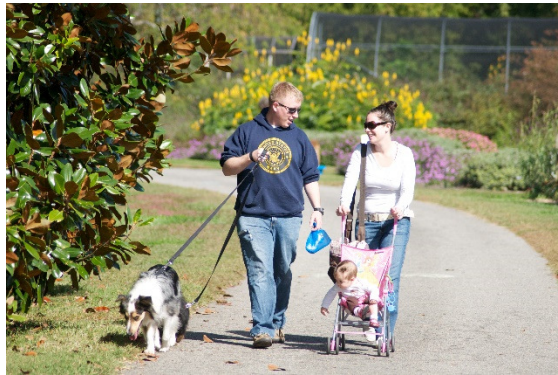




**September 2016 Calendar of Classes for Adults – and – Upcoming Events**  
Call to **pre-register** for classes at (757) 441-5830 ext. 338

Visit the website for more information [www.norfolkbotanicalgarden.org](http://www.norfolkbotanicalgarden.org)  
Norfolk Botanical Garden - 6700 Azalea Garden Road-Norfolk, VA 23518

**September Sundays with Fido - Dogs welcome every Sunday!**



### **September Classes for Adults: Descriptions follow list**

Pre-registration is required for all classes

September 1	Beginning Beekeeping
September 8	Garden Stars
September 10	Watercolors
September 11	Outdoor Yoga
September 11	Sunset Boat Cruise
September 13	Beginner Soap Making Workshop
September 13	Ballroom Dancing
September 13	T'ai Chi
September 14	Intro to T'ai Chi
September 15	Native Perennials of the Southeast
September 15	Acrylic Painting Workshop
September 15	Sunset Kayaking
September 17	Outdoor Saturday Yoga
September 17	Bonsai Workshop
September 17	Hunt for the Wild Blueberry
September 18	Meditative Yoga
September 18	Meditation: The Inner Journey
September 20	Terrarium Workshop
September 21	Three Sisters: A Native American Garden
September 21	Garden Origami
September 21	Wine Wednesdays

September 22	Home Cleaning Products and Natural Pesticides
September 22	Night Sounds
September 22	Macro Photography
September 22	Nature Journaling 101
September 24	Sustainable Vegetable Production
September 24	Eating Right Together – Healthy Snacks from your Garden
September 27	Intermediate Floral Design
September 28	Oil Painting

## Beginning Beekeeping (3-Week Class)

### **Date and Time:**

Date(s) - Thursday, September 1, 2016

6:30PM – 8:30 PM

*NBG Members \$50/Not Yet Members \$65*

Curious about raising bees but don't know if it is for you or where to start? Let members of the Beekeepers Guild of Southeast Virginia introduce you to the equipment and time commitment needed to be successful. Pre-registration required. In partnership with the Beekeepers Guild of Southeast Virginia. This is a 3 week course, Thursdays Sept. 1, 8 & 15 6:30-8:30PM each day.

## Garden Stars

### **Date and Time:**

Date(s) - Thursday, September 8th, 2016

8:00 PM – 9:30 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.

## Watercolors: Monarchs & Flowers

### **Date and Time:**

Date(s) - Saturday, September 10, 2016

9:00 AM - 1:30 PM

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

NBG offers a wide variety of art lessons and art classes for adults. 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.

## Outdoor Yoga (Single Class)

### **Date and Time:**

Date(s) - Sunday, September 11th, 2016

10:00 AM - 11:00 AM

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

Enjoy a morning of outdoor yoga while truly connecting with nature — as this ancient practice began — with certified instructor Julie Paddock. All levels welcomed. Please bring your yoga mat.

## Sunset Boat Cruise

**Date and Time:**

Date(s) - Sunday, September 11th, 2016

6:00 PM – 7:30 PM

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

Spend your Sunday evening on a relaxing, extended, and informative sunset cruise on Lake Whitehurst.

## Beginning Soap Making Workshop

**Date and Time:**

Date(s) - Tuesday, September 13th, 2016

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, September 13th, 2016

6:30 PM - 7:45 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. This is a 4 week course from September 13-October 4.

