

Heart, Mind, Spirit Series



CHAIR YOGA
September 14 and 28; October 12 and 26; November 9
10:00 - 11:00 a.m.
Leslie Botanical Classrooms
\$15 | \$10 WBG members per session

Enjoy the benefits of yoga with a softer and gentler approach to mobility. Beginners, retirees, and those with limited flexibility are welcome!



YOGA
September 14 and 28; October 12 and 26; November 9
5:30 - 6:30 p.m.
Leslie Botanical Classrooms
\$15 | \$10 WBG members per class
Build stamina and practice mindfulness with experienced, thoughtful teachers. All skill levels are welcome!



TAI JI
September 1 and 29; October 6 and 27
6:30 - 7:30 p.m.
Leslie Botanical Classrooms
\$15 | \$10 WBG members per class
Meditate in motion with Tai Ji (also known as "tai chi"), a low-impact, slow-motion Chinese martial art that reinforces full-body flexibility, balance, and coordination. All skill levels are welcome!

Garden Highlights Walk & Talk



September 15 and 29; October 13 and 27; November 10
5:15 - 6:15 p.m.
Waterfront Botanical Gardens
\$10 | \$5 WBG members per session

As autumn 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. Dress for the weather as this program is conducted outdoors.



AVISH EVENING WALK-ABOUT
Thursday, September 8
6:00 - 7:15 p.m.
The Avish
\$10 | \$5 WBG members per session
Explore the learning gardens at the Avish Estate in Harrods Creek. 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 with the address and directions.



September 8 and 22; October 6
9:00 a.m. - 12:00 p.m.
Louisville Community Boathouse next to U of L Rowing
\$15 | \$10 WBG members
Hop in a canoe and tour Beargrass Creek and its tributary into the Ohio River with guide David Wicks. Paddle along with David as he discusses the local biome and Louisville's waterway history.

SPECIAL FULL MOON PADDLE!
Friday, September 9
8:00 - 11:00 p.m.
Louisville Community Boathouse next to U of L Rowing
\$15 | \$10 WBG members
Partake in a moonlit canoe tour of Beargrass Creek and its tributary into the Ohio River with guide David Wicks. Paddle along with David as he discusses the local biome and Louisville's waterway history.

Special thanks to our sponsor:
River City Paddle Sports!

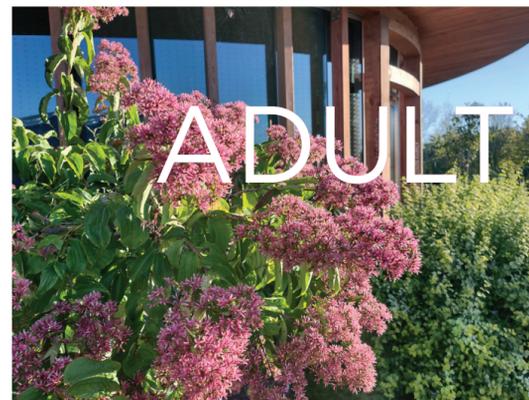
Become a member
Members enjoy discounts as well as first access to all popular programs! Visit waterfrontgardens.org to learn more.

Register to join
Registration is always required and spots sell out quickly! **Scan the QR code or visit waterfrontgardens.org to register.**




Kat Rivers
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Refund Policy: Tickets are non-refundable except in the event of a program cancellation. In select cases tickets may be transferred to another event or attendee. Please email info@waterfrontgardens.org or call (502) 276-5404 for more information.



EDUCATION

WATERFRONT BOTANICAL GARDENS



Fall 2022



Garden-to-Fork: Culinary Series
Adult Classes and Workshops
Heart, Mind, Spirit Series
Garden Highlights Walk & Talk
Canoe Tours



Garden-to-Fork: Culinary Series

MAKE YOUR OWN GUACAMOLE WITH MAY O'NAYS
Wednesday, September 21
 6:00 - 7:15 p.m.
 Leslie Botanical Classrooms
\$20 | \$15 WBG members

Learn how to make three delicious guacamoles using herbs from the garden, led by drag queen May O'Nays. Refreshments will be provided and you will take home your own recipe book!

THE BUZZ ABOUT BOURBON
Tuesday, October 4
 5:30 - 7:00 p.m.
 Leslie Botanical Classrooms
\$30 | \$25 WBG & MM Ambassadors

Learn about and taste the many ways nature plays a role in the creation of bourbon with a member of the Maker's Mark team. Hear about their new beehives at the distillery and learn to mix a gold rush cocktail made with Star Hill Farm honey. Snacks, bourbon tasting, and cocktails are included in this 21+ class.

