

# Horticulture for Health and Well-being

Therapeutic Horticulture Programs



fall/winter 2009

 MISSOURI BOTANICAL GARDEN

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To enrich the lives of senior citizens and special populations, particularly those with limited resources and limited abilities, by sharing knowledge about and interacting with the diversity of life in our natural world.

*mission of the MBG*

*Therapeutic Horticulture Programs*

To discover and share knowledge about plants and their environment, in order to preserve and enrich life.

*mission of the Missouri Botanical Garden*

## Therapeutic Horticultural Programs at the Garden are made possible through contributions from:


Friends and family of Dr. Samuel D. Soule  
Edward Chase Garvey Memorial Foundation  
E. Reuben and Gladys Flora Grant Charitable Trust

Soule Senior Programs for

## Individuals at the Garden

### Key for Program Type

 **Flower Arranging by Season:** Every month, based on what's in season, we will create a unique arrangement for your home.

 **The Potted Garden:** Add a new plant every month to your collection! Each month, based on what's in season, you will learn about the care and culture as well as pot up a different plant or mixed container.

 **Wellness:** Many of us miss the beautiful ever-changing seasonal blooms in the Garden. Join us on a once a month "What's in Bloom?" walk around the Garden. Experience the monthly changes of the magnificent Garden. Dress for the weather and wear your walking shoes! When the weather is chilly, join us for a warm-up in a healthy cooking class.

The following programs are designed to enhance your visit, therapeutically, to the Missouri Botanical Garden. Programs held at the Garden run between 1½ to 2 hours, unless otherwise noted. Light refreshments will be served.

To register for these programs, please fill out the "individual program registration" form and mail it to the address listed on the form.

Garden admission is free for those who enrolled in Therapeutic Horticulture Programs. Please bring your confirmation form with you the day of the class.

## September Classes



### Happy Harvest Flower Arrangement

**DATE:** Wednesday, September 9 or Friday, September 11

**TIME:** 10 a.m. to noon

**LOCATION:** Missouri Room

**FEE:** \$12.00



### Begonia and Coleus

**DATE:** Wednesday, September 16 or Friday, September 18

**TIME:** 10 a.m. to noon (Ridgway front entrance by 10 a.m.)

**LOCATION:** Coinco Summer House/Kemper Backyard—meet at front entrance of Ridgway/light walk as group to Coinco/Kemper

**FEE:** \$7.00



### Summer Walk

**DATE:** Friday, September 25

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Garden Room

**FEE:** \$3

## October Classes



### Dried Harvest Arrangement

**DATE:** Wednesday, October 7

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Missouri Room

**FEE:** \$12.00

### AARP “Celebration of Life”

Over 50 exhibitors of senior services and products featuring health screenings, attendance prizes, awards, and entertainment. Sponsored by the American Association of Retired Persons (AARP) and the Missouri Botanical Garden.

**DATE:** Wednesday, October 14

**TIME:** 8 a.m. to 2 p.m.

**LOCATION:** Missouri Botanical Garden

**FEE:** Included with Garden admission



### Scented Geraniums

**DATE:** Wednesday, October 21

**TIME:** 10 a.m. to noon or 1 to 3 p.m. (Ridgway front entrance by 10 a.m. or 1 p.m.)

**LOCATION:** Coinco Summer House/Kemper Backyard—meet at front entrance of Ridgway/light walk as group to Coinco/Kemper

**FEE:** \$7.00



### Fall Walk

**DATE:** Wednesday, October 28 or

Friday, October 30

**TIME:** 10 a.m. to noon

**LOCATION:** Missouri Room on Wednesday, Garden Room on Friday

**FEE:** \$3



## November Classes

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### **Fun Fabric Flowers**

In the spirit of sustainability, using unwanted clothing or fabrics, we will create unique fabric flowers.

**DATE:** Wednesday, November 4

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Missouri Room

**FEE:** \$7.00

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### **Pepperomia**

**DATE:** Wednesday, November 11

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Missouri Room

**FEE:** \$7.00

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### **Thanksgiving Centerpiece**

**DATE:** Wednesday, November 18 or Wednesday, November 25

**TIME:** 10 a.m. to noon

**LOCATION:** Missouri Room

**FEE:** \$12.00

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### **The Sweet and Savory of Sweet Potatoes**

Learn about the history and botany of sweet potatoes as we create sweet savory recipes.

**DATE:** Friday, November 20

**TIME:** 10 a.m. to noon

**LOCATION:** Kemper Classroom

**FEE:** \$12.00

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## December Classes

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### **Botanical Wreath**

**DATE:** Wednesday, December 9

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Missouri Room

**FEE:** \$12.00

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### **Holiday Cookie Recipes**

Who doesn't love a cookie? Learn new cookie recipes and bring your favorite family cookie recipe to share with the class.

**DATE:** Friday, December 11

**TIME:** 10 a.m. to noon

**LOCATION:** Kemper Classroom

**FEE:** \$12.00

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### **Amaryllis**

**DATE:** Wednesday, December 16

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Missouri Room

**FEE:** \$12.00

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### **Holiday Centerpiece**

**DATE:** Wednesday, December 23

**TIME:** 10 a.m. to noon or 1 to 3 p.m.

**LOCATION:** Missouri Room

**FEE:** \$12.00

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# Registration Procedures for Programs at the Garden

Individuals must register in advance to ensure placement on class roster. A confirmation for the classes you are enrolled in will be mailed or e-mailed to you.

