June 2013 Calendar of Classes for Adults – and – Upcoming Events
Call to pre-register for classes at (757) 441-5830 ext. 338
Visit the website for more information www.nbg75.org
Norfolk Botanical Garden-6700 Azalea Garden Road-Norfolk, VA 23518

June Events:

Dr. Maya Angelou

Celebrate the Garden's 75th Anniversary with our extraordinary guest **Dr. Maya Angelou**

7:30 p.m., June 21, 2013 at Chrysler Hall

Tickets On Sale Now!

Tickets available at Chrysler Hall box office (in person, not online – no additional fees) and Ticketmaster (additional fees may apply)

Group rates are available.

. Outdoor Glass Exhibit

2013 Summer Exhibit

Reflections of Nature

May 1 – August 18, 2013
Glass sculpture by Craig Mitchell Smith

Reflections of Nature is a collection of thirty glass sculptures that artist Craig Mitchell Smith has created exclusively for Norfolk Botanical Garden in celebration of our 75th anniversary.

included with Garden admission

Bike Nights -Mondays, Weds. & Thurs. from 4-7pm

Bring your bikes, helmets and family or friends out to Norfolk Botanical Garden and pedal through the petals.

Norfolk Botanical Garden is home to 12 miles of pedestrian pathways. Monday, Wednesday and Thursday nights from 4 p.m. to 7 p.m. they are open to bikers! Regular Garden admission applies

June Classes for Adults: Descriptions follow list

Pre-registration is required for all classes

June 1 Art Lessons – Watercolor Workshop: Hydrangeas
June 2 Meditation – The Inner Journey (4-weeks)
June 3 Bike Nights -Mondays, Weds. & Thurs. from 4-7pm
June 3 Cardio Workout (4-weeks)
June 4 Dig & Divide Hardy Ginger Workshop
June 4 Adult Camp – A Summer Sampler (June 4 - June 7)
June 5 Dancing in the Garden – West Coast Swing
June 6 Floral Design Workshop – European Hand Tied Bouquet
June 7 Native Plant Garden Tour
June 8 Plein Air Painting Workshop
June 8 Soap Making Demonstration – Fresh Naturals
June 8 Soap Making Workshop – Fresh Naturals
June 11 CSI For Plants
June 12 A Passion for Wildlife Photography – the Stories Behind the Images
June 13 Guided Kayak Tour – Evening Paddle
June 14 Basic Nature Photography Weekend Workshop (3 day workshop)
June 14 Garden Stars Fridays
June 15 Butterfly Planter Workshop
June 15 Botanical Origami – Water Garden Scene
June 18 Intermediate Floral Design (2-weeks)
June 20 Cupcakes & Confections – Sun Kissed Citrus
June 21 An Evening with Maya Angelou
June 22 Gardeners on the Go Tour – Pinkham Estate
June 22 DIY Wedding Flowers Workshop (2-day workshop)
June 24 Monday Yoga (6-weeks)
June 26 Oil Painting 101 (8-weeks)
June 26 Wednesday Yoga (6-weeks)
June 28 Svaroopa Yoga Workshop (2-day Workshop)

June 29 Plein Air Painting Workshop
June29 Sunset Cruise Guided Boat Tour

Bike Nights -Mondays, Weds. & Thurs. from 4-7pm

Art Lessons – Watercolor Workshop: Hydrangeas

Date and Time:
Date(s) - Saturday, June 1st, 2013
10:00 AM - 3:00 PM
$74 Non-Members $56 NBG Members
NBG offers a wide variety of art lessons and art classes for adults. Attention beginning and aspiring artists! Join us for this all day workshop and expand your artistic palate through watercolor. Class includes hands on instruction with instructor Diana Davis. Diana is an award winning artist and art instructor with more than 30 years of experience.

Meditation – The Inner Journey (4-weeks)

Date and Time:
Date(s) - Sunday, June 2nd, 2013
9:30 AM - 11:00 AM
$54 Non-Members $38 NBG Members

THE INNER JOURNEY

We live in difficult times and the stress of every-day life can take its toll on the mind, body and spirit. Meditating for at least 15-20 minutes a day can counteract the negative effects of stress, and can also increase overall health and well being. Meditation does not require any special equipment, is easy to learn, and can be practiced anywhere

Cardio Workout (4-weeks)

Date and Time:
Date(s) - Monday, June 3rd, 2013
7:00 PM
$48 Non-Members $36 NBG Members
Enjoy panoramic views of our Bicentennial Rose Garden while learning a system of movements that re-educate, re-pattern, re-align and balance your body. Certified Personal Trainer Karen Dougherty will focus on core muscles: abdominal, back, hamstrings and inner thighs.