## Beginning T'ai Chi (12-Week Class)

**Date and Time:**

Date(s) - Tuesday, September 13th, 2016

9:30 AM - 11:00 AM

*NBG Members \$140/Not Yet Members \$165*

Join us for this restorative and relaxing exercise course and you may be surprised by how great you feel afterwards! Tai Chi is best described as a “moving meditation exercise” and is thought to improve circulation, balance, posture, strength and flexibility as well as relieving the stress of daily life. This slow-moving, gentle exercise program appropriate for every body type, age or physical condition is taught by certified instructor Jane Montagna. Classes are inside with panoramic Garden views. Students should come with comfortable clothes, shoes and an open heart and mind. Preregistration required. Sponsored by the International Taoist Tai Chi Society. Registration Price includes membership registration to the Taoist Tai Chi Society. This is a 12 week course September 13-December 6. No class November 22.

## Open Practice T'ai Chi (12-Week Class)

**Date and Time:**

Date(s) - Tuesday, September 13th, 2016

11:00 AM – 12:00 PM

*NBG Members \$120/Not Yet Members \$145*

Must have taken Beginning T'ai Chi. Join us for this restorative and relaxing exercise course and you may be surprised by how great you feel afterwards! T'ai Chi is best described as a “moving meditation exercise” and is thought to improve circulation, balance, posture, strength and flexibility, as well as relieving the stress of daily life. This slow-moving, gentle exercise program appropriate for every body type, age or physical condition is sponsored by the International Taoist Tai Chi Society. Classes are inside with panoramic Garden views. Students should come with comfortable clothes, shoes and an open heart and mind. Registration price includes membership registration to the Taoist Tai Chi Society. This is a 12 week course September 13-December 6. No class November 22.

## Intro to the Practice of T'ai Chi (8-Week Class)

### **Date and Time:**

Date(s) - Wednesday, September 14th, 2016

6:00 PM – 7:30 PM

*NBG Members \$100/Not Yet Members \$125*

Join us for this restorative and relaxing exercise course and you may be surprised by how great you feel afterwards! T'ai Chi is best described as a “moving meditation exercise” and is thought to improve circulation, balance, posture, strength and flexibility, as well as relieving the stress of daily life. This slow-moving, gentle exercise program appropriate for every body type, age or physical condition is sponsored by the International Taoist Tai Chi Society. Classes are inside with panoramic Garden views. Students should come with comfortable clothes, shoes and an open heart and mind. Registration price includes membership registration to the Taoist Tai Chi Society. This is a 12 week course September 13-December 6. No class November 22.

## Native Perennials of the Southeast

### **Date and Time:**

Date(s) – Thursday, September 15th, 2016

9:30 AM - 11:00 AM

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

Incorporating native plants into area gardens is something more than a trend; it is needed to benefit area bees, butterflies, and other native pollinators. Curator of Herbaceous Plants Lest Parks will introduce you to some of the many garden-worthy southeastern native perennials that grow well in local gardens.

## Sunset Kayaking

### **Date and Time:**

Date(s) - Thursday, September 15th, 2016

5:15 PM – 7:15 PM

*NBG Members \$50/Not Yet Members \$65*

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.

## Acrylic Painting Workshop: Wildflowers

### **Date and Time:**

Date(s) - Thursday, September 15th, 2016

6:00 PM - 8:30 PM

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

Join local artist and NBG Public Programs Coordinator Daniel Kathalynas for this step by step painting workshop. Learn to use acrylics to create your own personal version of a one of a kind painting. Follow step by step instructions. 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.

## Outdoor Yoga (Single Class)

### **Date and Time:**

Date(s) - Saturday, September 17th, 2016

10:00 AM - 11:00 AM

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

Enjoy a morning of outdoor yoga while truly connecting with nature — as this ancient practice began — with certified instructor Julie Paddock. All levels welcomed. Please bring your yoga mat.

## Bonsai Workshop

**Date and Time:**

Date(s) – Saturday, September 17th, 2016

9:00 AM - 1:00 PM

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

Learn bonsai design and care during this hands-on workshop with Bonsai artist. All supplies included.

## Hunt for the Wild Blueberry

**Date and Time:**

Date(s) – Saturday, September 17th, 2016

9:30 AM - 11:30 AM

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

Discover the types and varieties of wild blueberries in this region. Walking required

## Sunday Morning Meditative Yoga

**Date and Time:**

Date(s) – Sunday, September 18th, 2016

9:00 AM - 10:00 AM

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

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 four 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. Preregistration required. This is a four week course September 18 – October 9.

