

# July 2019



### Open Hours

Monday, Tuesday,  
Thursday  
10:00am - 2:00pm

### Volunteer Mornings

10:00am - 12:00pm

### Sunset Yoga

6:00pm - 7:00pm  
\$20 per person  
For All Levels

Nassau Community College  
Friends of Hempstead Plains  
Department of Biology  
1 Education Drive  
Garden City, NY 11530

631-320-8240  
amanda@friendsofhp.org  
friendsofhp.org

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Sunset Yoga	3	4 Volunteer Morning	5	6 Volunteer Morning
7	8	9 Sunset Yoga	10	11 Invasive Species Awareness Week Volunteer Event at Purcell Preserve	12	13 Yoga & Plains Tour 10am-12 \$25pp
14	15	16 Sunset Yoga	17 Massapequa Park Garden Club Tour	18 Volunteer Morning	19	20 Volunteer Morning
21	22	23 Sunset Yoga	24	25 Family Program: Backyard Habitat *	26	27
28	29	30 Sunset Yoga	31	<b>Backyard Habitat</b> Children of all ages are invited to join us for a tour of the rare prairie habitat and learn about the creatures that live there. Find out how to attract birds and pollinators to your own yard and make your very own insect nesting box. \$10 Per child		