

ADULT EDUCATION

September 2019-
February 2020

Photo: Raymond Chan

VanDusenGarden.org



Vancouver
Botanical
Gardens
Association

ABOUT VBGA

Registration

VBGA Members receive **10% off** the non-member fee for any Education program! If you register online, enter the code **MEMBER** at checkout in the promotional code field in your cart. All memberships are checked for validity. To learn more about membership visit VanDusenGarden.org/get-involved/membership

Advance Registration is Recommended for All Programs

Early registration is recommended, as classes may be cancelled within 1 week of the course date in the case of low registration.

- OPTION 1** Go online at VanDusenGarden.org/register
OPTION 2 Call **604 718 5898** Mon – Fri 9am – 3pm and have your credit card ready.

Cancellation and Refund Policy

- TWO WEEKS NOTICE** receive a refund, less a \$15 administrative fee.
ONE WEEK NOTICE no refunds, but will receive a credit towards a future course, less a \$10 administrative fee.
LESS THAN ONE WEEK no refunds or credit will be given.
TRANSFERRING TO ANOTHER COURSE is subject to a \$10 administration fee.

The **Vancouver Botanical Gardens Association (VBGA)**, a registered charitable organization, is the joint operating partner of VanDusen Botanical Garden and Bloedel Conservatory along with the City of Vancouver Board of Parks and Recreation.

The **VBGA** is responsible for Education, Library, Membership and Volunteer programs, and raises funds to support programming and Garden projects.

Our education programs are designed to facilitate inquiry, discovery, and appreciation of the importance of plants to all life on earth. We create opportunities for learners of all ages to experience the natural world through our adult education programs, teacher professional development, field trips, camps, and library events. With over **12,000** program participants annually, we are dedicated to our goal of connecting people to plants.

BOTANY & ECOLOGY

Introduction to Birdwatching

Sunday | Sep. 15 | 10 am – 12:30 pm

Members: \$31.50 | General Public: \$35

Train your eyes and ears to find, observe, and identify birds in this introductory class with VanDusen's long-time birding guide, Jeremy Gordon. He will cover basic guidelines, tips and techniques of bird watching, and best resources for birding in Vancouver. Includes an indoor presentation and walk through the Garden to look for some of the 96 species of birds seen here. *Dress for the weather, bring binoculars and a field guide if you have.*

Instructor: Jeremy Gordon. **Limit** 18.

Introduction to Botany for Plant Identification

Saturday | Sep. 21 | 10 am – 1 pm

Members: \$36 | General Public: \$40

Build essential skills for plant identification with this introduction to the features and language to describe leaves, flowers, roots and fruit. Instruction will take place in the classroom and outside in the Garden to see living examples and apply new knowledge. *Dress for the weather.*

Instructor: Latifa Pelletier-Ahmed. **Limit** 20.

New! Chemical Compounds in Plants: from Poisons to Perfumes

Saturday | Sep. 21 | 1:30 pm – 4 pm

Members: \$31.50 | General Public: \$35

Fragrance, flavour, and colour are some of the traits that people enjoy most about plants, and are created by the chemical compounds that plants produce. Join a botanist to learn about the unique biochemistry of plants, how they defend themselves by producing plant poisons, and learn about the science behind plant metabolites. Enjoy a guided walk of the Garden observing plant chemistry in action. *Dress for the weather.*

Instructor: Latifa Pelletier-Ahmed. **Limit** 20.

K-12 teachers are eligible for free Gardening, Botany and Ecology courses. Call 604 718 5898 for info.

BC Native Tree ID Walk

Thursday | Sep. 26 | 5 pm – 7 pm

Saturday | Oct. 19 | 1 pm – 3 pm

Members: \$27 | General Public: \$30

Further your plant ID skills outside in VanDusen's tree collections. Garden staff Samantha Sivertz will cover identification, ecology, history and cultural significance of some common trees native to British Columbia. Sam's engaging teaching style weaves stories with science - learn about researchers, explorers, and folklore. Both walks explore coniferous and deciduous trees in the prime of autumn. Discover tips and tricks to help you remember the trees. Meet at the Visitor Centre and enter the Garden as a group. *Entire class is spent walking outdoors, rain or shine.*

Instructor: Samantha Sivertz. **Limit** 16.

Botany and Birds Walk on Bowen Island

Sunday | Sep. 29 | 9:30 am – 12:30 pm

Members: \$31.50 | General Public: \$35

Explore the botanical and ornithological diversity on Bowen Island on a gentle walk along forest trails to Killarney Lake. Led by VBGA Education Director Gillian Drake, and VBGA Volunteer Birding Guide Ben Keen, we'll discuss our local ecosystems, and identify native ferns, trees, and more. Enhance your birding experience by training your ear to focus on the sound of birds calling through the forest. Tour starts at the library, 30m from the ferry dock (no car needed), and finishes in time to board the 1:10 pm ferry back to Horseshoe Bay. Consider making a day of it and visit Bowen's many cafes, shops and galleries within walking distance of the ferry. *Fee does not include ferry fare.*

Instructor: Gillian Drake & Ben Keen. **Limit** 15.

