



# ADULT EDUCATION

WATERFRONT  
BOTANICAL  
GARDENS



**Fall 2021**  
October - December

# Heart, Mind, Spirit Series



## CHAIR YOGA: FREEDOM THROUGH MOVEMENT October 6 & 20, November 3

Wednesdays  
10:00 - 11:00 a.m.  
Leslie Botanical  
Classrooms  
**\$15 | \$10 WBG**  
members per class

Chair yoga invites you to find mobility in a way that is soft and gentle but also supportive and beneficial.

This program is geared toward beginners, retirees, and those with limited flexibility.

## YOGA AT THE GARDENS October 1, 15 & 29

Fridays  
7:30 - 8:30 a.m.  
**November 19,  
December 17**  
9:00 - 10:00 a.m.  
Leslie Botanical  
Classrooms  
**\$15 | \$10 WBG** members  
per class

Begin your day at the botanical gardens for a morning yoga session.

Class is geared toward all levels. Wear flat-heeled canvas shoes or socks and bring your mat.

## PILATES October 12 & 26, November 9 & 23, December 7

Tuesdays  
6:30 - 7:30 p.m.  
Leslie Botanical  
Classrooms  
**\$15 | \$10 WBG**  
members per class

Learn the principles of Pilates movement during a 60-minute mat class. Low-impact strengthening and endurance exercises focus on your core and improving posture are emphasized.

Class is geared toward all levels.

## TAI JI October 28, November 18

Thursdays  
6:30 - 7:30 p.m.  
Leslie Botanical  
Classrooms  
**\$15 | \$10 WBG**  
members per class

Also known as 'tai chi,' this low-impact, slow-motion exercise is often described as "meditation in motion." Tai Ji is a Chinese martial art that helps reinforce flexibility, balance, and coordination in all parts of the body.

Class is geared toward all levels.

## MINDFULNESS November 2, December 14

Tuesdays  
6:30 - 7:30 p.m.  
Leslie Botanical  
Classrooms  
**\$10 | \$5 WBG** members  
per class

Explore mindfulness as a practice to help you live in the present so you can more fully enjoy your life during a busy holiday season. Learn how to slow down and gain perspective and self-awareness whether outside in nature or indoors.



# Adult Classes and Workshops

## OCTOBER

### BLOOMS 'N BRUSHES Tuesday, October 5

7:00 - 9:00 p.m.  
Leslie Botanical Classrooms  
**\$45 | \$35 WBG** members

In this acrylic painting class, the artist will guide you through the steps of painting a fall landscape scene. All levels of artistic ability are invited, and creativity will be encouraged. Wine (21 and older) and non-alcoholic beverages will be available.

Ages 16+



### GLASS BLOWING: BEHIND THE SCENES EXPERIENCE Saturday, October 9

4:30 - 6:30 p.m.  
Flame Run Studio  
815 West Market Street, Louisville  
**\$100 | \$85 WBG** members

If you've seen our new Leslie Botanical Classrooms, you've experienced Brook White's outdoor glass art installation, *Synthesis*. This program gives you a look behind Brook's process, the creation, and the installation of the piece. Participants will have the opportunity for a guided tour of Flame Run with Brook, and the chance to help create a decorative glass bowl to take home.

## AUTUMNAL AIR TREE TOUR

**Saturday, October 23**

10:30 a.m. - 12:00 p.m.

Cave Hill Cemetery, Baxter Avenue Entrance

**\$20 | \$15** WBG members

The cemetery's horticulturist and arborist will lead you through the historic avenues among the solemn graves of Cave Hill Cemetery on an open-air wagon. They will share the legacy and unique characteristics of many of our region's most lauded specimen trees in the peak of their fall season colors.

## SPECTACULAR PUMPKIN CARVING

**Monday, October 25**

7:00 - 9:00 p.m.

Leslie Botanical Classrooms

**\$30 | \$25** WBG members

Carve a 7-lb pumpkin while enjoying a hot beverage.

Two Master Pumpkin Carvers from Louisville's



*Jack O'Lantern Spectacular* will be your teachers for the evening. Varying types of stencils will be used to help those who are not as artistically minded. Creativity encouraged!

One pumpkin per student. Tools and instructions provided.

## FORCING BULBS FOR INDOOR ENJOYMENT

**Saturday, October 30**

10:00 - 11:30 a.m.

Leslie Botanical Classrooms

**\$40 | \$35** WBG members

Forcing spring bulbs indoors can be a rewarding gardening activity year after year. By tricking tulips, daffodils and other minor bulbs to perform as seasonal houseplants allows a jump start of floral color and garden nurturing. Each student creates and takes home three containers of different bulbs to vernalize in an at-home refrigerator, and tips to bring those bulbs to bloom in February and March.

# NOVEMBER



## REPOTTING ORCHIDS

**Saturday, November 6**

10:00 a.m. - 12:00 p.m.

Leslie Botanical Classrooms

**\$35 | \$30** WBG members

This introductory, in-person workshop presents the biology of orchid plants, including flower anatomy, growth habits, and the taxonomy and names of orchids that have been bred by humans for generations. Please bring 1-2 orchids to be repotted. Supplies included.