Classic weight-lifting movements mixed with cardio-conditioning drills will create a stronger, leaner you. Great for all fitness levels.

This is a 4-week course:June 3-June 23

Pre-registration is required

Dig & Divide Hardy Ginger Workshop

Date and Time:
Date(s) - Tuesday, June 4th, 2013
9:30 AM - 11:00 AM
$24 Non-Members $ 18 NBG Members
This hands-on workshop covers everything from healthy plant selection and varieties to re-planting and care. Participants will learn and work alongside Gardener Joelle Miller to dig, divide and replant some of the Garden's prized hardy gingers. Each participant will take home ginger specimens for planting. Bring a shovel, garden gloves, bags to collect your specimens in and dress to get dirty. Physical activity level is moderate.

Adult Camp – A Summer Sampler (June 4 - June 7)

Date and Time:
Date(s) - Tuesday, June 4th, 2013 - Friday, June 7th, 2013
9:30 AM - 2:30 PM
$238 Non Members $198 NBG Members
Have you always been curious about our Education Programs here at NBG? This sampling of classes and activities is your opportunity to experience a wide variety of what we have to offer. Let us inspire you to learn something new! Bring your cameras and dress for fun! Get creative with hands on workshops, take behind the scenes tours of our greenhouse as well as our impressive butterfly house, learn about NBG's eagle history, tour the Garden by boat and tram, and enjoy lunches overlooking some of the gardens most picturesque spots! You are never too old to learn, grow and have fun! Come play with us this summer, surrounded by the sights and sounds of the Gardens' relaxed and enthusiastic environment.

Dancing in the Garden – West Coast Swing

Date and Time:
Date(s) - Wednesday, June 5th, 2013
7:00 PM - 8:15 PM
$48 Non-Members $38 NBG Members
Have you always wanted to glide gracefully across the dance floor, but feel like you have two left feet or do you just love to dance? Either way, this this energetic introduction to West Coast Swing Dance is perfect for beginners and dance enthusiast alike! Learn the basic steps of this popular style with professional dance instructors Ron and Regina Dinoso and enjoy this popular pastime. No experience necessary. Newbie or novice, all levels are welcomed.

NO PARTNER, NO RHYTHM, NO PROBLEM!

Pre-registration required

Floral Design Workshop – European Hand Tied Bouquet

Date and Time:
Date(s) - Thursday, June 6th, 2013
9:30 AM - 11:30 AM
$48 Non-Members $36 NBG Members
Learn step-by-step how to make impressive high style floral designs to adorn your dining table or give as envied hostess gifts. Celebrate the changing of the seasons by creating fresh floral arrangements with Lifelong Learning Program Manager & Floral Designer Betty Ann Galway. Flowers chosen for each arrangement will highlight what should and could be found locally. All flowers & supplies included. Pre-registration is required.

Native Plant Garden Tour

Date and Time:
Date(s) - Friday, June 7th, 2013
9:30 AM - 11:00 AM
$14 Non-Members $10 NBG Members
Join us for a guided expedition through the Native Plant Garden and learn how truly low maintenance gardening and landscaping with native specimens can be. Theresa Augustin, Curator of Natural Areas, will be your guide as you stroll through the garden and discuss how to establish and maintain these versatile plants. This tour involves moderate walking. Please wear comfortable shoes and dress for the weather. Please pre-register to ensure availability.

Plein Air Painting Workshop

Date and Time:
Date(s) - Saturday, June 8th, 2013
9:30 AM - 1:00 PM
$36 Non-Members $28 NBG Members
Join artist Elisabeth McGinn and other artists in the Garden painting the natural beauty before you and get individual instruction on creating your own work of art. Some painting experience is required. Bring your own canvas, paints, brushes and a bag lunch. There are a limited number of loaner easels available, so register early. This Saturday workshop will involve moderate walking. Preregistration is required.

Soap Making Demonstration – Fresh Naturals

Date and Time:
Date(s) - Saturday, June 8th, 2013
10:30 AM - 12:00 PM
$26 Non-Members $18 NBG Members

Join soap maker Molly Samuels for this informative demonstration and discover the art of soap making. Participants will take home a bar of handmade soap, how-to instructions and recipes.