In partnership with **Maker's Mark**

BENTO BOX DEMONSTRATION
Tuesday, October 18
 6:00 - 7:30 p.m.
 Leslie Botanical Classrooms
\$30 | \$25 WBG & JASK members

Create your perfect Japanese bento box to enjoy in class or at home. We'll provide the ingredients, you provide the vision.

In partnership with the **Japan / America Society of Kentucky**



COOKING WITH SCRAPS
Wednesday, November 16
 6:00 - 7:30 p.m.
 Leslie Botanical Classrooms
\$42 | \$35 WBG members

Don't let leftovers go to waste! Chef Nikkia Rhodes and her students will demonstrate how to cook and share leftovers from the fridge, pantry, and garden. Enjoy their tasty creations and bring the recipes home to try!

Menu: Ratatouille, cornbread salad, herb salts, and citrus sugars.



INFUSING HOLIDAY PARTIES WITH FLAVOR
Sunday, December 11
 2:00 - 3:30 p.m.
 Leslie Botanical Classrooms
\$34 | \$29 WBG members

Elevate your bespoke holiday cocktails and mocktails by learning how to infuse them with seasonal botanicals like cinnamon, cranberry, or peppermint. It's an easy way to impress your guests!

Adult Classes and Workshops

SEPTEMBER



HOMEGROWN VEGGIE ART
Tuesday, September 6
 6:30 - 7:30 p.m.
 Leslie Botanical Classrooms
\$25 | \$20 WBG members

Make eating fruits and veggies healthy and fun by turning your plates into canvases! Learn how to plan a colorful, easy, and tasty edible garden with Chelsea Hicks (WBG Horticulturist and mom) and Lindsay Duncan (local artist and working mom). This class welcomes guests 18+, so the kids stay at home.



PASTELS PLAYSHOP
Sunday, September 11
 2:00 - 4:00 p.m.
 Leslie Botanical Classrooms
\$59 | \$50 WBG members

Create two works of art in just one class! First, design a beautiful floral arrangement. Second, capture it forever using chalk pastels from Pastels PlayShop. All materials are provided to make your masterpiece!



FALL GARDEN PLANTING
Tuesday, September 27
 6:00 - 7:30 p.m.
 Leslie Botanical Classrooms
\$15 | \$10 WBG members

Fall planting in your garden is ideal as the soil is still warm even as the summer heat fades. Consider bulbs, perennials, shrubs, and trees to plant before December and learn the proper way to plant container-grown perennials and woody plants, as well as the benefits of mulching in the fall.

OCTOBER

MINDFULNESS FOR MOTHERS
Wednesday, October 5
 6:00 - 7:00 p.m.
 Leslie Botanical Classrooms
\$15 | \$10 WBG members

Build your mindfulness muscle with guided meditation and best practices on balancing child care with self-care—led by mother of three, Nicole Bartlett. This class welcomes guests 18+, so the kids stay at home.

BUILDING CONFIDENCE WITH BIRD WATCHING
Saturday, October 8
 8:00 - 10:00 a.m.
 Leslie Botanical Classrooms
\$15 | \$10 WBG members

Learn the basics of mindful birdwatching with identification, note-taking, and binocular use. Take home a birding guide and sketching notebook to practice your new skills!

FALL PORCH POT WORKSHOP
Tuesday, October 11
 6:00 - 7:30 p.m.
 Leslie Botanical Classrooms
\$52 | \$45 WBG members

Learn valuable tips and tricks of how to best transition planters from late summer to fall! Get hands-on creating a miniature fall porch planter to take home. All skill levels are welcome!

EARLY AUTUMN AIR TREE TOUR
Saturday, October 15
 10:30 a.m. - 12:00 p.m.
 Cave Hill Cemetery, Baxter Avenue Gate
\$20 | \$15 WBG members

Tour the Cave Hill grounds in an open-air wagon as the renowned cemetery's horticulturalist and arborist guide you through winding paths of the region's most-lauded specimen trees during their colorful, autumnal peak.



JAW-DROPPING BULBS
Saturday, October 29
 10:30 a.m. - 12:00 p.m.
 Leslie Botanical Classrooms
\$35 | \$30 WBG members

Mail-order catalogs and online retailers are your portal to elevating your landscape with jaw-dropping bulb perennials that are rare and bold. True lilies, ornamental onions, sky-blue camas, and others await your discovery and admiration. Each student will receive at least 10 bulbs to take home to plant this autumn.