## WOODS OF THE CENTRAL AND SOUTH AMERICAN RAINFOREST

**Sunday, November 7**

2:00 - 4:00 p.m.

Leslie Botanical Classrooms

**\$15 | \$10** WBG members

Experience Mexico, Central America, and South America through their trees. Learn the life cycle, uses, significance and more of tropical American tree woods. Appreciate and examine the beauty of these woods that are now bowls, spoons, platters, and more!

## VEGETABLE GARDEN PLANNING AND PREPARATION

**Thursday, November 11**

6:30 - 7:30 p.m.

Leslie Botanical Classrooms

**\$15 | \$10** WBG members

Avish Horticulturist, Chelsea Hicks, walks you through the steps of site selection and planning your vegetable garden. This class familiarizes you with the seasonal crops in our region, cultivating vegetables, and the details of succession planting. Attendees are encouraged to bring questions about plants you want to grow, and an open mind to a potentially bountiful 2022 harvest.

## AUTUMNAL AIR TREE TOUR

**Saturday, November 13**

10:30 a.m. - 12:00 p.m.

Cave Hill Cemetery, Baxter Avenue Entrance

**\$20 | \$15** WBG members

The cemetery's horticulturist and arborist will lead you through the historic avenues among the solemn graves of Cave Hill Cemetery on an open-air wagon. They will share the legacy and unique characteristics of many of our region's most lauded specimen trees in late season display of their fall colors.

## WREATH EMBELLISHING WORKSHOP

**Tuesday, November 30**

5:30 - 7:00 p.m.

Leslie Botanical Classrooms

**\$50 | \$40** WBG members

Using a basic fresh Fraser fir wreath as the starting point, learn how to add vibrant greens or dried materials to create a lux, colorful, and textured composition to adorn your front door.

Symmetry, unity and balance are emphasized as you "build-up" and embellish the wreath to look lush, dynamic, and rich.



## Garden-to-Fork: Culinary Series

### SAVORY SWEET POTATOES

**Wednesday, October 20**

6:00 - 7:30 p.m.

Leslie Botanical Classrooms

**\$30 | \$25 WBG** members per class

Louisville Chef, Nikkia Rhodes, finds herself inspired by a sweet-tasting root vegetable, the sweet potato.

The menu for the evening will include a sweet potato hash tasting paired with sweet potato biscuits with sorghum butter. She will demo each, discussing how to prepare, cook, and serve.

A fall cocktail prepared by a LEE Initiative mentee will be shared.

### JAPANESE COOKING CLASS

**Wednesday, November 17**

6:30 - 8:00 p.m.

Leslie Botanical Classrooms

**\$30 | \$25 WBG** members per class

Taste traditional dishes from Japan. In this cooking demo, you will leave with a better understanding of the unique taste of umami, one of the five basic tastes essential in Japanese cuisine. Menu and food demonstration notes will be supplied. This program is a partnership with Japan / America Society of Kentucky

### HOLIDAY TINY BITES

**Saturday, December 4**

11:00 a.m. - 12:30 p.m.

Leslie Botanical Classrooms

**\$35 | \$30 WBG** members per class

Helene Trager-Kusman prepares seasonally-delicious tiny bites for a fun, fresh way to celebrate the holidays this year! You will learn how to make (and taste) goat cheese-stuffed dates, squash-apple soup shooters, (local) lamb meatballs with tahini sauce, PLUS pumpkin pie balls (with graham cracker crumbs).

## DECEMBER

### JAPANESE GIFT WRAPPING

**Monday, December 6**

6:00 p.m. - 7:00 p.m.

Leslie Botanical Classrooms

**\$25 | \$20 WBG and JASK** members

Furoshiki are Japanese wrapping cloths traditionally used to wrap, transport, and protect goods. Learn how to create a more personalized gift by wrapping it in this unique Japanese style. Students will also learn how to wrap with a single piece of paper and single piece of tape. Supplies include one furoshiki from Japan and wrapping paper. This program is in partnership with Japan / America Society of Kentucky.

### BLOOMS 'N BRUSHES

**Saturday, December 11**

10:00 a.m. - 12:00 p.m.

Leslie Botanical Classrooms

**\$65 | \$50 WBG** members

In this watercolor class, you will learn new techniques, refresh your vocabulary, and develop your skills through practice with winter subjects. Students will celebrate the colors and shapes of plants during winter viewing bundles of dried flowers, seed pods, and interesting sticks.

Ages 18+

### TO REGISTER

Register online at [www.waterfrontgardens.org/learn/adult-classes-and-workshops/](http://www.waterfrontgardens.org/learn/adult-classes-and-workshops/).

Seating is limited and pre-registration is required.

### Refund Policy

Tickets are not refundable if registration is cancelled by the purchaser. Paid registration can be transferred to another student.

Multi-event series cannot be transferred. In the event that Waterfront Botanical Gardens cancels a class for any reason, we will attempt to reschedule. If there is no reschedule, the purchaser will be issued a full refund. Refunds are issued by check only.

### Emergency Cancellation

In the event of an emergency cancellation, the Gardens will contact registered students with a cancellation notice (always provide/maintain a current email address and phone number).

### Membership

Become a member at [www.waterfrontgardens.org/support/become-a-member/](http://www.waterfrontgardens.org/support/become-a-member/)