Pre-registration required

Soap Making Workshop – Fresh Naturals

Date and Time:
Date(s) - Saturday, June 8th, 2013
12:30 PM - 4:30 PM
$48 Non-Members $36 NBG Members
During this hands on workshop students will learn a new and satisfying skill with individualized instruction from soap maker Molly Samuels. The following week after the soaps have cured,

participants will return to the Garden to pick up their bounty of luxurious hand-made soaps.*All supplies included. Participants will get a 1/2 hour lunch break and should bring bag lunch.*Pre-registration required

CSI For Plants

Date and Time:
Date(s) - Tuesday, June 11th, 2013
7:00 PM - 9:00 PM
$14 Non-Members $ 10 NBG Members
Join us and learn how to detect, diagnose and remedy problems that can affect the health and beauty of your garden. Lynette Swanson, retired Virginia Cooperative Extension Agent of Norfolk will teach you how to be a plant detective. After this class you will be equipped with the knowledge to find out what ails your plants and how to remedy the situation before it becomes a case of horticultural homicide! This popular class fills quickly, so register early! (.2 CEU credit hours)

Back by Popular Demand!

Please pre-register to ensure availability.

A Passion for Wildlife Photography – the Stories Behind the Images

Date and Time:
Date(s) - Wednesday, June 12th, 2013
6:30 PM - 8:30 PM
$48 Non-Members $36 NBG Members
Join photographer Irene Hinke-Sacilotto as she discusses her more than 30 years' experience photographing birds and other animals. This lecture will cover the strategies, techniques, and equipment required to capture professional wildlife images and will include locating, attracting, and approaching wildlife along with prime locations for wildlife photography, the use of photographic blinds, and stalking techniques. Safety and ethical considerations will be discussed. Throughout the presentation, the speaker will share entertaining stories from her field experiences photographing in the U.S. & abroad

Guided Kayak Tour – Evening Paddle

Date and Time:
Date(s) - Thursday, June 13th, 2013
6:00 PM - 8:30 PM
$55 Non-Members $45 NBG Members
Looking for a kayak adventure? Join us for a guided kayak tour! Enjoy a relaxing paddle with experienced guides exploring the world of plants & animals that inhabit the shores and waters of Lake Whitehurst. Kayaks, paddles and necessary safety equipment will be provided. Sit-on-top (wet kayaks) will be used, so plan to get wet. No experience necessary. This tour is great for beginners and will include pre-trip instructions. Please leave all electronics in your vehicle. In partnership with Kayak Nature Tours.

Basic Nature Photography Weekend Workshop (3 day workshop)

Date and Time:
Date(s) - Friday, June 14th, 2013 - Sunday, June 16th, 2013
6:30 PM - 3:00 PM
$276 Non-Members $224 NBG Members

Taught by photographer, Irene Hinke-Sacilotto, this three day workshop is ideal for individuals with a basic understanding of digital photography who wish to make better use of their camera features and improve their skills photographing nature. Topics to be discussed include equipment selection; camera placement; effective use of light; exposure; composition; perspective; and close-up photo techniques. Guidance will be provided for locating, attracting, and approaching wildlife including stalking and the use of photo blinds. Pre registration is required. (additional information can be found on our website
http://norfolkbotanicalgarden.org/events/photography_classes_nature_photography_weekend_workshop_at_nbg/

Workshop times: June 14 – 16
Friday • 6:30 – 8:30 PM
Saturday • 7:30 AM – 2:30 PM
Sunday • 12 PM – 3 PM

Garden Stars Fridays

Date and Time:
Date(s) - Friday, June 14th, 2013
9:00 PM - 10:30 PM
$14 Non-Members $6 NBG Members
Come out for an evening under the stars & join the Back Bay Astronomers as they take us on a tour of the solar system. After a brief indoor presentation, step outside and observe the skies above through high-powered telescopes. Those nights when the skies don't cooperate, participants enjoy an indoor presentation. Bring a flashlight. Involves some walking. Rain or Starshine! Pre-registration is required.

Butterfly Planter Workshop

Date and Time:
Date(s) - Saturday, June 15th, 2013
9:30 AM - 11:30 AM
$48 Non-Members $36 NBG Members

Make a lush planter- sure to attract butterflies to any porch or patio. Then enjoy a tram ride down to the Butterfly House and Bristow Butterfly Garden to learn more about butterflies. There are over forty species that are native to this area.

