



March 2017 Calendar of Classes for Adults – and – Upcoming Events
Call to [pre-register](tel:7574415830) for classes at (757) 441-5830 ext. 338

Visit the website for more information www.norfolkbotanicalgarden.org
Norfolk Botanical Garden-6700 Azalea Garden Road-Norfolk, VA 23518

Virginia Camellia Society Show & Sale
Saturday, March 11th

Tidewater Orchid Society Show & Sale
Friday, Saturday & Sunday, March 17, 18 & 19

Virginia Bonsai Society Show & Sale
Saturday & Sunday, April 22 & 23

Included with Garden admission



March Classes for Adults: Descriptions follow list

Pre-registration is required for all classes

March 2017

- March 1 Wednesday Garden Yoga
- March 4 Watercolors
- March 4 Floral Design Workshop
- March 7 Urban Green Spaces
- March 7 Japanese Ink Painting
- March 9 Natural Makeup Workshop

March 9	Garden Stars
March 10	Floral Design Workshop
March 14	Best Plants of Hampton Roads
March 14	Beginning Soapmaking
March 14	Ballroom Dancing
March 16	Seeds to Success
March 16	Beginning Photography
March 16	Terrarium Workshop
March 19	Sunday Morning Meditative Yoga
March 19	Meditation: The Inner Journey
March 21	In the Kitchen: Kombucha
March 21	Garden Origami
March 23	Miniature Fairy Container Garden
March 23	Acrylic Painting Workshop
March 25	Spring Composting & Seed Starting
March 28	Gourd Birdhouse Workshop
March 30	Coffee & Conversation
March 30	Weekday Wine Dow

Wednesday Garden Yoga (6-Week Class)

Date and Time:

Date(s) – Wednesday, March 1, 2017

9:30 AM – 10:30 AM

NBG Members \$55/Not Yet Members \$75

Looking for a fantastic yoga instructor and convenient yoga classes? NBG offers yoga classes to fit your schedule, taught by experienced instructor, Julie Paddock. 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! An instructor will lead you through a series of stretches, positions and deep breath work. This class is held indoors and ideal for beginners or individuals who enjoy progressing at a relaxed pace. This is a six week course from Mar 1-Apr 5.

Watercolors: Daffodils, Lenten Roses & Common Blue Butterflies

Date and Time:

Date(s) – Saturday, March 4, 2017

9:00 AM – 1:30 PM

NBG Members \$55/Not Yet Members \$75

Attention beginning and aspiring artists! Join us for this half 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. Her original pieces featuring flowers, butterflies and birds can be found in galleries across the state. Her passion for watercolor is evident in her work and instructional workshops, in which she incorporates traditional watercolor methods as well as a few unique techniques that will make your artwork spring to life. Please bring a bag lunch. All supplies included.

Floral Design Workshop: Floral Cake

Date and Time:

Date(s) – Saturday, March 4, 2017

10:00 AM – 11:30 AM

NBG Members \$40/Not Yet Members \$55

Make impressive high-style floral designs to celebrate the changing of the seasons with Floral Designer Betty Ann Galway. Flowers chosen for each arrangement will highlight what should and could grow in your garden seasonally. All supplies included.

Urban Green Spaces

Date and Time:

Date(s) - Tuesday, March 7, 2017

9:30 AM - 11:30 AM

NBG Members \$10/Not Yet Members \$15

Learn the importance of plants in our ever growing urban areas. From increasing property value to improving water quality, plants are essential to a healthy city space. Discuss the challenges of urban areas and learn solutions for a more sustainable city with Horticulturist Alexandra Cantwell.

Sumi-e: Japanese Ink Painting (5-Week Class)

Date and Time:

Date(s) - Tuesday, March 7, 2017

1:00 PM – 3:00 PM

NBG Members \$85/Not Yet Members \$110

Have you always admired Asian brush painting and wondered “How did they do that?” Let us show you how to make your brush dance across the page as you create a painting using traditional sumi-e tools. Instructor, Norene Spencer, will provide step-by-step, hands-on instruction in the ancient art of sumi-e. Learn the fundamental techniques employed in this fascinating fine art and explore some of the more contemporary techniques as well. Whether you’re an aspiring artist or an advanced painter looking to expand your creative talents you will find this course has something to offer and challenge artists of any skill level. The subjects for this class will be classic natural elements. This is a five week course: Mar 7-Apr 4.

