New Legacy Swing Band

Sunday, August 13, 5:00-7:00pm

Returning to The Fells, is New Legacy Swing Band, whose big sound of their 17-piece swing band has been delighting New England for over 20 years. Their play list includes Blood, Sweat and Tears, Brian Setzer, Herb Alpert, Chicago, and, of course, well-known big band and swing classics with updated (and swinging!) arrangements of the big band era. Please bring your own picnic to enjoy as you listen to the music and feel free to dance. \$35 per person. Advanced registration is required as space is limited. Call 603-763-4789 x3 or register online at www.thefells.org John Hay Estate at The Fells.

Children's Arts Series

Mr. Aaron, Music and Movement

Monday, August 14, 3:30pm

Mr. Aaron is a NH-based multi-instrumentalist performer and musical composer. His classes use music and movement to create an outlet for emotion and nurture a child's creativity. This fun program will include songs and stories that will enliven one's senses and heighten an awareness of the natural world. Meets in the Pavilion. For kids (4-10) and their grown-ups. \$5 per person (under age 4 is free.) Advanced registration is required. To reserve call 603-763-4789 x3.

Mindful Flow Yoga: Series in the Garden at The Fells (Session II)

Wednesday, August 16, 8:00-9:00am

Join Tam i Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Summer Concert with Grace Crummer, Fred Haas & Billy Rosen

Sunday, August 20, 5:00-7:00pm

Grace Marie Crummer will be performing with Billy Rosen, Tim Gilmore, Fred Haas and Bronek Suchanek. Grace was born and raised in Worcestershire, England and moved to the US in 2011. She began her studies of classical piano & flute through the Associated Board of the Royal Schools of Music (ABRSM) at 11 years of age but has always had a passion for Jazz. In the past 3 years, she has been focusing primarily on vocals, performing in the Upper Valley Area of NH & VT and recording her first CD - released in the summer

of 2021 entitled *Coalesce*. Please bring your own picnic to enjoy as you listen to the music. \$35 per person. Advanced registration is required as space is limited. Call 603-763-4789 x3 or register online at www.thefells.org

Mindful Flow Yoga: Series in the Garden at The Fells (Session II)

Wednesday, August 23, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

Children's Arts Series

Storytelling with Teddy Roosevelt

Sunday, August 27, 4-4:30pm

Before our evening dinner program, President and Mrs. Roosevelt will meet with families and children to share funny stories about the animals and his children's antics at the White House. We expect the program will be quite entertaining as the President shares stories from which he has become famous. *See description of the Roosevelts under the dinner program below.* Members: free; non-members included with regular admission. Meets on the Veranda. All ages are welcome.

History Speaker Series

Theodore Roosevelt Repriser

Sunday, August 27, 5:00-7:30pm

The John Hay Estate is pleased to announce the return of Theodore Roosevelt to The Fells on August 27. The President will address the gathered company before a special roast turkey dinner is served. He will speak to his friendship and reliance on John Hay along with their shared passion for the outdoors, U.S. foreign policy and increased relations with Panama in preparedness for a new canal, as well as his vision on conservation of our natural resources and the challenges facing the country and the world. Dinner will be provided by Hart's Turkey Farm. Meets in the Pavilion. Fee: \$75. Advanced registration required. To register, call 603-763-4789 x3.

About the Roosevelt's: Theodore and Edith Roosevelt are brought to life by Adam & Margaret Lindquist, who have entertained as the Roosevelt's across the country for the National Park Service, U.S. Navy, National Wildlife Refuge system and many more. Their portrayal is fun, entertaining, and educational. Mr. Lindquist is a three-time champion performing as Roosevelt and is nationally known for his amazing portrayal of the 26th President.

Summer Speaker Series

Eliot Cohen, "The Great Reconciliation"

Monday, August 28, 2:00-3:00pm

Eliot Cohen will be giving a talk on “The Great Reconciliation: How John Hay and Theodore Roosevelt Created the Groundwork for the Most Important Alliance in History.” He will discuss how they resolved the final tensions between the US and Great Britain, which were essential for our eventual intervention in World War I alongside the Allies, and eventually, the special relationship with Britain that was a critical feature of 20th century international relations. Members: free, non-members: \$10 per person. To register, call 603-763-4789 x3. Meets on the Veranda.

Eliot Cohen is the Robert E. Osgood Professor of Strategic Studies at the Paul H. Nitze School of Advanced International Studies (SAIS) at the Johns Hopkins University where he has taught since 1990. He served as Dean of SAIS from 2019 to 2021. Cohen received his BA and PhD degrees from Harvard University and after teaching there and at the Naval War College founded the Strategic Studies program at SAIS. He writes frequently for major newspapers and is a contributing writer at The Atlantic.