New! Garden Mushroom Walk

Tuesday | Oct. 1 | 5 pm – 7 pm

Members: \$27 | General Public: \$30

Walk the Garden with mycologist Sharmin Gamiet, discovering the unique macro fungi present in this environment. Discuss their role in the ecosystem, their uses, and characteristics to identify them. Meet at the Visitor Centre and enter the Garden as a group. *Entire class is spent walking outdoors, rain or shine.* **Instructor:** Sharmin Gamiet. **Limit** 16.



Expanded! Introduction to Mushroom Identification

2 Sundays | Oct. 27 & Nov. 3 | 10 am – 1 pm

Members: \$81 | General Public: \$90

Please note this series cannot be taken as individual courses

This course will provide you with the essential foundation to identify and recognize native mushrooms. Join Sharmin for this two-part series discussing fungal ecology and identification of mushroom families based on physical macroscopic characteristics. Work in groups to understand the terminology used to describe mushrooms. Learn about special interest including edible and toxic mushrooms, and view freshly collected or dry specimens on display.

Instructor: Sharmin Gamiet. **Limit** 25.



Photo: Lorelei Martell

Tropical Plant Characteristics at Bloedel

Wednesday | Dec. 4 | 3 pm – 4:30 pm

Members: \$18 | General Public: \$20

Warm up at the tropical gardens of Bloedel Conservatory in Queen Elizabeth Park with botanist and VBGA Education Director, Gillian Drake. Touch on the basics of plant identification including leaf shape, margins, arrangement, and flower structures, and learn from living examples in the conservatory to apply new knowledge. *Fee includes conservatory admission.*

Instructor: Gillian Drake. **Limit** 10.

PLANTS & PEOPLE

Wild, Edible, Medicinal Plant Walk

Tuesday | Sep. 24 | 5 pm – 7 pm

Saturday | Oct. 20 | 3 pm – 5 pm

Sunday | Nov. 10 | 10 am – 12 pm

Saturday | Jan. 25 | 10 am – 12 pm

Members: \$27 | General Public: \$30

Explore the Garden from a First Nations perspective in VanDusen's collections. Understand the importance of our native plants for food, medicine, and shelter for all species. Find out how to best use these plants, when to harvest, and what can be made with them. Acquire a deeper understanding and appreciation for the plants around us using the six R's: responsibility, respect, relationship, relevance, reverence, and reciprocity. Meet at the Visitor Centre and enter the Garden as a group. *Entire class is spent walking outdoors, rain or shine.* **Instructor:** Lori Snyder. **Limit** 16.

New! Plant & Photo Walk

Saturday | Sep. 28 | 10 am – 12 pm

Members: \$27 | General Public: \$30

Get up close with VanDusen's plant collections in this walk with Angela Stearns, horticulture staff at VanDusen, and freelance photographer. Journey through the Garden hearing stories about plants from an ecological perspective, while learning the best ways to capture their beauty using macro photography. Using the camera on your phone or a DSLR, enjoy the Garden through this unique lens, and gain a new perspective! Meet at the Visitor Centre and enter the Garden as a group. *Participants are requested to shoot in a format besides RAW. Entire class is spent walking outdoors, rain or shine.*

Instructor: Angela Stearns. **Limit** 16.

Healthy Herbal Recipes

Saturday | Oct. 19 | 10 am – 12:30 pm

Members: \$36 | General Public: \$40

Discover how to get the nutritional and healing benefits of herbs into your diet with delicious recipes using finely milled plant material like leaves, bark, flowers and berries. Katolen (MNIMH, RH AHG) will discuss the benefits of various herbal powders, and the actions of tonic and adaptogen plants. Together we will create and sample herbal energy power balls, herbal immune enhancing hummus, and delicious herbal fudge dessert. **NOTE:** Please contact the Adult Education Coordinator if you have food sensitivities or restrictions. *Course fee includes all supplies.*

Instructor: Katolen Yardley. **Limit** 20.

New! Cannabinoid Chemistry & Legislation

Saturday | Nov. 9 | 10 am – 12 pm

Members: \$31.50 | General Public: \$35

Join Thomas Ulanowski, chartered chemist and university instructor of plant production and facility management, to learn about the cannabis plant, and the past, present, and future regulations of cannabis in Canada. Explore the evolution and botany of cannabis, including its history of human interaction and intervention. Look at trichomes under the microscope, and develop a scientific understanding of this plant and its compounds. *Must be 19+ years old to participate.*

Instructor: Thomas Ulanowski. **Limit 25.**

New! Cedar Weaving Workshop

Sunday | Nov. 17 | 10 am – 12 pm | Theme: Woven Flower

Sunday | Feb. 9 | 2 pm – 4 pm | Theme: Woven Vase

Members: \$31.50 | General Public: \$35

Tiger Leonard Williams is an accomplished cedar bark artist and member of the Quatsino First Nation. He joins us to share his knowledge of the *tree of life*, and its traditional indigenous uses. Leonard will introduce the styles and patterns of cedar-bark weaving and teach workshop participants to create a themed project to take home. *Class will include a short Garden walk to visit a cedar tree, dress for the weather.*