## **PARTICIPANTS HAVE TWO OPTIONS FOR REGISTRATION.**

**OPTION 1:** When registering for classes, send a separate check for each class. For example, if you register for 3 classes at \$7 per class, three separate checks for \$7 must be included. Your checks will be held 10 days prior to the date of the classes. If a class is full, you will be called to see if you want to be put on a waiting list or if you want your check returned.

**NEW! OPTION 2:** Pay with credit card by using the registration form on page 9. We accept MasterCard, Visa, or Discover. Credit card payments are **only accepted by mail in registration**. If a class is full, you will be called to see if you want to be put on a waiting list. You will only be charged for the classes you are registered for.

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## **Cancellations & Refunds**

If you need to cancel after you've registered, please call Carol at (314) 577-9506 as soon as possible.

For cancellations 10 or more business days prior to the class, a full refund will be issued. Depending on your method of payment, your check will be returned or a credit will be issued to your credit card.

Refunds cannot be issued for cancellations less than 10 business days or missed classes.

Many programs will allow you to send an alternate participant if you are unable to attend. Please call Carol at (314) 577-9506.

In the event that the Garden must cancel a class, you will be notified and receive a full refund.

***Class credits will no longer be available. We will honor pre-existing class credits.***

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## **Register with a Friend!**

In order to provide a better chance of getting into a class with a friend, please mail your registration forms in the same envelope. We will do the best we can to accommodate these requests.



## Individual Soule Senior Programs Registration

Please complete the following reservation request form and check the appropriate box(es) of your class choice(s). Cut out and mail the completed form to the address below. Registrants will be notified by mail of enrollment in program(s) or called regarding waiting list status.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

( ) \_\_\_\_\_  
PHONE \_\_\_\_\_ E-MAIL\* \_\_\_\_\_

\*If provided, we will send confirmation by e-mail.

### METHOD OF PAYMENT

- OPTION 1:** I am sending a separate check for each class that I have selected. I understand the policy outlined on page 8 regarding this method of payment.
- NEW! OPTION 2:** I am paying by credit card, **by mail only**, for all the classes that I have selected. I understand the policy outlined on page 8 regarding this method of payment.

Please check one  MasterCard  Visa  Discover

Credit Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 digit v-code \_\_\_\_\_

Signature \_\_\_\_\_

- OPTION 3:** Please use my pre-existing "class credit" from a previous registration.

### PLEASE MAIL THIS FORM TO:

Missouri Botanical Garden  
THERAPEUTIC HORT. REGISTRAR  
P.O. Box 299  
St. Louis, MO 63166-0299

PROGRAM TITLE	DATE	<input checked="" type="checkbox"/> SESSION	FEE
<b>SEPTEMBER CLASSES</b>			
Happy Harvest Flower Arrangement	Sept. 9	<input type="checkbox"/> 10 a.m. to noon	\$12
	Sept. 11	<input type="checkbox"/> 10 a.m. to noon	
Begonia and Coleus	Sept. 16	<input type="checkbox"/> 10 a.m. to noon	\$7
	Sept. 18	<input type="checkbox"/> 10 a.m. to noon	
Summer Walk	Sept. 25	<input type="checkbox"/> 10 a.m. to noon	\$3
		<input type="checkbox"/> 1 to 3 p.m.	
<b>OCTOBER CLASSES</b>			
Dried Harvest Arrangement	Oct. 7	<input type="checkbox"/> 10 a.m. to noon	\$12
		<input type="checkbox"/> 1 to 3 p.m.	
Scented Geraniums	Oct. 21	<input type="checkbox"/> 10 a.m. to noon	\$7
		<input type="checkbox"/> 1 to 3 p.m.	
Fall Walk	Oct. 28	<input type="checkbox"/> 10 a.m. to noon	\$3
	Oct. 30	<input type="checkbox"/> 10 a.m. to noon	
<b>NOVEMBER CLASSES</b>			
Fun Fabric Flowers	Nov. 4	<input type="checkbox"/> 10 a.m. to noon	\$7
		<input type="checkbox"/> 1 to 3 p.m.	
Pepperomia	Nov. 11	<input type="checkbox"/> 10 a.m. to noon	\$7
		<input type="checkbox"/> 1 to 3 p.m.	
Thanksgiving Centerpiece	Nov. 18	<input type="checkbox"/> 10 a.m. to noon	\$12
	Nov. 25	<input type="checkbox"/> 10 a.m. to noon	
The Sweet and Savory of Sweet Potatoes	Nov. 20	<input type="checkbox"/> 10 a.m. to noon	\$12
<b>DECEMBER CLASSES</b>			
Botanical Wreath	Dec. 9	<input type="checkbox"/> 10 a.m. to noon	\$12
		<input type="checkbox"/> 1 to 3 p.m.	
Holiday Cookie Recipes	Dec. 11	<input type="checkbox"/> 10 a.m. to noon	\$12
		<input type="checkbox"/> 1 to 3 p.m.	
Amaryllis	Dec. 16	<input type="checkbox"/> 10 a.m. to noon	\$12
		<input type="checkbox"/> 1 to 3 p.m.	
Holiday Centerpiece	Dec. 23	<input type="checkbox"/> 10 a.m. to noon	\$12
		<input type="checkbox"/> 1 to 3 p.m.	

**TOTAL AMOUNT ENCLOSED: \$** \_\_\_\_\_