Presented by butterfly expert and Senior Gardner Linda Saunders.

Botanical Origami – Water Garden Scene

Date and Time:
Date(s) - Saturday, June 15th, 2013
1:00 PM - 4:00 PM
$26 Non-Members $18 NBG Members
Stimulate your mind by learning a new skill with individualized instruction from paper artist, Rich Gray, in this one day workshop. Learn how to fold decorative paper into a beautiful water garden scene with lotus flowers and a frog. No previous paper-folding experience necessary. All supplies included. Pre-registration required.

Intermediate Floral Design (2-weeks)

Date and Time:
Date(s) - Tuesday, June 18th, 2013
9:30 AM - 2:00 PM
$548 Non-Members $496 NBG Members

Have you successfully completed Beginning Floral Design and are you looking to further develop your design knowledge and career skills? This daytime condensed two week course will build upon your current training and advance your marketability for a job that is both enjoyable and in high demand. Intermediate classes will learn hand-tied bouquets including a dozen roses, Oriental style arrangements, asymmetrical arrangements, arrangements done with fruit and vegetables, and arrangements made in a watermelon, cantaloupe, pumpkin, or large squash, plus techniques for making your own or your employer's floral business profitable. All certificate classes are taught by Frances Thrash, FTD Master Designer, NGC Design Instructor, and NGC Master Judge with more than 40 years of experience.

FLORAL DESIGN CERTIFICATE PROGRAM

Setting the standard!
The ONLY professional floral design certificate program offered in southeastern Virginia. Turn your passion into a marketable skill.

- Taught by floral designer Frances Thrash with over 30 years of design experience.
- Comprehensive curriculum
- Hands-on training with fresh flowers every class
- Shop training: ordering, inventory & customer service
- Rigorous and Vigorous!

All supplies and flowers are included in course fee. Students enjoy taking home weekly floral designs.

Students must attend 36 hours and pass written and hands-on tests to receive a certificate.

Learn more about the Certificate program.

Beginning Floral Design is a pre-requisite.

Pre-registration is required.

All supplies and flowers are included in course fee. Students enjoy taking home weekly floral designs.

This is a 2 week course: June 18-27
Tuesdays, Wednesdays & Thursdays – 9:30 a.m. – 2 p.m.

Pre-registration is required

Cupcakes & Confections – Sun Kissed Citrus

Date and Time:
Date(s) - Thursday, June 20th, 2013
7:00 PM - 9:00PM
$40 Non-Members $32 NBG Members
Here comes the sun and sweet summery treats. Join baker Heather Fitzpatrick and learn how to transform a plain cupcake into a tantalizing and refreshing treats with zesty fillings, curds and decorative garnishes inspired by summer fruits. Theses fabulous cupcakes are sure to please at your next summer celebration. Participants will enjoy an informative demonstration, be able to sample flavors and decorate their own cupcakes.

An Evening with Maya Angelou

Date and Time:
Date(s) - Friday, June 21, 2013
7:30 PM - 9:00 PM
Celebrate the Garden's 75th Anniversary with our extraordinary guest Dr. Maya Angelou

Tickets available at Chrysler Hall box office (in person, not online – no additional fees) and Ticketmaster (additional fees may apply)
$79, $64 and $49
$71, $58, and $44 (NBG Member – member discounts are only available at the Chrysler Hall box office)

Gardeners on the Go Tour – Pinkham Estate

Date and Time:
Date(s) - Saturday, June 22nd, 2013
9:00 AM - 3:00 PM
$58 Non-Members $46 NBG Members
Join this rare opportunity to visit the fabulous garden of renowned horticulturists Bill and Linda Pinkham. Explore beautiful garden rooms boasting vast collections of rare and unusual plants on this personalized tour. Then enjoy lunch on the Pinkham's patio. This once-in-a-life-time opportunity will provide inspiration for every level of gardener. On the way back we will stop by Smithfield Gardens

during their fall festival for some more fun & shopping! (Participants will receive a 10% discount on non-sale items.)

Price includes transportation and box lunch. (Please specify any dietary needs at the time of registration.)