Instructor: Leonard Williams. **Limit 20.**



Photo: Tania Clarke

Herbal Salves & Infusions Workshop

Saturday | Nov. 30 | 2 pm – 4 pm

Members: \$31.50 | General Public: \$35

Explore the practice of traditional medicine making with Lori Snyder, indigenous herbalist. Learn what plants are best suited to medicinal infusions, when to harvest them and how to prepare and store them appropriately. Participants will make their own salve ointments with plant infused oils and beeswax, ideal for treating cuts, wounds, scrapes, sunburned skin, dry hands and chapped lips. *All supplies included.*

Instructor: Lori Snyder. **Limit 20.**

Forest Therapy Walk

Saturday | Jan. 18 | 10 am – 12:30 pm

Sunday | Feb. 2 | 10 am – 12:30 pm

Members: \$18 | General Public: \$20

Join a certified nature and forest therapy guide on a meditative and gentle walk through the Garden. Become familiar with forest bathing – a restorative and mindful practice inspired by the Japanese tradition of Shinrin-Yoku. With health benefits including stress reduction, improved wellbeing, and boosted energy, this practice allows us to calm the mind and connect to the self, our senses, and nature. Meet at the Visitor Centre and enter the Garden as a group. *Entire class is spent outdoors, rain or shine.*

Instructor: Ken Ouendag. **Limit** 12.

Herbs for Women's Health

Tuesday | Jan. 28 | 7 pm – 9 pm

Members: \$40.50 | General Public: \$45

This introduction to some unique herbs used specifically for women's health will cover common herbs for reproductive wellness through all phases of a woman's life. We will discuss medicinal properties and administration routes of these plants, as well as some recent scientific studies, while we sample some herbal products.

Instructor: Katolen Yardley. **Limit** 20.

Herbal Tea-Making Workshop

Wednesday | Feb. 12 | 6 pm – 8 pm

Members: \$27 | General Public: \$30

Join Métis herbalist and educator Lori Snyder for a social evening of herbal tea infusions and education. Learn about different tea blends and their uses and benefits. Understand how to identify these powerful plants when they're growing, sample various tea mixes, and learn how to harvest them for herbal or medicinal tea decoctions.

Instructor: Lori Snyder. **Limit** 20.



Photo: Raymond Chan

GARDENING & DESIGN

Low Maintenance Garden Design

Wednesday | Sep. 11 | 6:30 pm – 9 pm

Members: \$31.50 | General Public: \$35

Create a low maintenance garden by understanding plant hardiness, soil conditions, and foundations of design. Janis will explore easy-to-find and easy-to-grow plants for this zone, while explaining how you can reduce maintenance required in your garden. *Class includes a short Garden Walk, dress for the weather.*

Instructor: Janis Matson. **Limit** 20.

Fall Planting & Winter Garden Prep

Saturday | Sep. 14 | 10 am – 1:30 pm

Members: \$45 | General Public: \$50

This course equips you with the tools to plan your fall garden plantings, and amend your garden to prepare for winter. Former VanDusen gardener, Casey will discuss a variety of plants to get into the ground at this time, as well as best practices for interizing your garden including perennial division, mulching, and techniques to enhance soil nutrients during the cold and wet season. *Class includes a Garden walk with a demonstration of planting techniques.*

Instructor: Casey Werfl. **Limit** 18.



Photo: Raymond Chan

Permaculture in the City

Saturday | Oct. 5 | 10 am – 1 pm

Members: \$31.50 | General Public: \$35

Explore concepts of permaculture, and learn how to design and create a diverse garden that yields food and provides habitat, no matter the size of your property. This course explores gardening strategies for small spaces using the principles of permaculture. Review urban-appropriate species, natural plant communities and plant guilds. *Class includes a Garden tour of plant species appropriate for an urban food forest. Dress for the weather.*

Instructor: Justin Schneider. **Limit** 20.

New! Growing Glorious Garlic

Saturday | Oct. 5 | 2 pm – 4 pm

Members: \$31.50 | General Public: \$35

Dive deeper into this ancient and powerful herb in this workshop all about growing and transforming garlic. Learn the best ways to plant, process, and preserve your garlic, while tasting different bulb varieties. When you're enjoying your garlic crop in the spring, you will be glad you attended this workshop! **Instructor:** Jennifer Lipka. **Limit** 20.

New! Window Farm Workshop

Tuesday | Oct. 15 | 6 pm – 8:30 pm

Members: \$36 | General Public: \$40

Window farms are innovative systems to grow food vertically and indoors in small urban spaces. Using upcycled bottles for hydroponic growing and an air pump to cycle water, sustainable designer Dr. Yael Stav will demonstrate how to build these systems, which can produce salad greens, herbs, and flowers. Work in groups to practice building examples of small window farms.

