






Garden of the Senses

Older Adults Program

This is not your average garden tour! It's interactive and we encourage participants to get close to the plants and gardens, each designed to be accessible by wheelchair and lower level seating. Participants will smell various floral fragrances, feel different textures, taste something freshly picked, and engage with the five different garden areas using each of the senses. In this 1.5 hour guided program, older adults will:

-  Tour the **Garden of the Senses**, using the five senses of scent, sight, sound, taste & touch to explore the gardens.
-  Get their hands in the soil with comfortable table top planting under our beautiful gazebo. Each participant will take home their very own plant that they planted.
-  Dependent on needs and interests, reminisce using potted sensory plants, encouraging a lively discussion about past experiences; or participate in a presentation and discussion about author Lucy Maud Montgomery and her 8 years in Norval. Light refreshments served.

**\$145 group rate (maximum 12 participants). No HST.
No charge for staff, caregivers, or assistants.**

CONTACT US!
289-270-5399
contact@gardenofthesenses.com
www.gardenofthesenses.com
Norval, Ontario

WHO IS THIS FOR?

Older Adults- Active
Older Adults- Special Needs

(June-September)

*In our programs we say,
"Go ahead, touch the
garden!"*

ABOUT THE GARDEN

Wheelchair accessible
Inclusive programming
Variety of plants/gardens
Beautiful, calming space
Gazebo for shelter
Tables for own picnic

TESTIMONIALS

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

Reem Toma, Life Enrichment
Coordinator, Amica at Oakville

*"The garden tour was excellent.
We learned all kinds of
information, shared memories,
and learned new things about
the author that I didn't know.
What a great outing."*

Ruth Michasiw, participant

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

Terri Forbes, Coordinator,
Hillsview Active Living Centre