Mindful Flow Yoga: Series in the Garden at The Fells (Session II)

Wednesday, August 30, 8:00-9:00am

Join Tami Thomas of Crescent Moon Wellness and Yoga for a practice in mindful movement. This peaceful and slow flowing vinyasa class emphasizes the connection between movement and breath. Class will generally begin with several minutes of centering and a gentle warm-up and will gradually build into a sequence of accessible yet challenging postures. Class will conclude with several minutes of meditation and breathwork, followed by a restful savasana (final rest pose). Mindful Flow encourages yogins of all ages and experience levels to join. Chairs are available for use. Please bring water, a yoga mat, and a folded blanket! This 5-week session will be held rain or shine in either the Gardens or the Pavilion at The Fells. Full 5-week session is \$70, or drop-ins are welcome, if space is available, for \$17/class. Register online at www.crescentmoonwellnessnh.com

SEPTEMBER

First Thursday Hike at The Fells

Thursday, September 7, 11am

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Program /Workshop: Great Fall Containers

Thursday, September 7, 2:00-4:00pm

To follow-up on her workshop in June, Shayna Levesque returns to share great ideas and guide us through creating beautiful containers for a distinctive fall display. After a long summer, many container combinations need refreshing. Shayna has a creative eye and loads of experience to share. **BRING ONE FAVORITE CONTAINER TO POT UP.** Or, The Fells and Shayna can supply most everything you need for the day, including select annuals, perennials, and soils. If you already have purchased favorite plants elsewhere but need help improving how to compose them in your containers, bring those along too. Take home your masterwork and many techniques to continue the experience. Location: Meet at the Nursery glasshouse near the Pavilion, parking in the Pavilion lot. Cost: \$15 pp. Containers and plants will be available to purchase. **LIMIT 12 participants.**

The Fells Main House Commences Fall Hours

September 4-October 9, 10:00am -4:00pm

The Main House is now open 10am -4pm weekends and Monday Holidays, September 4-October 9. Discover what life was like on an early 20th century New Hampshire summer estate. See exhibits on history, ecology and art. Take a historic guided tour of the 22-room Colonial Revival Main House, explore the renowned gardens and sculpture, build a fairy house in the children's Fairy Village and experience the natural world on an easy hike along one of our scenic trails. www.thefells.org.

Square Dance & Bring Your Own Picnic

Sunday, September 10, 5:00-7:00pm

Bring your picnics, wear your favorite western attire, and prepare to have an amazing time as you learn to Square Dance and "Do Si Do" with your favorite partner. Well-known to the Square Dance world, Caller Extraordinaire, Cliff Brodeur and his western band will perform and teach you the basic fun steps of Square Dancing and Line Dancing. Make your reservations now and join us for this evening which promises to be exceptionally fun. Members: \$45, non-members \$55 per person. Advance registration requested, please call 603-763-4789 X 3. www.thefells.org

Writing Wednesdays, with Tracy Wood

Wednesdays, September 13-October 11, 9:00-10:30am

Please join Tracy Wood for a five-week fall writing workshop on Wednesday mornings at the John Hay Estate. The class will focus on the writing process through a workshop format, providing ample opportunities for individual writing and partner sharing. Class participants will also be offered plenty of practical tools that can be applied to any writing project. \$10 per person/ day or \$40 for all five sessions. Meets on the veranda of the Main House. *Tracy has taught secondary school and community college for nearly twenty-years. She enjoys helping students find and develop their voice in a supportive, interactive environment.* Advance registration requested, please call 603-763-4789 X 3. www.thefells.org.

Outdoor Theatre Workshop, a Collaboration between the Barn Playhouse and the Hay Estate

Sunday, September 17, 9am-12:00pm

Where does an acorn sleep? Which tree looks the grumpiest? What would two dandelion friends do for fun? The Barn Playhouse is joining the Fells for a class packed full of discovery, team building, and creative play! Through games, puppetry, and guided exercises, we create our own stories using the objects, plants, and creatures we find in nature. As we explore, we deepen our understanding of the environment around us and find our place within it. This outdoor workshop is a chance to learn, grow, make friends, and let your imagination go wild! Meets at the Pavilion of the John Hay Estate at The Fells. \$30 per child, class is limited to 25. Barn Playhouse and Hay Estate Staff will provide supervision of all participants. Visit the direct registration link on our website: <https://ci.ovationtix.com/27305/production/1151137?performanceId=11232832>

Writing Wednesdays, with Tracy Wood

Wednesday, September 20, 9:00-10:30am

Please join Tracy Wood for a five-week fall writing workshop on Wednesday mornings at the John Hay Estate. The class will focus on the writing process through a workshop format, providing ample opportunities for individual writing and partner sharing. Class participants will also be offered plenty of practical tools that can be applied to any writing project. \$10 per person/ day or \$40 for all five sessions. Meets on the veranda of the Main House. *Tracy has taught secondary school and community college for nearly twenty-years. She enjoys helping students find and develop their voice in a supportive, interactive environment.* Advance registration requested, please call 603-763-4789 X 3. www.thefells.org.

