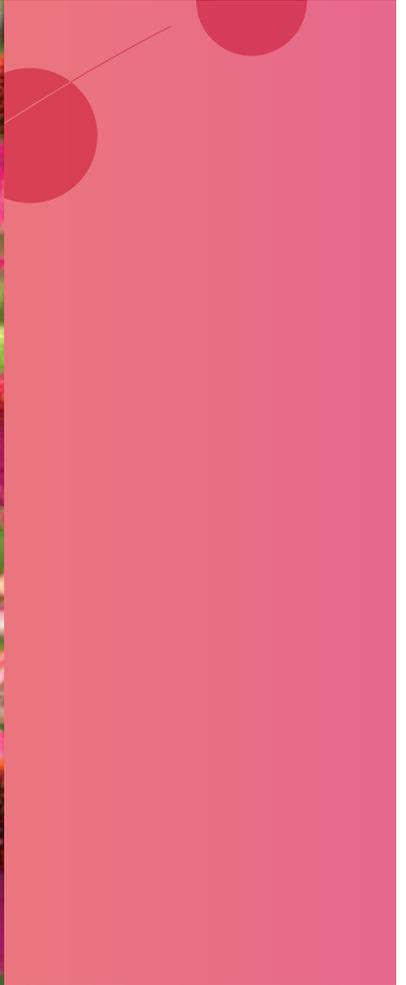




ADULT

EDUCATION

WATERFRONT
BOTANICAL
GARDENS



Summer 2022

- Garden-to-Fork: Culinary Series
- Adult Classes and Workshops
- Heart, Mind, Spirit Series
- Garden Highlights Walk & Talk
- Friday Night Speaker Series

Garden-to-Fork: Culinary Series



MINDFUL COOKING
Wednesday, May 18
5:30 - 7:00 p.m.
Leslie Botanical
Classrooms
\$49 | \$40 WBG
members

Experience mindfulness in the kitchen as you prepare tiny bites with locally sourced ingredients alongside Chef Helene Kusman. Learn how the entire process of cooking can become a feast for the senses, from shopping to preparing and enjoying your creations. Helene will guide you through making three seasonally-delicious bites that you'll love recreating as snacks, or while entertaining throughout the warm weather months.

Participants will mindfully prepare and enjoy:

- Baguette mini toasts with local jam, brie and balsamic
- Broadbent country ham wrapped cantaloupe skewers
- Cucumber rounds with white bean hummus and herbs

SIMPLE AND FRESH SUSHI CLASS
Wednesday, June 15
6:30 - 8:00 p.m.
Leslie Botanical
Classrooms
\$42 | \$35 WBG
members

With a view of the Gardens, learn how to roll sushi with a variety of fresh ingredients. You will create rolls that stimulate your taste buds: spicy, subtle, or playful. Supplies will be provided. Afterwards, take home a kit so you can continue practicing at home.

Presented in partnership with the Japan / America Society of Kentucky.



SUSTAINABLE MIXOLOGY
Wednesday, July 27
6:00 - 7:00 p.m.
Leslie Botanical
Classrooms
\$25 | \$19 WBG
members

Whether you are enjoying a drink poolside on a hot summer afternoon or hosting a party with some of your closest friends, there's always time for a cocktail!

Join WBG Staff Member Duncan Cherry for a journey into what makes up a cocktail, sustainable techniques for juicing, and the science behind some of the oldest techniques in keeping a drink tasting like it was just made!



Adult Classes and Workshops

MAY

ESSENTIAL OILS FOR EMOTIONAL HEALING

Tuesday, May 10
6:30 - 7:30 p.m.
Leslie Botanical Classrooms
\$59 | \$50 WBG members

In this class you will learn how to use essential oils for anxiety, depression, panic attacks, grief, and chronic stress. An instructor will explore how the olfactory system works, and how oils can affect your body, mind, and emotions. Release emotions through a mindful breathing exercise and create a take-home calming spray or roll-on to continue the healing process.



IKEBANA
Saturday, May 14
10:00 a.m. - 2:00 p.m.
Leslie Botanical Classrooms
\$125 | \$100 WBG members

This four-hour demonstration and workshop introduces you to the mindful practice of ikebana, the Japanese art of flower arrangement. Instructor Brooke Pohl will guide the class as you create a basic arrangement to take home. You will leave with flowers, a kenzan, and a new container for your creation. A sushi lunch will be provided.

MINDFULNESS AND SKETCHING

Sunday, May 15

1:00 - 2:00 p.m.

Leslie Botanical Classrooms

\$15 | \$10 WBG & JASK members

Our daily lives are too often a whirlwind of activity, full of ruminations on the past and worries for the future. To nourish our minds, bodies, and souls, it is essential to slow down and bask in the peacefulness of the present moment. In this class, the instructor will cultivate a space of tranquility by guiding students in meditation and a mindful art activity that explores our inner connection to Mother Nature.

MINDFULNESS FOR MOTHERS

Saturday, May 21

9:00 - 10:00 a.m.