Natural Makeup Workshop for Beginners

Date and Time:

Date(s) – Thursday, March 9, 2017

6:00 PM - 8:00 PM

NBG Members \$25/Not Yet Members \$35

Learn the basics of making your own natural makeup in this introductory class with Nature Enthusiast Valerie Malzone. Complete with take homes, including eyeshadow, blush, eyeliner and mascara. All supplies included.

Garden Stars

Date and Time:

Date(s) - Thursday, March 9, 2017

7:00 PM – 8:30 PM

NBG Members \$10/Not Yet Members \$15

Come out for an evening under the stars with the Back Bay Astronomers and their powerful telescopes. Weather permitting. Walking required.

Floral Design Workshop: Spring Fling

Date and Time:

Date(s) - Friday, March 10, 2017

10:00AM - 11:30 AM

NBG Members \$40/Not Yet Members \$55

Make impressive high-style floral designs to celebrate the changing of the seasons with Floral Designer Betty Ann Galway. Flowers chosen for each arrangement will highlight what should and could grow in your garden seasonally. All supplies included.

Best Plants of Hampton Roads (4-Week Class)

Date and Time:

Date(s) - Tuesday, March 14, 2017

1:00 PM - 3:30 PM

NBG Members \$55/Not Yet Members \$75

Take an in-depth look at the best performing plants for the Hampton Roads area, including the culture, care and companions of these "must have" plants during this four week course with Director of Horticulture Brian O'Neil. This is a four week class March 14-April 4.

Beginning Soapmaking

Date and Time:

Date(s) - Tuesday, March 14, 2017

6:00 PM - 9:00 PM

NBG Members \$40/Not Yet Members \$55

Handmade soaps make wonderful gifts and add a touch of luxury to your washroom or bath. Learn everything you need to know to begin crafting your own homemade natural soaps. Students will learn this new skill with individualized instruction and recipes from soap maker Jeannie Steele. The following week participants will return to the Garden to pick up their hand-made soaps. All supplies included.

Ballroom Dancing (4-Week Class)

Date and Time:

Date(s) - Tuesday, March 14, 2017

6:30 PM - 7:30 PM

NBG Members \$40/Not Yet Members \$55

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 energetic introduction course is perfect for beginners and dance enthusiasts alike! Learn the basic steps of these popular styles with professional dance instructor Rick Hockman. No experience necessary. Newbie or novice, all levels are welcomed. NO PARTNER, NO RHYTHM, NO PROBLEM! This is a 4 week course from March 14-April 4.

Seeds to Success: And Sow It Begins

Date and Time:

Date(s) - Thursday, March 16, 2017

1:00 PM - 3:00 PM

NBG Members \$10/Not Yet Members \$15

Learn how to harvest, clean, store and successfully germinate unusual perennials and woody ornamentals with Nursery Technician Julie Finn & Assistant Propagator Meredith Courtney.

Beginning Photography

Date and Time:

Date(s) - Thursday, March 16, 2017

6:30 PM - 8:30 PM

NBG Members \$40/Not Yet Members \$55

Let Dee Akright, professional photographer for 34 years, teach you the basics of digital photography and how to use that new camera! Bring your camera and manual.

Terrarium Workshop

Date and Time:

Date(s) - Thursday, March 16, 2017

6:30 PM – 8:30 PM

NBG Members \$40/Not Yet Members \$55

Join local glass garden artist John Wharton to create a beautiful miniature living table top display using succulents, stones, organic soil and moss. All supplies included.

Sunday Morning Meditative Yoga (4-Week Class)

Date and Time:

Date(s) – Sunday, March 19, 2017

9:00 AM – 10:00 AM

NBG Members \$40/Not Yet Members \$55

Looking for a fantastic yoga instructor and convenient yoga classes? NBG offers Sunday morning yoga classes to fit your schedule, taught by certified instructor Bernadette Jobs. Discover the multitude of health benefits that can be gained from this low impact relaxing exercise during this four week course. Join us and learn how you can increase your strength, flexibility, posture and energy! This class is held indoors and is ideal for beginners or individuals who enjoy progressing at a relaxed pace. This is a four week course Mar 19-Apr 9.

