2025 SUMMER

# DISS STAINS MORRIS ARBORETUM & GARDENS

Join us for an exciting lineup of workshops, tours, and hands-on experiences designed to educate, inspire, and bring you closer to nature. Discover new flavors, get creative, and immerse yourself in the beauty of our gardens in this magical season!

## Exploring Nature, Horticulture, and Wildlife!

# Fireflies and Other Creatures of the Night! (All Ages)

**STEPHANIE BRUNEAU,** Assistant Director of Adult Education, Morris Arboretum & Gardens

BROOKE EZZO, Penn Vet, Wildlife Futures Program

Come join us for an all-ages program all about fireflies and other creatures of the night!

Our friends from the Penn Vet Wildlife Futures Program will tell us about the work that they do to help our state's wild species thrive, and about some of our nighttime neighbors that come out when the sun goes down! The program will conclude with a short night walk in the garden where we will look for these nocturnal neighbors and see some light-flash conversations in person.

Tuesday, June 24 // 7:30-8:45 pm

MEMBERS: \$25 NON-MEMBERS: \$30

#### **Gardening for Native Wildlife**

MITCH ROBERGE, Horticulturist & Artist

Learn how to create a welcoming environment for native wildlife in your garden. The seminar will cover plants that attract different species and provide shelter for various animals.

Wednesday, June 18 // 6:00-7:30 pm

MEMBERS: \$30 NON-MEMBERS: \$35

# Native Plants & Pollinators Tour at The Discovery Center

**DAMIEN RUFFNER**, Program Manager for Urban Conservation, Audubon Pennsylvania

Join a guided tour of native plants and pollinators at The Discovery Center! Participants will learn about the importance of native species and current efforts to manage invasive plants while enjoying a scenic walk around the reservoir.

Friday, June 21 // 10:00 am-12:00 pm

MEMBERS: \$30 NON-MEMBERS: \$35





## **Growing Annual Plants from Seed in the Garden**

**ELOISE GAYER,** Rosarian, Morris Arboretum & Gardens

Learn about the life cycle of true annuals, how to grow them by seed indoors or by direct sowing, and how to integrate them into different garden spaces. This course will cover some botany, propagation, and design with an indoor lecture, and will conclude with a tour of the Rose Garden to see some annuals in action.

Friday, June 27 // 9:30-11:00 am

MEMBERS: \$25

NON-MEMBERS: \$30

#### Native Azalea Talk and Walk

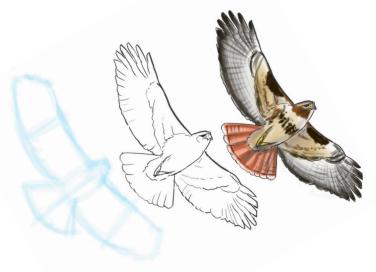
**TREVOR SCHULTE,** Azalea Meadow Horticulturist, Morris Arboretum & Gardens

Explore the Morris's collection of native azaleas, and learn about Trevor's recent scouting efforts for the plumleaf azalea. The program includes an indoor discussion followed by a guided walk to see this beautiful plant.

Friday, July 25 // 10:00 am-12:00 pm

MEMBERS: \$25

NON-MEMBERS: \$30



## **Creative Workshops**

#### **Drawing Pollinators After Hours**

MEG LEMIEUR, Artist, Illustrator

Join us for a fun evening of learning how to draw various pollinators by breaking down their forms into basic shapes. Participants will draw pollinator sculptures on display while enjoying fascinating facts about these important creatures and the special ambiance of the garden after-hours.

Tuesdays, June 3, 10, 17 // 6:00-8:00 pm

**SERIES PRICE:** 

MEMBERS: \$115

NON-MEMBERS: \$125

SINGLE SESSION:

MEMBERS: \$40

NON-MEMBERS: \$45

#### Drawing Birds Songbirds, Raptors, Waterfowl

JACK HOBE, Wildlife Artist, Birder, Freelance Educator

Join naturalist and wildlife illustrator Jack Hobe for a threepart workshop series on drawing birds! Each session focuses on a different bird group (songbirds, raptors, and waterfowl) offering practical techniques to help you capture their unique shapes, postures, and movements on paper. No prior art experience is required.

Saturdays: June 28, July 25, August 23 // 10:00 am–12:00 pm

**SINGLE SESSION:** 

MEMBERS: \$40

NON-MEMBERS: \$45



### **Health & Wellness**

#### Shinrin Yoku Forest Bathing for Your Health

**ANISA GEORGE**, Certified Forest Therapy Guide

Experience the ancient practice of Shinrin Yoku, or forest bathing, promoting a mindful connection to nature. This immersive experience allows individuals to explore the healing benefits of the outdoors at a relaxed pace.

