

MAY 2023: Programs & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5 HNC Open	6 HNC Open
7	8	9 Compassion & Reciprocity 10 - 11 AM	10	11	12 HNC Open	13 HNC Open
14	15	16	17	18	19 HNC Open	20 Forest Bathing Walk 5 - 8 PM HNC Open
21 Forest Bathing Walk 9 AM - 12 PM Pollinator Party Walk 2 - 3:30 PM	22	23	24	25	26 HNC Open	27 HNC Open
28 HNC Open for Memorial Day Wkd 12 - 4 PM	29 Story Time 10:30 AM - 11:15 AM HNC Open Summer Hours Begin	30 Turtle & Toad Feeding 2:30 - 2:45 PM Salamander Meander 9 - 10 PM	31 Garden Tour: Native Plants in Bloom 12 - 1 PM Salamander Meander 9 - 10 PM	1 Be A Scientist 2:30 - 3 PM	2 Turtle & Snake Feeding 2:30 - 2:45 PM	3 Creature Feature 11:30 - 11:45 AM



Part of the Highlands Biological Station,
a multi-campus center of Western Carolina University

SPRING HOURS:

Friday & Saturday, 10 AM - 4 PM
Closed Sunday - Thursday

ADMISSION:

FREE to the general public.
Donations appreciated.

CONTACT:

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LOCATION:

930 Horse Cove Rd
Highlands, NC 28741



BEEKind EVENTS



Highlands Cashiers Health Foundation & the Counseling Center of Highlands have partnered together to raise awareness throughout May for Mental Health Awareness. We have joined the cause with the following programs:

Compassion & Reciprocity: Lessons from the Pollinator Garden Tuesday, May 9th | 10 - 11 AM | FREE

Bees & their flower partners demonstrate reciprocity & show how cooperation can lead to fruitful ventures. Join Sonya Carpenter in the pollinator garden of the Highlands Biological Station to learn about reciprocity in the natural world. Meet at 111 Lower Lake Road.

Forest Bathing Walks Saturday, May 20th | 5 - 8 PM | \$20/person Sunday, May 21st | 9 AM - 12 PM | \$20/person

Join Robin Hancock of Renewal by Nature for a 3-hour Forest Therapy Walk to connect with nature through your senses & to promote psychological & emotional benefits. Meet at 111 Lower Lake Road. Limited spaces available for each walk!

See other BEE Kind events at highlandscashiershealthfoundation.org/beekind/



Scan this QR code to learn more about these & other upcoming programs.

These programs are made possible thanks to funding by the Highlands Biological Foundation.



HNC to Open for Summer Hours!

Monday - Saturday
10 AM - 5 PM

The Highlands Nature Center will open for summer hours beginning Monday, May 29th. Stop in to see our live animals, natural history exhibits, nature-themed gift shop, & more!

HNC Open Sunday, May 28th
from 12 - 4 PM for
Memorial Day Weekend!



PRESENTED BY
Highlands
Cashiers
Health Foundation
COUNSELING
CENTER



MAINSRING
CONSERVATION TRUST

Pollinator Party Walk Sunday, May 21st 2 - 3:30 PM

This Endangered Species Day, join Mainspring Conservation Trust & Highlands Nature Center for an easy stroll through the Highlands Botanical Garden to learn about some of our endangered pollinators, from bees & wasps to butterflies & moths!

Family-
friendly!!



Nature Center Nights: Salamander Meander

Tuesday, May 30th &
Wednesday, May 31st
9 - 10 PM

Search for salamanders in the Botanical Garden, & discover strange & fascinating facts about our slimy, amphibian friends.

ATTENTION:

Programs marked with this symbol require or strongly encourage registration! Register at highlandsbiological.org

Daily, Educational Programs!

Mondays 10:30 AM	Story Time
Tuesdays 2:30 PM	Animal Feeding
Wednesdays 12:00 PM	Garden Tour 
Thursdays 2:30 PM	Be A Scientist
Fridays 2:30 PM	Animal Feeding
Saturdays 11:30 AM	Creature Feature



Wednesday Garden
Tours are geared
toward adults.
All other daily programs
are family-friendly!