Leslie Botanical Classrooms

\$15 | \$10 WBG members

For mothers (the kids stay at home!), this class offers tools to build the mindfulness muscle. Nicole Bartlett, a local business owner and mother of three elementary-aged children, will offer practices for staying present with our children while also making true self-care a priority. A guided meditation will invite participants to revisit past experiences of mothering and offer the self and child healing in the present moment.



ADVANCED FLOWER PHOTOGRAPHY

Thursday, May 26

6:00 - 8:00 p.m.

Leslie Botanical Classrooms

\$59 | \$49 WBG members

Have you ever wanted to create beautiful artistic flower photos? Bring your laptop and join Mike Matthews for this two-hour workshop. Mike will share tips and techniques to transform an ordinary flower photo into an extraordinary masterpiece using textures and layers. A thumb drive with practice photos will be provided.

JUNE

PRUNING DURING THE GROWING SEASON

Saturday, June 4

9:00 - 10:45 a.m.

Leslie Botanical Classrooms

\$25 | \$20 WBG members

Brush up on your pruning skills during this hybrid lecture, demo, and workshop. Learn what tools you should use, where to make the pruning cuts on woody and herbaceous stems, and what plants you shouldn't prune after July 1. Discover how plants respond to pruning during the growing season as compared to pruning at the end of winter. There will be hands-on pruning activities for interested students.



A BEGINNER GARDENER'S BOOT CAMP

June 7, 14, and 21

6:00 - 8:00 p.m.

Leslie Botanical Classrooms

\$75 | \$60 WBG members

Are you ready to start and maintain a garden? Would you like to stop killing your plants and improve your yard? Let our horticulturists help you build your confidence through this three-session workshop that teaches gardening basics. Take the lessons from this boot camp and apply them to create a manageable, well-designed garden of your own. You will leave encouraged and prepared to apply your gardening and design skills during any season! Registration price includes access to all three sessions.

Week 1: Basics of plant growth and health, soil, nutrients, water, and sunlight

Week 2: Understanding your garden: concepts and design

Week 3: Maintaining your garden, controlling pests, and grooming

JULY

JAPANESE CALLIGRAPHY

Tuesday, July 5

6:00 - 7:30 p.m.

Leslie Botanical Classrooms

\$25 | \$20 WBG members

Japanese calligraphy is an artistic method of writing the Japanese language. A calligraphy expert will introduce basic calligraphy materials and how to use them. Then you will learn how to write Japanese characters during a step-by-step lesson, surrounded by fresh cut flowers and views of the Gardens.



SILENT MEDITATION RETREAT

Sunday, June 5

9:00 a.m. - 12:30 p.m.

Graeser Family Education Center

\$30 | \$22 WBG members

Experience restorative and affirming relief from life's struggles as we explore mindfulness meditation practices with curiosity and kindness, supported by the beautiful spaces at WBG, incredible music, tasty food, and skillful teachers. Participants will be asked to remain silent during the entire retreat.



TROPICAL ARRANGEMENTS WITH APERO SEASONS

Tuesday, July 12

6:00 - 7:15 p.m.

Leslie Botanical Classrooms

\$52 | \$45 WBG members

Design and build a gorgeous tropical floral arrangement with height, width, and texture using some of the most vibrant species of summer's colors. Our instructor will briefly cover the history of tropical arrangements before a hands-on class. Students will learn how to prep, trim, and store tropical cut flowers, and will create a remarkable arrangement to take home.

ENJOYING AQUATIC GARDEN PLANTS

Saturday, July 16

9:00 - 10:30 a.m.

The Avish

\$24 | \$19 WBG members

You do not need an in-ground pool or pond to enjoy aquatic plants in your landscape. Learn about the array of floating, marginal (shallow-water), and submerged ornamental aquatic plants that are rewarding to grow. Explore the pros and cons of soil-bottom ponds and containers filled with water and aquatic plants. Gain insight into using patio containers to create a small patio-style aquatic garden. Upon registration, guests will be provided the address and directions to the learning gardens at the Avish Estate in Harrods Creek.



MONARCH PARENTING 101

Thursday, July 21

6:00 - 7:30 p.m.

Saturday, July 23

9:00 - 10:30 a.m.

Leslie Botanical Classrooms

\$25 | \$19 WBG members per class

Discover how easy it is to raise monarch butterflies with simple, inexpensive supplies and milkweed leaves. Learn more than you ever imagined about monarchs and milkweed in this informative and energetic presentation. Reconnect with nature and gain confidence in your own citizen-science abilities. Be prepared to fall in love with a new summer hobby!

AUGUST



CREATIVE SUCCULENT ARRANGEMENT

Wednesday, August 1

6:00 - 7:15 p.m.

Leslie Botanical Classrooms

\$35 | \$30 WBG members

Sue Massey from Massey Nursery will be your artistic guide as you design a full succulent container for your table or garden. You will pick your favorite varieties and colors from a selection of lively succulents. Learn the basics of caring for the needs of these interesting plants.