Fridays: June 13, July 11, August 29 // 10:00 am-12:30 pm

**SINGLE SESSION:** MEMBERS: \$35

NON-MEMBERS: \$40

#### **Meditation in Motion**

AIMÉE ALEGRÍA BARRY, Owner, Centaur Tai Chi

This workshop incorporates meditation techniques that combine movement and breath to calm the mind and body. Suitable for all skill levels, the program features qigong stretches, tai chi walking, and guided meditation amidst the beauty of the gardens.

Saturday, June 21 // 10:30-11:30 am

MEMBERS: \$30 NON-MEMBERS: \$35

#### Yoga in the Treetops

MAURA MANZO, Yoga and Meditation Teacher

Join us for this one-of-a-kind yoga experience on the Out on a Limb exhibit at Morris, suspended 50 feet above ground and surrounded by a canopy of trees, colors, sights and sounds.

Thursdays: June 26, July 24, August 21 // 5:15-6:30 pm

**SINGLE SESSION:** MEMBERS: \$35

NON-MEMBERS: \$40

#### Yoga in the Garden

JENNIFER SCHELTER, Teacher, Writer, Artist

This gentle yoga class offers a unique opportunity to practice in a stunning outdoor setting. Participants will learn the basics of yoga, including breathing, mindfulness, balance, and relaxation, suitable for all levels.

**SESSION 1 (4 WEEKS):** 

Mondays: June 9, 16, 23, 30

**SESSION 2 (4 WEEKS):** 

Mondays: July 7, 14, 21, 28

5:15-6:30 pm

**FOR EACH SESSION** 

MEMBERS: \$85

NON-MEMBERS: \$95

\*Single Class walk-ins welcome on fair weather days \$25 (no member discount).

Walk-in registration: Exact change cash payment is required; please arrive 10-15 minutes early.





## **Culinary Delights**

#### Gourmet Vegetarian Cooking with Chef Al Paris at Erdenheim Farm

**AL PARIS.** Chef and Restaurateur

Experience a demonstration focused on creating a meal featuring fresh products from Erdenheim Farm, including a discussion on how the food is raised. Attendees will enjoy a delicious meal that highlights seasonal ingredients, culminating in a communal dining experience.

Saturday, August 23 // 12:00-3:00 pm

MEMBERS: \$100 NON-MEMBERS: \$110

#### **Mad for Mushrooms**

**DOROTHY BAUER,** Weavers Way Co-op Neighborhood Nutrition Team Member; Raw Food Chef

This evening program is dedicated to exploring the culinary qualities of mushrooms. Participants will prepare and taste various mushroom dishes, including savory jerky and umami crackers, while learning about the health benefits of mushrooms.

Monday, June 9 // 6:00-7:30 pm

MEMBERS: \$45 NON-MEMBERS: \$50

#### White Kimchi Making

#### JOANNA EUN & DENNIS TEO, Artisanal Crafters

Learn to make a mild and refreshing variation of traditional kimchi in this hands-on class. Perfect for beginners and enthusiasts alike, participants will take home their own batch of white kimchi.

Saturday, June 14 // 10:30 am-12:30 pm

MEMBERS: \$40 NON-MEMBERS: \$45

#### **Temple Cooking Class**

JOANNA EUN & DENNIS TEO, Artisanal Crafters

In this hands-on class, participants will learn to prepare plant-based dishes inspired by Korean temple cuisine. Attendees will discover the philosophy of mindful cooking and enjoy a family-style meal at the end of the session.

Saturday, August 16 // 10:30 am-12:30 pm

MEMBERS: \$50 NON-MEMBERS: \$55

## **Just for Kids**

# Children's Yoga Summer Stretch & Flow (ages 2-7 years)

ERIN PARK, Children's Yoga Instructor; Youth Educator

In this lively and engaging class, kids will flow through fun yoga poses inspired by the wonders of summer, stretch like sunflowers, wiggle like playful animals, and move with the breeze. Together, we'll explore the magic of the outdoors, build strength and flexibility, and enjoy playful, mindful movement. This class will be held on four occasions, register for each session separately

Saturday, June 14 // 9:30–10:30 am Friday, June 20 // 9:30–10:30 am Saturday, June 28 // 9:30–10:30 am Friday, July 11 // 9:30–10:30 am

MEMBERS: \$30 NON-MEMBERS: \$35