Instructor: Yael Stav. **Limit** 20.

New! Veggie Gardening with Kids

Tuesday | Oct. 22 | 6 pm – 8:30 pm

Members: \$36 | General Public: \$40

Join Jenna Jaski of Victory Gardens and the Classroom Gardener to learn how to involve your kids in your vegetable garden. Find out which vegetables most kids like to eat and grow, and learn how to design and plan for a garden that your kids will love to explore. With extensive experience educating adults in their home gardens, and students in their classroom gardens, Jenna brings a diversity of knowledge to this course. This course suits gardeners of all skill levels, and community and school garden educators alike.

Instructor: Jenna Jaski. **Limit** 20.

Designing Gardens for the Shade

Wednesday | Oct. 23 | 6 pm – 8:30 pm

Members: \$31.50 | General Public: \$35

Join landscape design and horticulture expert Janis Matson to plant a garden for your shady property. Understand partial shade, dappled shade, and dense shade. Learn how to manage root competition and soil conditions, while discovering which plants will succeed together in your garden. *Class includes a short Garden walk, dress for the weather.*

Instructor: Janis Matson. **Limit** 20.



K-12 teachers are eligible for free Gardening, Botany and Ecology courses. Call 604-718-5898 for info.

Fall Perennial Walk with a VanDusen Gardener

Sunday | Oct. 27 | 2 pm – 4 pm

Members: \$27 | General Public: \$30

Take a stroll to experience all that fall has to offer in the Garden, discovering fall and winter-fruiting berries, seed heads, bark, leaves, and more. Learn about the variety of plants that will add all-season interest in your garden, including some of Casey's favourite highlights at this time of year. This class will also discuss a few tips to help your garden through Vancouver's tough wet winters. *Entire class is spent walking outdoors, rain or shine.*

Instructor: Casey Werfl. **Limit** 18.

Gardening with Native Plants

Wednesday | Nov. 13 | 6 pm – 8:30 pm

Members: \$31.50 | General Public: \$35

With close to 3,000 species of plants native to BC, there is something beautiful and easy to grow for every home garden. Native plants are well adapted to our climate and geography, support beneficial wildlife, and contribute to a healthy and resilient urban ecosystem. Understand the similarities between the conditions in your garden and local natural areas, and how to integrate native plant species into your garden for stylish, creative and successful results.

Instructor: Janis Matson. **Limit** 25.

Practical Winter Pruning

Saturday | Nov. 23 | 10 am – 1 pm

Members: \$40.50 | General Public: \$45

During this seasonal look at pruning, join former VanDusen gardener, Casey Werfl, for an overview of the fundamentals of pruning, and specifics on tree and shrub structure. This time of year is perfect for seeing how the structure of trees, shrubs, and vines can be modified with pruning, and how the plant will respond. Class includes ample time in the Garden to examine plants in need of pruning, see the results of past pruning, and demonstrate proper techniques and clever tips.

Instructor: Casey Werfl. **Limit** 18.

Expanded! Microgreens for the Kitchen or the Classroom

Tuesday | Jan. 21 | 6 pm – 8:30 pm

Members: \$40.50 | General Public: \$45

Microgreens are young plant seedlings that can be grown indoors all year-round, and eaten in salads, sandwiches, soups, and more. Dr. Yael Stav will teach about the different types of microgreens you can grow, considering containers, light, and storage. This workshop suits all growers of microgreens, whether growing in your kitchen or your classroom – Yael will share tips and opportunities for each participant. You will taste microgreens, and prepare your own microgreen tray to take home. *All supplies included.*

Instructor: Yael Stav. **Limit** 20.

Essentials of Landscape Design

3 Wednesdays | Jan. 22 - Feb. 5 | 6 pm – 8:30 pm

Members: \$108 | General Public: \$120

Please note, this series cannot be taken as individual courses.

Whether it is a formal entrance to your home or a cozy retreat in the backyard, there are essential landscape design principles to consider. This 3-part workshop covers the importance of your site's environmental details, such as soil, slope, sun exposure and irrigation. Janis will discuss basic parameters of design like focal points, scale, odd numbers, colour, balance and more. Bring photos of your garden and work on your own property's design. Leave inspired and ready to design your garden!

Instructor: Janis Matson. **Limit** 20.

New! Succulent Propagation 101

Saturday | Feb. 1 | 10 am – 12 pm

Members: \$31.50 | General Public: \$35

Succulents are unique plants that carry genetic information in their leaves, stalks, and seeds. This workshop provides participants with a hands-on introduction to succulent propagation. Learn the basics of plant care, soil selection, root structure, and plant options for your home or garden. See a variety of succulent specimens, and demonstrations of propagation techniques at different stages of a plant's life cycle. Each participant will pot up their own succulent to take home, and gain a new appreciation for these resilient and beautiful plants.

Instructor: Melinda Mennie. **Limit** 20.