Meditation: The Inner Journey (4-Week Class)

Date and Time:

Date(s) – Sunday, March 19, 2017

10:15 AM – 11:30 AM

NBG Members \$40/Not Yet Members \$55

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 increase overall health and well being. Meditation does not require any special equipment, is easy to learn, and can be practiced anywhere. So, what are you waiting for? Get started today! Join us on Sunday mornings for this popular four week course and let instructor Daniel Kathalynas guide you through the techniques to achieve silent mind meditation, concentration and contemplation. This is a four week course from Mar 19-Apr 9.

In The Kitchen: Kombucha

Date and Time:

Date(s) - Tuesday, March 21 2017

6:30 PM - 8:30 PM

NBG Members \$45/Not Yet Members \$55

Join cook and health food practitioner Marie Adele Weaver from the Farm Life in Pungo and discover this ancient Asian health remedy and super food. Kombucha is a potent fermented beverage know for it's detoxifying and energizing ingredients including; probiotics, polyphenols, B vitamins, vitamin C, organic enzymes and vital amino acids. All participants will take home a starter kit and recipes to flavor your Kombucha naturally to create healthy and refreshing concoctions and even cocktails!

Garden Origami: Tulips & Daffodils

Date and Time:

Date(s) – Tuesday, March 21, 2017

6:30PM - 8:30 PM

NBG Members \$15/Not Yet Members \$25

Join paper artist Rich Gray and learn to create nature inspired work of art. All supplies included.

Miniature Fairy Container Garden

Date and Time:

Date(s) - Thursday, March 23, 2017

1:00 PM – 3:00 PM

NBG Members \$40/Not Yet Members \$55

Let the Garden inspire your unique miniature fairy garden design using succulents, stones, organic soil and moss with Horticulturist Joelle Miller.

Acrylic Painting Workshop: Garden Scenes

Date and Time:

Date(s) – Thursday, March 23, 2017

6:00PM - 8:30 PM

NBG Members \$40/Not Yet Members \$55

Join artist and NBG Public Programs Coordinator and International Artist Daniel Kathalynas for this step by step learn to paint workshop. Learn to use acrylics to create your own one of a kind painting. This hands on class will feature instruction in basic color theory, painting techniques and tips for how to replicate them on canvas. Participants will take home their very own unique completed masterpieces. All supplies included.

Spring Composting & Seed Starting

Date and Time:

Date(s) - Saturday, March 25, 2017

10:00 AM – 12:00 PM

NBG Members \$35/Not Yet Members \$45

Learn the basics of composting in residential areas and how to start your spring vegetable garden from seed. Participants will take home a planted seed tray.

Gourd Birdhouse Workshop (2-Day Workshop)

Date and Time:

Date(s) - Tuesday, March 28, 2017

10:00 AM – 12:00 PM

NBG Members \$40/Not Yet Members \$55

Create a whimsical one of a kind birdhouse just in preparation for spring! Join us for this hands-on workshop and make your very own glorious gourd birdhouse with Retired Extension Agent, Lynette Swanson. Participants will take home a unique nature inspired birdhouse and get tips on growing, drying and displaying gourds. This is a 2-Day Workshop, Mar 28 & 30, 10AM-12PM both days.

Coffee & Conversation: Garden Lecture

Date and Time:

Date(s) – Thursday, March 30, 2017

9:30AM – 10:30 AM

NBG Members \$10/Not Yet Members \$15

Join us for this PowerPoint presentation with NBG Board Member and Author of Reflections on a Coastal Garden Mac Houfek. Take a journey through Mac's beautiful garden showing how she renewed an old garden and created garden rooms. Discover her favorite and unusual plants that grow well in our area, and how pruning can open up your garden. Coffee, snacks and conversation provided

Weekday Wine Down

Date and Time:

Date(s) - Thursday, March 30, 2017

6:00 PM – 8:30 PM

NBG Members \$40/Not Yet Members \$55

Relax with us! Enjoy Garden views, sample wine, and paint your own keepsake wine glass with artist Melanie Krogh. All supplies included.