An Afternoon of Sculpture and Dance with Ballet Misha

Sunday, September 24, 1:00-3:00pm

Reflecting this summer's sculpture theme of Stillness and Motion, dancers from the professional dance company Ballet Misha (of Manchester) will return to the John Hay Estate at The Fells this summer to perform an exploratory collaboration between sculpture and dance. Visitors follow a self-guided tour of the grounds where they will see dancers performing improvisational dance inspired by the sculptures. Dancers will interact with the sculptures, exploring the dynamics of stillness and motion. Several of the sculptors and gallery artists will be present to discuss their work. Guests can move through the exhibits at their leisure to see the dancers, sculptures and art, and meet the artists. Bring a picnic to enjoy in the garden, on the veranda, or in the pavilion. Members: free, Non-Members: included in regular admission fee. www.thefells.org, John Hay Estate at The Fells.

Volunteer Appreciation Dinner

Sunday, September 24, 4:00-7:00pm

In honor of Diane Wheaton, the Diane M. Wheaton Endowment Fund for Volunteers was established to provide financial support for volunteer related activities. A special event is held at the end of each season to thank and recognize Volunteers. This event provides an opportunity for the volunteers, staff, and board members to gather, socialize, and convey the well-deserved appreciation. Volunteers are recognized with a variety of annual awards, including the Volunteer of the Year Award. Please join us for a special evening of appreciation and gratitude with hors d'oeuvres, cocktails and conversation on the Veranda, in the Gardens and dinner in the Pavilion. Dinner will be catered by Harts Turkey Farm. Reservations are required by calling the office at (603)763-4789 or emailing, info@thefells.org

Children's Arts Series

Ted Scheu, Poetry Guy

Monday, September 25, 4:00pm

Children's poet Ted Scheu, from Middlebury, VT, will lead a super-fun poem writing workshop designed for kids, but open to all ages. Ted will share a couple of his own poems, but mostly he will encourage all participants to discover their own poetic voices. Imaginations will be needed, and giggles are guaranteed. Every child will leave with a poem draft they are super proud of and their own poetic license in their pocket. It will be held rain or shine in the Pavilion. \$5 per person (under age 4 is free). Please register in advance by calling our office at 603-763-4789 x3 or by email at info@thefells.org.

Writing Wednesdays, with Tracy Wood

Wednesday, September 27, 9:00-10:30am

Please join Tracy Wood for a five-week fall writing workshop on Wednesday mornings at the John Hay Estate. The class will focus on the writing process through a workshop format, providing ample opportunities for individual writing and partner sharing. Class participants will also be offered plenty of practical tools that can be applied to any writing project. \$10 per person/ day or \$40 for all five sessions. Meets on the veranda of the Main House. *Tracy has taught secondary school and community college for nearly twenty-years. She enjoys helping students find and develop their voice in a supportive, interactive environment.* Advance registration requested, please call 603-763-4789 X 3. www.thefells.org.

OCTOBER**Fungi Foray - Maynard Wheeler****Sunday, October 1, 1:00-4:00pm**

Maynard Wheeler and members of the Montshire Mushroom Club present an introduction to fungi for beginners, followed by a foray amid the rich Fells woodlands, and ending with an identification session. Bring a basket and knife. Members: free, non-members \$10 per person. Advance registration requested, please call 603-763-4789 X 3. www.thefells.org.

Writing Wednesdays, with Tracy Wood**Wednesday, October 4, 9:00-10:30am**

Please join Tracy Wood for a five-week fall writing workshop on Wednesday mornings at the John Hay Estate. The class will focus on the writing process through a workshop format, providing ample opportunities for individual writing and partner sharing. Class participants will also be offered plenty of practical tools that can be applied to any writing project. \$10 per person/ day or \$40 for all five sessions. Meets on the veranda of the Main House. *Tracy has taught secondary school and community college for nearly twenty-years. She enjoys helping students find and develop their voice in a supportive, interactive environment.* Advance registration requested, please call 603-763-4789 X 3. www.thefells.org.