New! Garden Pest ID & Management

Sunday | Feb. 9 | 10 am – 1 pm

Members: \$36 | General Public: \$40

Learn how to build a resilient garden in this course for more advanced gardeners. With instruction from Jenna Jaski of Victory Gardens and the Classroom Gardener, gain the skills to identify common garden pests at each life stage, and leave class with natural prevention and treatment techniques for your own garden. **Instructor:** Jenna Jaski. **Limit** 20.

What to Grow and When to Sow

Sunday | Feb. 23 | 10 am – 1 pm

Members: \$36 | General Public: \$40

For new (or always improving) vegetable gardeners, this class will cover the basics on the best veggies to grow in our climate, and how to successfully get started. Jennifer will discuss which plants should be purchased as seedlings, which should be grown from seed, and when they should be planted. Successful seed growing tips will include soils, how to prepare and sow the seeds, hardening off and transplanting seedlings.

Instructor: Jennifer Lipka. **Limit** 25.

BOTANICAL ART

Botanical Illustration Level 1

8 Wednesdays | Sep. 11 – Nov. 6 | 10 am – 1 pm

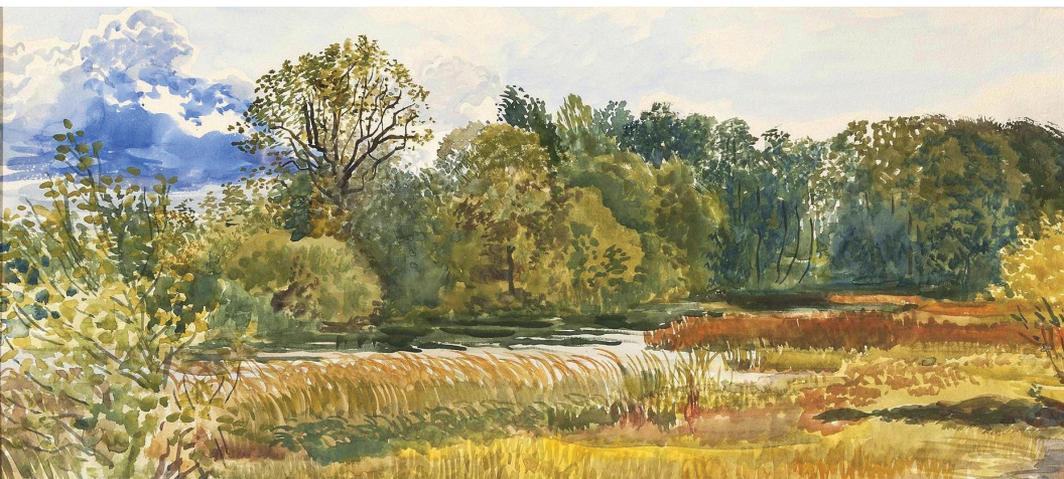
No Class Sep. 25

Members: \$270 | General Public: \$300

Please note this series cannot be taken as individual courses

Learn how to draw plants from an aesthetic and botanical perspective while improving your observation and artistic skills. This eight-session course is ideal for anyone wishing to approach a beginner level of botanical drawing. Students will be given step-by-step instructions on how to progress through botanical drawing projects using graphite pencils. Katharine guides students through contour and gesture drawing exercises, followed by longer studies using line and tonal drawing techniques. *Supply list provided upon registration.*

Instructor: Katharine Dickinson. **Limit** 14.



Art by: Susan Pearson

Autumn Landscapes in Watercolour

Thursday | Sep. 19 | 10 am – 2 pm

Members: \$63 | General Public: \$70

Create a beautiful still life painting in your own experimental style inspired by the fall colours of foliage, flowers and gourds. With group and individual instruction, Susan will encourage and guide you through exercises to design a lovely composition for your landscape painting. Some watercolour painting experience recommended. *Please bring your own supplies.*

Instructor: Susan Pearson. **Limit** 14.

Watercolour Meetups

FALL SEMESTER: 6 Thursdays | Oct. 3 – Nov. 7 | 10 am – 12:30 pm

WINTER SEMESTER: 6 Thursdays | Jan. 23 – Feb. 27 | 10 am – 12:30 pm

Members: \$180 | General Public: \$200

Bring your paint, questions, and ongoing projects to our weekly series of meetups hosted by instructor Susan Pearson. Susan offers group demonstrations for techniques each week, and provides individual assistance during this casual and social approach to learning. Fresh seasonal plant material from the Garden provided for inspiration, or you may bring your own. Some watercolour painting experience recommended. Single class or full series registration available to suit your schedule. *Please bring your own supplies.*

Instructor: Susan Pearson. **Limit** 14.

Seaweed Pressing Workshop: Preserving Botanical Specimens

Sunday | Oct. 6 | 10:30 am – 12:30 pm OR

Sunday | Oct. 6 | 1:30 pm – 3:30 pm

Members: \$49.50 | General Public: \$55

In this popular workshop, learn to press and preserve gorgeous seaweeds in a variety of colours, textures and sizes. We will identify some common West Coast species, learn how to ethically collect your harvest, and store it. Create three mounted specimens in a DIY plant press to take home. *This class is available in two separate time slots this fall.*

Instructor: Dana Mulder. **Limit** 12.