## Meditation: The Inner Journey

**Date and Time:**

Date(s) – Saturday, September 17th, 2016

10:15 AM - 11:30 AM

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

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 September 18 – October 9.

## Terrarium Workshop

**Date and Time:**

Date(s) – Tuesday, September 20th, 2016

6:30 PM - 8:30 PM

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

Use succulents, stones, organic soil, and moss to create a beautiful miniature living table top display.

## Three Sisters: A Native American Garden

**Date and Time:**

Date(s) – Wednesday, September 21st, 2016

1:30 PM - 3:30 PM

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

Experience the traditional growing methods started by Iroquois through a brief lecture and short tour in the Garden, encompassing the plants, strategy, and history of this Native American horticultural practice. Walking required.

## Origami: Autumn Decorations

**Date and Time:**

Date(s) – Wednesday, September 21st, 2016

6:00 PM - 8:00 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.

## Wine Wednesdays

**Date and Time:**

Date(s) – Wednesday, September 21st, 2016

6:30 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.

## Home Cleaning Products & Natural Pesticides

**Date and Time:**

Date(s) – Thursday, September 22nd, 2016

6:30 PM - 8:30 PM

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

Learn how to make effective and environmentally-safe products for your garden and home. Students will take home cleaning samples. All supplies included.

## Night Sounds

**Date and Time:**

Date(s) – Thursday, September 22nd, 2016

6:30 PM - 8:00 PM

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

Join NBG staff for a tour of the Garden guided by the sights and sounds of our nocturnal inhabitants. Walking required.

## Macro Photography

**Date and Time:**

Date(s) – Thursday, September 22nd, 2016

6:30 PM - 8:30 PM

*NBG Members \$45/Not Yet Members \$60*

Let Dee Akright, professional photographer for 34 years, teach you how to take quality close-ups in the Garden. Bring your camera and manual. Walking required.

## Nature Journaling 101 (8-Week Class)

**Date and Time:**

Date(s) – Thursdays, September 22nd, 2016

1:00 PM – 3:30PM

*NBG Members \$150/Not Yet Members \$175*

Get your creativity growing! Whether a Master Gardener or simply one who loves nature, come and use the Garden this summer to create your own visuals for a nature journal. Do some outdoor sketching/doodles, take photographs, draw nature objects, add notes and write poetry if you wish, all while enjoying the scenery. Indoors the student will learn how to combine various strokes of pen and ink with basic watercolor practice and colored pencil media. Emphasis will be on learning techniques using the media to be more self-expressive, and then to work with arranging and composing the artwork in the journal. Demonstration, exercises, handouts and critiques will be used to help students to creatively combine any written word with the art. Taught by artist Janet Lynn Eggen. All levels welcomed! All supplies included.

## Sustainable Vegetable Production

**Date and Time:**

Date(s) – Saturday, September 24th, 2016

10:00 AM – 12:30 PM

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

Get your hands dirty! This class will cover everything you need to know to start growing a sustainable vegetable garden. Dress for mess. Walking required.

## Eating Right Together- Healthy Snacks from your Garden

**Date and Time:**

Date(s) – Saturday, September 24th, 2016

6:30 PM - 8:30 PM

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

For parents and children of any age! Learn about the importance of eating healthy and growing fruits and vegetables. Create a healthy snack and take home recipes.

## Intermediate Floral Design Certificate Program (2-Week Program)

**Date and Time:**

Date(s) – Wednesday, September 28th, 2016

9:45 AM - 11:45 AM

*NBG Members \$150/Not Yet Members \$175*

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 Betty Ann Galway with over 30 years of experience, NGC accredited Life Judge. This is a 2 week condensed course: Sept 27 – Oct 6 Tuesdays, Wednesdays & Thursdays – 9:30 AM-2:30PM.

## Oil Painting 101 (8-Week Class)

**Date and Time:**

Date(s) – Wednesday, September 28th, 2016

9:45 AM - 11:45 AM

*NBG Members \$150/Not Yet Members \$175*

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 Adele Loomans. All levels welcomed! All supplies included. Participants should bring in 3-5 of their own photographs or pictures of subjects they would like to paint. This is an 8-week course September 28 – November 16.