Speaker Program : Gerard van Buiten**Thursday, October 5, 3:00pm**

In association with the North American Rock Garden Society, The John Hay Estate at The Fells will be welcoming Gerard van Buiten, *Hortulanus* of The Utrecht Botanical Gardens and the Utrecht Science Park in the Netherlands for a presentation and walk through our historic rock garden. Gerard will share his expertise on alpine/rock and woodland gardening, and the great plants he can recommend for both. \$15 per person and meets at the pavilion.

First Thursday Hike at The Fells**Thursday, October 5, 11AM**

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Writing Wednesdays, with Tracy Wood

Wednesday, October 11, 9:00-10:30am

Please join Tracy Wood for a five-week fall writing workshop on Wednesday mornings at the John Hay Estate. The class will focus on the writing process through a workshop format, providing ample opportunities for individual writing and partner sharing. Class participants will also be offered plenty of practical tools that can be applied to any writing project. \$10 per person/ day or \$40 for all five sessions. Meets on the veranda of the Main House. *Tracy has taught secondary school and community college for nearly twenty-years. She enjoys helping students find and develop their voice in a supportive, interactive environment.* Advance registration requested, please call 603-763-4789 X 3. www.thefells.org.

End of Season Pruning – Beginner and Intermediate Skills

Friday, October 20, 1:00-3:00pm

Before you put your pruning shears and loppers away, The Fells is offering a final pruning workshop for the 2023 season. October is a wonderful time work outdoors and to prepare any susceptible woody shrubs from unintended branch breakage due to impending snow loads. Or, as shrubs begin to go into dormancy, now is a great time to reshape/resize shrubs which may get covered with protective materials or structures in a month or so. Bring your own sharpened hand pruners and shears or work with Fells tools. Meets at The Fells Barn. \$10 per person, please pre-register by calling 603-763-4789 x3. Rain Date: Saturday, October 21

Children's Arts Series

Fairy House Pumpkin Making

Sunday, October 22, 2:00pm

Have you ever made a fairy house in the woods or your backyard? Here's a twist that's just right for autumn: a cozy home made from a pumpkin! Join us for this fun craft activity that combines a scavenger hunt for materials with the decorating of the pumpkin fairy houses. You will be able to take your pumpkin houses home or place them in our Fairy Village. This program will be held rain or shine in our Pavilion. \$5 per person (under 4 is free). Please register in advance by calling our office at 603-763-4789 x3 or by email at info@thefells.org.

NOVEMBER

First Thursday Hike at The Fells

Thursday, November 2, 11AM

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.

Christmas at The Fells Preview Gala

Friday, November 3, 5:30-7:30pm

Enjoy holiday cheer and sumptuous appetizers. Mingle with the decorators and shop ahead of the crowds at the fabulous Boutique. You won't want to miss this magical evening. Consider becoming a Merry Mistletoe

Sponsor, tickets \$250/person includes three return tickets and a listing as a sponsor for Christmas at The Fells. Evening tickets are \$100 per person includes one return ticket. Registration required. Register online or call 603-763-4789 x3 or visit www.thefells.org for more information.

Christmas at The Fells: Holiday Decorator Showhouse and Boutique

November 4-12 10:00am -3:00pm weekends and 1:00-3:00pm weekdays

Tour The Fells Main House and get inspired! Professional interior designers, floral artists, decorators and talented volunteers have sprinkled their magic throughout to create this one-of-a-kind showhouse. Tickets are: \$20 in advance through November 1, \$25 at the door, \$8 for children at all times. Dining Room Café open weekends. Our Holiday Gift Boutique features the finest regional artisans. Buy tickets online at www.thefells.org

Christmas at The Fells: Ladies Night

Wednesday, November 8, 6:00-8:00pm

Ladies, this is your night! Join us for an unforgettable pre-holiday season event! There is no better time to view the beautifully decorated historic Main House than in the evening. Enjoy cocktails, hors d'oeuvres, door prizes, and the best boutique shopping you can find anywhere. Tickets: \$55 or consider becoming a Snow Queen sponsor for \$100 per ticket, including two returning admission tickets for another day. Reservations are required as space is limited. To reserve, call 603-763-4789 x3 or online at www.thefells.org John Hay Estate at The Fells.

DECEMBER

First Thursday Hike at The Fells

Thursday, December 7, 11AM

Join Nick Scheu, Landscape Director, and Simon Parsons, Education Director, at The Fells for a one-hour hike on The Fells property. These informal, moderate walks will be an opportunity to get a little exercise, spend time out in the landscape, and perhaps discover something new about the property once owned by the John Hay family. Members: free, non-members: included with regular admission fee. No reservations necessary. Meets at The Fells Kiosk.