Chigiri-e Paper Art Workshops

Thursday | Oct. 17 | 1:30 pm – 4:30 pm | Theme: Daisy

Sunday | Nov. 17 | 1:30 pm – 4:30 pm | Theme: Holly

Thursday | Feb. 20 | 1:30 pm – 4:30 pm | Theme: Crocus

Members: \$58.50 | General Public: \$65

These popular workshops guide you in a step-by-step creation of your own beautiful chigiri-e paper art piece. Chigiri-e is a Japanese art form using pieces of hand-dyed washi paper to create beautiful and detailed images. The result resembles a watercolour painting with a delicate texture. *Supplies included.*

Instructor: Leanne Hildebrand. **Limit** 12.

New! Drawing Tree Textures

Sunday | Oct. 20 | 10 am – 2 pm

Members: \$58.50 | General Public: \$65

Discover patterns and formations of nature in the Garden in this drawing workshop. Katharine will demonstrate techniques including illustration of texture and shape of trees in the Garden. Experiment with watercolour washes, and mixing colour to match the flower's natural colours. *Supply list provided upon registration. Drawing will take place in the Garden and in the classroom, so dress for the weather, bring a lunch, and come prepared to draw outside if weather permits.*

Instructor: Katharine Dickinson. **Limit** 16.

New! Photographing Autumn Trees

Saturday | Oct. 26 | 10 am – 2 pm

Members: \$54 | General Public: \$60

Fall foliage is a photographer's delight. Explore the Garden as you find vibrant colours and inspiration from the changing textures of the season. We will seek out interesting tree varieties, and discuss effects of shadows and movement in your creative compositions. This is a class for beginners, with all photographic devices welcome! *Bring your camera with USB cable, empty memory card, user manual, and your lunch. If you wish to participate in the photo-sharing and feedback session, please do not shoot in RAW. Dress for the weather, rain or shine.* **Instructor:** Melissa Clark. **Limit** 15.

New! Kokedama Workshop

Sunday | Nov. 2 | 10 am – 12 pm OR

Sunday | Nov. 2 | 2 pm – 4 pm

Members: \$50 | General Public: \$55

Learn the craft of kokedama, a Japanese style of bonsai making. Amanda Langerak of forage & BLOOM will instruct you in this workshop, using a variety of indoor plants to create beautiful natural compositions that will make a statement in your home. Leave with two kokedamas and a wonderful experience. *Class includes a short walk through the Japanese collection at VanDusen to gain inspiration. Dress for the weather. This class is available in two separate time slots this fall.*

Instructor Amanda Langerak. **Limit** 12.

The Naturalist's Journal: Illustrating Autumn

3 Fridays | Nov. 15 – 29 | 10 am – 1 pm

Members: \$108 | General Public: \$120

Please note this series cannot be taken as individual courses

Improve your drawing skills for journaling, teaching, or pure enjoyment. Drawing directly from nature is about observing plants to identify positive and negative shapes, spaces between shapes, proportions, and scale. Katharine will teach you how to record nature through illustration. Learn how to create the illusion of depth, and make observational drawings looking at plants from different aspects. Study may include time out in the Garden (weather permitting). *Supply list provided upon registration.*

Instructor: Katharine Dickinson. **Limit** 14.

By: forage & BLOOM



Seasonal Watercolour Greeting Cards

Saturday | Dec. 7 | 10 am – 2 pm

Members: \$63 | General Public: \$70

Be inspired by winter garden features such as amaryllis, snowberries, poinsettia, holly, and more as we create miniature works of art as greeting cards. Susan will demonstrate a variety of techniques such as creating pattern, quick and simple impressions, wet on dry and wet into wet, as well as fine detailed realism. This workshop gives you time and space to create your own cards with Susan's group and individual instruction. Six 5" x 7" blank art cards will be provided for each participant. Some painting experience is recommended. *Please bring your own supplies and a lunch.*

Instructor: Susan Pearson. **Limit** 14.

New! Winter Still Life

Sunday | Dec. 8 | 10 am – 2 pm

Members: \$58.50 | General Public: \$65

Use Nature's Design to create art for the holiday season. Create a still life image using winter specimens from the Garden such as pinecones, holly, and evergreens. Using pencil, pen and ink, and watercolour washes for accents, you can create pieces to take home or give as gifts. *Supply list provided upon registration, please bring a lunch.*

Instructor: Katharine Dickinson. **Limit** 16.