DIY Wedding Flowers Workshop (2-day workshop)

Date and Time:
Date(s) - Saturday, June 22nd, 2013 - Sunday, June 23rd, 2013
1:00 PM - 4:00 PM
$178 Non-Members $156 NBG Members
Yes, you can create your own wedding flowers and save money by doing it yourself! During this hands-on workshop participants and brides to be will learn the basics of creating bridal & attendant bouquets, corsages & boutonnieres and gather new ideas for their receptions. Join experienced floral designer Frances Thrash to explore the techniques and possibilities of filling your special day with beautiful flowers. All supplies included. Pre-registration is required.

This is a 2-day workshop, Saturday and Sunday June22-23, 1-4 pm each day.

Monday Yoga (6-weeks)

Date and Time:
Date(s) - Monday, June 24th, 2013
9:30 AM - 10:30 AM
$68 Non-Members $56 NBG Members
This is a six week course Mondays June 24 – July 29. Beginners welcome!

Looking for a fantastic yoga instructor and convenient yoga classes? NBG offers yoga classes to fit your schedule, taught by experienced instructors. Discover the multitude of health benefits that can be gained from this low impact relaxing exercise during this six week course. Join us and learn how you can increase your strength, flexibility, posture and energy! Instructor Rachel Griffith will lead you through a series of stretches, positions and deep breath work surrounded by breathtaking views of our Bicentennial Rose Garden. This class is ideal for beginners or individuals who enjoy progressing at a relaxed pace. Please preregister

Oil Painting 101 (8-weeks)

Date and Time:
Date(s) - Wednesday, June 26, 2013
9:30 AM - 11:30 AM
$158 Non-Members $146 NBG Members
Get your creativity growing! Join us for this introduction to oil painting course and brush up on the fundamentals of this rewarding art form. Learn color mixing from a limited color palette as shapes and values are emphasized.Taught by artist Elisabeth McGinn. All supplies included.

This is an 8-week course: beginning June 26 Pre-registration is required.

Wednesday Yoga (6-weeks)

Date and Time:
Date(s) - Wednesday, June 26th, 2013
9:30 AM - 10:30 AM
$68 Non-Members $56 NBG Members

This class is ideal for experienced yoga enthusiasts or individuals who have completed the Beginning Yoga Course and who are ready to take their flexibility and postures to the next level. Beginners and every body type welcome, including those with a injury, or slight body limitations. Wednesday sessions will focus on breath initiated movement. Modifications and props available and incorporated into asana (poses) practice. Please pre-register to ensure availability.

Svaroopa Yoga Workshop (2-day Workshop)

Date and Time:

Date(s) - Friday, June 28th, 2013 and June 29 10AM - 4PM
6:30 PM - 8:30 PM
$145 Non-Members $125 NBG Members
Join us for this two day yoga workshop and learn how to use nature as a path to self discovery with certified yoga instructor, Marie Levit. Svaroopa is a therapeutic yoga style that focuses on opening and releasing the deepest layers of spinal tension leading to healing and personal transformation. This gentle yoga workshop is ideal for all levels of physical fitness and is especially beneficial for individuals who may be feeling a bit stiff, out of shape or who are on the path to recovery. You will be amazed at the trans formative power of Svaroopa yoga as physical tensions and blockages are released, healing begins and back pain, neck and shoulder tensions, and headaches will disappear as you become calmer, more peaceful, healthier and happier.

This is a 2-day workshop: June 28-29.

Pre-registration is required.

Plein Air Painting Workshop

Date and Time:
Date(s) - Saturday, June 29th, 2013
9:30 AM - 1:00 PM
$36 Non-Members $28 NBG Members

Join artist Elisabeth McGinn and other artists in the Garden painting the natural beauty before you and get individual instruction on creating your own work of art. Some painting experience is required. Bring your own canvas, paints, brushes and a bag lunch. There are a limited number of loaner easels available, so register early. This Saturday workshop will involve moderate walking. Preregistration is required.

Sunset Cruise Guided Boat Tour

Date and Time:
Date(s) - Saturday, June 29th, 2013
7:00 PM - 8:30 PM
$20 Non-Members $14 NBG Members
Join us for a guided garden tour and expedition exploring the waterways surrounding the Garden. Enjoy a relaxing Sunset Cruise on Lake Whitehurst and learn about the flora and fauna that inhabits the shores of the Garden. This unique opportunity allows you to see the Garden from a whole new perspective on a calm and serene evening.

Please pre-register to ensure availability.