NOVEMBER

BLOOMS 'N BRUSHES
Sunday, November 6
 2:00 - 4:00 p.m.
 Leslie Botanical Classrooms
\$40 | \$35 WBG members

Sketch and paint a lifelike Kentucky fall wildflower using pencil, watercolor, and gouache, with guidance from instructor Háloy Pevette. All skill levels and creative approaches are welcome!



DEBUNKING RECYCLING MYTHS
Thursday, November 10
 6:00 - 7:30 p.m.
 Leslie Botanical Classrooms
\$15 | \$10 WBG members

Are you recycling correctly? What really happens when recycled items leave your home? Demystify the process and learn tips to reduce waste with Karen Maynard from Waste Louisville.



LATE AUTUMN AIR TREE TOUR
Saturday, November 12
 10:30 a.m. - 12:00 p.m.
 Cave Hill Cemetery, Baxter Avenue Gate
\$20 | \$15 WBG members

Tour the Cave Hill grounds in an open-air wagon as the renowned cemetery's horticulturalist and arborist guide you through winding paths of the region's most-lauded specimen trees during their colorful, autumnal peak.



LUXURIOUS CHRISTMAS TREE DECORATING INSIGHTS
Tuesday, November 15
 6:00 - 8:00 p.m.
 Leslie Botanical Classrooms
\$40 | \$35 WBG members

Get a sneak peek at Gardens Aglimmer with a demonstration on creating a designer holiday tree! Use these tips and tricks to elevate your tree at home.

FRUIT, VEGETABLE AND FLORAL HOLIDAY CENTERPIECE
Thursday, November 17
 5:30 - 6:45 p.m.
 Leslie Botanical Classrooms
\$50 | \$45 WBG members

Welcome your guests during the holiday season with a unique centerpiece. Learn how to create a Thanksgiving arrangement using fresh produce and botanicals, then swap items out to showcase a Christmas design. All materials are included in the cost of this hands-on workshop.

SILENT MEDITATION RETREAT
Saturday, November 19
 9:00 a.m. - 12:30 p.m.
 Graeser Family Education Center
\$30 | \$22 WBG members

Get away from it all and allow your brain's language center to relax with a retreat offering restorative and affirming mindfulness meditation practices, including walking, eating, sitting, listening, and chair yoga.

JAPANESE GIFT WRAPPING
Tuesday, November 29
 6:00 - 7:15 p.m.
 Leslie Botanical Classrooms
\$25 | \$20 WBG members

Personalize your gifts in a thoughtful, sustainable way by learning how to wrap them with *furoshiki*—Japanese cloth traditionally used to wrap or transport goods. Take home a Japanese *furoshiki* and wrapping paper to get creative with gifting.

In partnership with **Japan / America Society of Kentucky**



FRESH GREENS HOLIDAY SWAG
Wednesday, November 30
 5:30 - 7:00 p.m.
 Leslie Botanical Classrooms
\$49 | \$40 WBG members

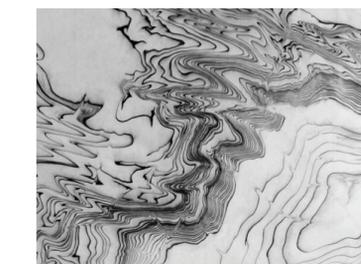
Get in the seasonal spirit by creating your own elegant holiday swag—an arrangement of evergreen boughs and berries perfect for your front door! Learn about evergreen plant symbolism, pruning basics, design, construction, and bow-tying using plant materials sustainably and locally foraged. Ribbon is provided, but feel free to bring your own!

DECEMBER



RED BERRY HOLIDAY VASE + CANDLE BOWL
Saturday, December 3
 1:30 - 3:00 p.m.
 Leslie Botanical Classrooms
\$50 | \$45 WBG members

Floating cranberries delight the eye in this unique and fresh arrangement of holiday greens, with sprigs of pine and winterberry in red water. A floating candle and cranberry bowl will accompany your arrangement. All supplies are provided.



SUMINAGASHI
Tuesday, December 6
 6:00 - 7:30 p.m.
 Leslie Botanical Classrooms
\$42 | \$35 WBG members

Create extraordinary wrapping and decorative papers with the nearly 1000-year-old art of *suminagashi* marbling. Learn at your own water bath and leave with beautiful, unique paper for your holiday presents.