Festival of Lights Photography Workshop

Wednesday | Dec. 11 | 3 pm – 8 pm

Members: \$63 | General Public: \$70

Develop your night time photography skills while playing with light in the sparkling beauty of VanDusen's Festival of Lights. Class combines indoor presentation, time in the Garden to shoot photos and group feedback. This is a class for beginners, with all photographic devices welcome! *Bring your camera with USB cable, empty memory card, user manual, and a meal. If you wish to participate in the photo-sharing and feedback session, please do not shoot in RAW. Dress for the weather, rain or shine. Registration includes admission to Festival of Lights during the class.* **Instructor:** Melissa Clark. **Limit** 15.



Art by: Katharine Dickinson

Botanical Illustration: Level 2

8 Wednesdays | Jan. 15 – Mar. 4 | 10 am – 1 pm

Members: \$270 | General Public: \$300

Please note this series cannot be taken as individual courses

Build on basic drawing techniques to develop accuracy in illustrating plants. Develop line and form, while expanding on shading techniques, and being attentive to precision and detail. This eight-session course is ideal for anyone who has taken Botanical Illustration Level 1, and wants to approach an intermediate level of botanical drawing. Students will be given step-by-step instructions on how to progress through botanical drawing projects using graphite pencil and watercolour washes. *Supply list provided upon registration.*

Instructor: Katharine Dickinson. **Limit** 14.

New! Tropical Journal: Botanical Drawing

3 Fridays | Jan. 24 – Feb. 7 | 10 am – 1 pm

Friday | Jan. 24 | at VanDusen Classroom

Fridays | Jan. 31 & Feb. 7 | at Bloedel Conservatory

Members: \$108 | General Public: \$120

Please note this series cannot be taken as individual courses

Improve your drawing skills for journaling, teaching, or pure enjoyment in this 3-part series in the tropics. The first class of the series takes place in VanDusen's Classroom, and covers principles of illustration such as shape, depth, and proportion of plants. Part 2 and 3 of this series take place at Bloedel Conservatory, using tropical plants and birds as inspiration to record nature through illustration. Seating is limited at the conservatory. *Supply list provided upon registration. Registration includes admission to the Garden and Conservatory.* **Instructor:** Katharine Dickinson. **Limit** 10.

HEALTH & WELLNESS

Flow to Slow Yoga

FALL SEMESTER: 10 Mondays | Sep. 9 – Dec. 2 | 10:15 am – 11:30 am

No Class Sep. 23, Oct. 14 or Nov. 11

WINTER SEMESTER: 7 Mondays | Jan. 6 – Feb. 24 | 10:15 am – 11:30 am

No Class Feb. 17

Join us for an energizing, relaxing yoga practice. The first portion of class moves you through a gentle flow of active, dynamic postures that wake up your muscles and get blood flowing. We then wind down to a slower pace, holding postures to help nourish your joints, relax your mind and release tension. Appropriate for beginners or experienced students alike. Bring a yoga mat and towel or light blanket. Some props are available to use but you are welcome to bring your own. Class takes place in the beautiful VanDusen Guides Classroom with garden views. **Instructor:** Timothy Martin.

New! Introduction to Qigong

FALL SEMESTER: 7 Mondays | Sep. 9 – Nov. 4 | 12 pm – 1 pm

No Class Sep. 23 or Oct. 14

WINTER SEMESTER: 6 Mondays | Jan. 6 – Feb. 10 | 12 pm – 1 pm

Join Anita Wong of the YS Traditional Chinese Medicine & Martial Arts College for an introduction to Qigong. Qigong is a meditation in motion, and is a simple but effective system to enhance overall health and fitness. This exercise incorporates breathing techniques with body movements, and directs energy throughout the meridians. Through this course, you will relax the body and mind, strengthen bones, enhance balance, and improve blood circulation. Class starts with Qigong practice and is followed by some Taichi steps to close. This class is suited for beginners and experienced students alike, with easy-to-follow steps, and deep relaxation. **Instructor:** Anita Wong.

Brain and Body Workout for Boomers and Beyond

FALL SEMESTER: 12 Tuesdays | Sep. 10 – Dec. 3 | 10 am – 11 am

No Class Sep. 24

WINTER SEMESTER: 8 Tuesdays | Jan. 7 – Feb. 25

This class, designed by kinesiologists and occupational therapists, is an evidence-based program to improve both physical and brain conditioning. The first half of class combines physical conditioning exercises (cardiovascular, balance, strength, coordination) with rhythm, creativity, memory, kinesthetic learning, and cognitive play. The second half includes exercises for flexibility, core, posture, followed by visualization, meditation, and deep relaxation. Participants describe this class as “fun”, “exciting”, “refreshing” and “soothing”.

Instructor: Love Your Age Fitness.

MultiPasses for Health and Wellness

Save money and attend classes whenever your schedule allows, without the risk of missing sessions due to illness or holidays. Want to try before you buy? **Take your first class for FREE!** Limit one free class per program (e.g. one Brain and Body, one Yoga, etc.) per student.

All fitness classes have a limit of 15 students, unless otherwise indicated.

Call **604 718 5898** to sign up in advance. Purchase 6 or 12 sessions in advance (expires one year after the first class use).

