





CHILDREN'S GARDEN OF THE SENSES


OLDER ADULT *Garden Herbs* PROGRAM


This is not your ordinary garden program.

Older adults reconnect with the garden by exploring, using their human senses and experiencing nature first hand. Garden activities are engaging, relaxing, and inclusive. Activities can be adapted for various abilities to allow all individuals to participate. In our 1.5 hour program older adults will

 Tour the **Garden of the Senses** using senses of sight, smell, hearing, taste and touch to explore the sensory gardens and the plants up close

 In the **Edible Garden**, explore a selection of herbs: smell, taste, reminisce and discuss how these herbs can be used, grown and harvested

 Plant a herb to take home, while enjoying light refreshments

 **Optional** horticultural therapy activity "**Fun with Herbs**": e.g. scented sachets, fresh herbal tea, dried tea bouquets, herbal foot balms, herbal sock baths, or herb stuffed sock Santa/snowman, or custom designed for you (add .5-1 hour, extra fees apply)

**\$15 per person (Minimum Group Charge \$180) No HST
No Charge for Participants' Staff, Assistants and Caregivers**

Contact Us

289-270-5399

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www.gardenofthesenses.com

Norval, Ontario

Only 40 Minutes from Toronto

Funded by Ontario Trillium Foundation
and Managed by the Norval
Community Association

WHO IS THIS FOR?

Older Adults
Active and Special Needs

June - September

ABOUT THE GARDEN

Connect with Nature through
Sensory Experience

Accommodates Special Needs
Wheelchair Accessible

Variety of Sitting Areas
Sheltered Gazebo
Calming Waterfall

ABOUT THE PROGRAM

Engaging, Relaxing
and Inclusive

Adaptable Activities for
Special Needs

Optional Horticultural
Therapy Activities

TESTIMONIALS

"The garden tour was beautifully done and the tour, refreshments and reminiscing were excellent."

Terri Forbes, Coordinator,
Hillsview Active Living Centre

"The residents really enjoyed the trip today. It was very informative."

Reem Toma, Life Enrichment
Coordinator, Amica at Oakville

"... What a great outing."

Ruth Michasiw, Participant