OVERCOMING LATE SUMMER GARDEN SLACKING

Saturday, August 13

10:00 - 11:15 a.m.

Leslie Botanical Classrooms

\$16 | \$12 WBG members

Midsummer has arrived, but the gardening year continues! While you may escape the heat of August, you can prepare for fun garden tasks from September to November. Learn about fall-planted bulbs to obtain for your yard, as well as the benefits of planting perennials, trees, and shrubs in the fall. Discover strategies to be a better late summer gardener so your landscape shines in early spring!

THE ART OF BONSAI

Saturday, August 20

9:00 a.m. - 12:00 p.m.

Workshop at Twisted Nature Bonsai (Lyndon, KY)

\$130 | \$105 WBG members

This three-hour program provides a comprehensive overview of the art of bonsai, as well as teaching horticultural techniques to help you become successful at growing your own. Learn to wire and style the pre-bonsai plants and establish its initial form! All participants receive a pre-bonsai tree and instruction on how to care for the plant.



ORIGAMI

Wednesday, August 24

6:00 - 7:30 p.m.

Leslie Botanical Classrooms

\$16 | \$12 WBG members

Origami is the art of paper folding. Pause and reflect as you learn to carefully create a bouquet of origami flowers. Patience will be rewarded with a memorable creation!

Presented in partnership with the Japan / America Society of Kentucky.



Heart, Mind, Spirit Series

CHAIR YOGA

May 10 and 24; June 7 and 21; July 5 and 19; August 2, 16, and 30

10:00 - 11:00 a.m.

Graeser Family Education Center

\$15 | \$10 WBG members per session

Chair yoga encourages mobility in a way that is soft and gentle, as well as supportive and beneficial. Build strength and confidence by joining one or all of the sessions! Hosted every other Tuesday. This program is geared toward beginners, seniors, and those with limited flexibility.



YOGA

May 11 and 25; June 8 and 22; July 6 and 20; August 3, 17, and 31

5:30 - 6:30 p.m.

Leslie Botanical Classrooms

June 4, July 2, and August 6

9:00 - 10:00 a.m.

The Avish

\$15 | \$10 WBG members per session

Build strength and mindfulness at our yoga sessions with experienced and thoughtful teachers. All skill levels are welcome!

TAI JI

June 2 and 30; July 7 and 28; August 4 and 25

6:30 - 7:30 p.m.

Leslie Botanical Classrooms

\$15 | \$10 WBG members per class

Also written as 'tai chi,' this low-impact, slow-motion exercise is often described as "meditation in motion." Tai Ji is a Chinese martial art that reinforces flexibility, balance, and coordination in all parts of the body. All skill levels are welcome!



PILATES

June 13 and 27; July 11 and 25; August 8 and 22

6:30 - 7:30 p.m.

Leslie Botanical Classrooms

\$15 | \$10 WBG members per class

Learn the principles of Pilates movement during a sixty-minute mat class that is appropriate for all skill levels. Learn in the air-conditioned space of the Leslie Botanical Classroom while enjoying a view of the Gardens.

Garden Highlights Walk & Talk



May 5, May 19, June 2, June 16, June 30, July 28, August 25

6:00 - 7:15 p.m.

Waterfront Botanical Gardens

\$10 | \$5 WBG members per session

As summer unfolds across the Gardens, enjoy a guided, educational tour with a staff horticulturist. Learn about the plants at the Gardens, their performance, strengths and weaknesses, as well as growing tips and design insights. Attend multiple sessions to witness the changing plant highlights across the season. Dress for the weather as this program is conducted outdoors.

AVISH EVENING WALK-ABOUT July 7 and August 11

6:00 - 7:15 p.m.

Waterfront Botanical Gardens

\$10 | \$5 WBG members per session

Explore the learning gardens at the Avish Estate in Harrods Creek, managed by WBG. A staff horticulturist



will examine how to cultivate and care for an old garden in need of some love and attention. Upon registration, guests will be provided the address and directions.

Friday Night Speaker Series



DR. ALY BAUMGARTNER

Friday, June 24

Cocktail Hour 6:30 -7:00 p.m.

Presentation 7:00 - 8:00 p.m.

Graeser Family Education Center

\$35 | \$30 WBG members

Time travel with Dr. Aly Baumgartner as she explores how fossil leaves help us understand climate change. Dr. Baumgartner specializes in the relationship between environmental shifts and the evolution of plants, with a background in forest-to-grassland transitions in East Africa. She is currently the Collections Manager of Paleontology at the Sternberg Museum of Natural History in Hays, KS. This presentation includes time for Q & A.

TO REGISTER

Visit the learn tab at waterfrontgardens.org. 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/

Scan here
to register



Further information and register online: **Visit the learn tab at waterfrontgardens.org**

Contact: Kat Rivers, Adult Education Specialist,
krivers@waterfrontgardens.org