YOGA & FITNESS MULTIPASS 6 Member \$90 | Non-member \$100

YOGA & FITNESS MULTIPASS 12 Member \$162 | Non-member \$180

Passes can be purchased online or by phone. Use your pass to register for classes in advance online, or call **604 718 5898**

REGULAR DROP-IN FEES Member \$18 | Non-member \$20

New! Multisensory Movement Series

FALL SEMESTER: 6 Tuesdays | Oct. 1 - Nov. 5 | 11:15 am - 12:15 pm

WINTER SEMESTER: 6 Tuesdays | Jan. 6 - Feb. 11 | 11:15 am - 12:15 pm

This 6-week exercise class series will improve participants' balance, strength, mobility and sensory integration through brain-based physical fitness exercises and sensory mindfulness techniques. Begin the series with group benchmarks and conclude with a progress review and some take-home exercises. For those who enjoy our Brain & Body class and want to learn more, or for those who wish for a gentler paced class. Suitable for boomers and older participants who are fully mobile and not using walking assistance. Pre-registration for this series is recommended to reserve your spot, though some drop-in classes may be available.

Instructor: Love Your Age Fitness.

Other Opportunities in Education

We also offer field trips, camps, teacher professional development, preschool storytime in the library, and more!

Want to stay up to date on our activities? Sign up for our monthly Education News emails. Visit vandusengarden.org/learn for more information.

Classes Free for Teachers!

K-12 teachers may be eligible for **FREE** Gardening, Botany, and Ecology courses, subsidized by the Vancouver Master Gardeners.

Go to vandusengarden.org/learn/adult-education or call **604-714-5898** for info.

Photo: Raymond Chan



VanDusen Botanical Garden is situated on unceded, traditional and ancestral xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish), and səliilwətaʔt (Tsleil-Waututh) territories.

CALENDAR

September

- 9 Flow to Slow Yoga
- 9 Introduction to QiGong
- 10 Brain & Body Workout
- 11 Botanical Illustration Level 1
- 11 Low Maintenance Garden Design
- 14 Fall Planting & Winter Garden Prep
- 15 Introduction to Birdwatching
- 19 Autumn Landscapes in Watercolour
- 21 Introduction to Botany for Plant ID
- 21 Chemical Compounds of Plants
- 24 Wild Edible Medicinal Plant Walk
- 26 BC Native Tree ID Walk
- 28 Plant & Photo Walk
- 29 Botany & Birds Walk on Bowen

October

- 1 Multisensory Movement Series
- 1 Garden Mushroom Walk
- 3 Watercolour Meetups
- 5 Permaculture in the City
- 5 Growing Glorious Garlic
- 6 Seaweed Pressing Workshop
- 15 Window Farm Workshop
- 17 Chigiri-e Paper Art: Daisies
- 19 Healthy Herbal Recipes
- 19 BC Native Tree ID Walk
- 20 Drawing Tree Textures
- 20 Wild Edible Medicinal Plant Walk
- 22 Veggie Gardening with Kids
- 23 Designing Gardens for the Shade
- 26 Photographing Autumn Trees
- 26 Wild Edible Medicinal Plant Walk
- 27 Intro to Mushroom Identification
- 27 Fall Perennial Walk with a Gardener

November

- 2 Kokedama Workshop
- 9 Cannabinoid Chemistry & Legislation
- 10 Wild Edible Medicinal Plant Walk
- 13 Gardening with Native Plants
- 15 Naturalist's Journal: Autumn
- 17 Cedar Weaving Workshop: Flowers
- 17 Chigiri-e Paper Art: Holly
- 23 Practical Winter Pruning
- 30 Herbal Salves & Infusions Workshop

December

- 4 Tropical Plant Characteristics at Bloedel
- 7 Seasonal Watercolour Greeting Cards
- 8 Winter Still Life
- 11 Festival of Lights Photography Workshop

January

- 6 Flow to Slow Yoga
- 6 Introduction to Qigong
- 7 Brain & Body Workout
- 7 Multisensory Movement Series
- 15 Botanical Illustration Level 2
- 18 Forest Therapy Walk
- 21 Microgreens for the Kitchen or Classroom
- 22 Essentials of Landscape Design
- 23 Watercolour Meetups
- 24 Tropical Journal: Botanical Drawing
- 25 Wild Edible Medicinal Plant Walk
- 28 Herbs for Women's Health

February

- 1 Succulent Propagation 101
- 2 Forest Therapy Walk
- 9 Garden Pest ID & Management
- 9 Cedar Weaving Workshop: Vases
- 12 Herbal Tea-Making Workshop
- 20 Chigiri-e Paper Art: Crocus
- 23 What to Grow & When to Sow

VanDusen Botanical Garden:

5251 Oak St., Vancouver
(At West 37th Avenue)

Bloedel Conservatory:

4600 Cambie St., Vancouver
(Top of Queen Elizabeth Park)

Twitter [@VanDusenGdn](#)

Instagram [@vandusengarden](#)

Facebook [@vandusenbotanicalgarden](#)