

Experience and Share the Joys and Benefits of Gardening

No matter what your abilities, you'll learn new skills while enjoying the emotional, physical and social advantages of growing and tending plants.

Irene Brady Barber is the therapeutic horticulture coordinator at the Gardens. She develops and leads the therapeutic horticulture programs and can help you choose one that's just right for you or your group. All prices include Gardens admission for participants.

Coastal Maine Botanical Gardens, on 250 shorefront acres in Boothbay, offers a dozen world-class ornamental gardens within a lovely forested setting. The Lerner Garden of the Five Senses combines exceptional plantings, water elements, and stonework. It also features a spacious activities pavilion. While the sensory garden is a thing of rare beauty, most importantly it allows all guests to connect with all their senses in wonderful and meaningful ways.

*No matter the challenge
you may live with, you can
still enjoy gardening.*

—Molly from the "VIPs" (Visually Impaired People)

*It's so nice to
feel useful again!*

—Shirley from the Lincoln Home



2013
PROGRAM
SCHEDULE



COASTAL MAINE
BOTANICAL
GARDENS

132 Botanical Gardens Drive
Boothbay, Maine, 04537
(off Barbers Island Road)

www.MaineGardens.org

COASTAL MAINE
BOTANICAL
GARDENS



Our accessible sensory garden includes:

- Raised beds with wheelchair access
- Vertical gardens
- Railings to enable independence
- Wide, level paths
- Pleasant shaded areas
- Uplifting scenery
- Edible and aromatic plants

WELLNESS SESSIONS FOR CAREGIVERS AND LOVED ONES

Caregivers, are you looking for a gentle, therapeutic outdoor activity to enjoy with your parent, spouse or child? Come to the Gardens for an individualized 90-minute garden-related activity with Irene. Enjoy time together in a supportive and nurturing atmosphere, surrounded by the uplifting beauty of the gardens. Participants will go home with a finished project as a reminder of the invigorating day at



Coastal Maine Botanical Gardens. Session fee also includes admission for caregiver and all materials.

SESSION TIMES: Thursdays, 9:00–10:30 a.m. or 10:45 a.m.–12:15 p.m., June, July, August

90-MINUTE SESSION: \$90

Please call Irene at 207-633-4333, ext. 117, with inquiries or to register.

GROUP THERAPY SESSIONS

Participants will work together to grow and harvest herbs and vegetables, create floral arrangements and perform other garden-related activities. As Irene gets to know the group, she'll tailor therapeutic, gentle tasks to each member's abilities. She'll encourage participation that will enhance



skills and achieve self-growth. The sessions will focus on the experience and process of working with plants, and participants will often take home harvests or crafts.

6-WEEK SESSION: \$275

12-WEEK SESSION: \$500

Please call Irene at 207-633-4333, ext. 117, with inquiries or to register.

GARDENING LATER IN LIFE WORKSHOPS

There are so many reasons to garden as people grow older. Not only does gardening offer the benefits of moderate exercise, gardeners also reap the attractive and edible rewards of growing flowers, herbs, fruits or vegetables to keep feeling happy and healthy. Studies have proven that gardening invigorates cognitive activity, increases physical endurance, relieves emotional stresses, and encourages social interaction. All the more reason to keep enjoying this favorite activity—or take it up now!

This new series that Irene developed for adults of all ages will introduce you to practical, realistic options for your residential garden space, whether small or expansive, so you can continue to garden long into the future. All classes are from 9:30 a.m.–12:30 p.m. and begin in the Bosarge Family Education Center. The instructors are members of the horticulture staff who are experienced teachers as well as expert gardeners.

Sign up for the whole series of seven classes at the discounted price of \$195 for members or \$235 for nonmembers, or simply pick and choose from the list below.

- April 12: **Accessible Edible Gardens with Irene Brady Barber** (\$30 members/\$37 nonmembers)
- May 10: **Container Gardening: Lots of Pots! with Diane Walden** (\$35 members/\$42 nonmembers)
- June 21: **Vertical Gardening: Growing at Eye Level with Dick Zieg** (\$30 members/\$37 nonmembers)
- July 12: **Gardening with Ease with Irene Brady Barber** (\$30 members/\$37 nonmembers)
- Aug. 9: **Design a Home Landscape for Today and Tomorrow with Irene Brady Barber** (\$30 members/\$37 nonmembers)
- Sept. 13: **Planting the Right Plants in the Right Place with Irene Brady Barber** (\$30 members/\$37 nonmembers)
- Oct. 11: **Bringing the Outdoors In with Irene Brady Barber** (\$35 members/\$42 nonmembers)

Learn more about each class at www.MaineGardens.org. Register online, or call 207-633-4333, ext 101.