

* DC Environmental Film Festival — Screening & Panel Discussion

Sponsored by Friends of Brookside Gardens

Saturday | April 5 | 10:00 am – 12:00 pm FREE; registration required #PBG0134 100001

Auditorium

Brookside Gardens and the DC Environmental Film Festival partner to present a screening of *Family Tree*. This new documentary highlights the stories of two Black families fighting to preserve their land while balancing economic potential with environmental protection. The screening will be followed by a panel discussion of experts exploring the conservation challenges of protecting forests and their role in fighting climate change.

* Brookside Gardens Plant Sale

Sunday | April 27 | 10:00 am - 1:00 pm South Terrace

Get a head start on spring gardening! You'll appreciate the high-quality perennials, shrubs, and small trees grown at Montgomery Parks' Pope Farm and local nurseries. Enjoy a wide selection of plants, including native ecotypes, and get expert advice from staff horticulturists. Proceeds support ongoing efforts to beautify Brookside Gardens.

Shakespeare in the Garden — A Comedy of Errors

Tuesday | July 1 | 7:00 – 8:45 pm *Rain date: Wednesday | July 2 7:00 – 8:45 pm

FREE; no registration required

Delight in the Gude Garden's transformation into an open-air theatre, where you'll embark on a journey filled with shipwrecks, mistaken identities, and above all, the power of family. Whether you're new to Shakespeare or a practiced pedant, this play offers something for everyone! Bring a picnic or enjoy a meal from the on-site food truck.

Plant Society Shows & Sales

Camellia Society of the Potomac Valley Camelia Show & Sale

Show: Saturday | March 29 | 1:00 – 4:00 pm Sale: Saturday | March 29 | 10:00 am – 4:00 pm

Silver Spring Garden Club Garden Mart

Saturday | May 10 | 9:00 am - 1:00 pm

Northern Virginia Daylily Society Daylily Show

Sunday | June 29 | 1:00 - 4:00 pm

National Capital Cactus and Succulent Society Cactus & Succulent Show and Sale

Saturday | August 2 | 12:00 - 4:00 pm

Art Exhibits and Sale*

Brookside Gardens Visitor Center See inside front cover for hours.

Takoma ARTery | Mixed Media

January 27 - March 24

Washington Watercolor Association | Watercolor Painting

March 24 - May 5

Olney Art Association | Multimedia

May 5 – June 16

Botanica | Botanical Illustrations Botanical Art Society of the National Capital Region

June 16 - July 28

Bruce Campbell | Oil Painting William Michaels | Nature Photography

July 28 - September 8

*Visit BrooksideGardens.org under *Special Events* for updates on art receptions!



Summer Twilight Concert Series

Sponsored by Friends of Brookside Gardens

Tuesdays in June | 6:30 – 8:00 pm | Free; no registration required | Visitor Center Lawn

Dance the night away with this series of musical performances set in the beauty of the Gardens! Bring your friends and family, and don't forget your chairs, blankets, and picnics (allowed in the Gardens on concert evenings only). Alcoholic beverages of any kind are prohibited. Food trucks will also be available for your dining pleasure.

Zydeco Hot Peppers

Luisiana Blues, Zydeco

Tuesday | June 3

David Bach Consort

World Contemporary/Jazz

Tuesday | June 10

Moose Jaw

Bluegrass

Tuesday | June 17

René Ibañez & Cubano Groove

Latin/Cuban

Tuesday | June 24

REGISTRATION OPENS FEBRUARY 18

VIRTUAL, LIVE CLASSES

V This symbol indicates classes that are offered virtually as live, online webinars through the Zoom platform with audience Q & A. After registering, a link will be emailed to you 24 hours prior to the live webinar. Recordings will be made available to students.

Please ensure your Active Montgomery account is updated with your correct email address.

FRIENDS OF BROOKSIDE GARDENS (FOBG) DISCOUNTS

Look for special FOBG program pricing on many adult classes for members of the Friends of Brookside Gardens, a nonprofit organization established to support the mission of the Gardens. For information about joining the Friends of Brookside Gardens, visit www.FriendsofBrooksideGardens.org or call 301-962-1400 to request a brochure.

SPECIAL FOCUS TRACKS

Look for the following symbols highlighting specific tracks designed to offer more in-depth educational opportunities:

- Sustainability Programs a focus on making our homes and gardens "greener."
- **Gardener's Focus** for experienced gardeners who want to increase their knowledge through advanced cultivation and management techniques.
- ◆ Landscape Design for those wishing to develop skills to compose beautiful and functional garden spaces through the artful juxtaposition of plants and hardscape elements.
- **Earth Month Programming** Celebrate Earth Month with Brookside Gardens and learn ways to protect our environment.

Speaker Series

Sponsored by Friends of Brookside Gardens
Programs free; registration required
Each year Brookside Gardens welcomes
nationally and internationally well-known
horticulturalists, botanists, authors, and
speakers to explore a wide range of topics.

▼ Cultivating a Sustainable Future: Cornell Botanic Gardens' Native Lawn

Thursday | March 20 | 7:00 – 8:30pm FREE | #PBG0176 100001

Todd Bittner, Director of Natural Areas,
Cornell Botanic Gardens & Lecturer, School of
Integrative Plant Science, Cornell University
Traditional turfgrass lawns offer no native
biodiversity, are sources of air and water
pollution, and require significant maintenance.
Bittner will discuss a visionary lawn paradigm
shift – one where lush, low-growing native
grasses and forbs take center stage. We will

explore the journey behind Cornell Botanic Gardens' native lawn, from its inception to the multitude of benefits it brings, and the invaluable lessons it can teach us

* The Lost Trees of Willow Avenue: A Story of Climate and Hope on One American Street

Wednesday | April 16 | 7:00 – 8:30pm FREE | #PBG0177 100001 Auditorium

Mike Tidwell, Executive Director of Chesapeake Climate Action Network

Join Tidwell as he shares insights from his latest book that explores the growing impacts of climate change on his one urban block in Takoma Park, Maryland. A love letter to the magnificent oaks and other trees dying from record heat waves and bizarre rain, Tidwell's story depicts the neighborhood's battle to save the trees and combat climate change.

Piecing Together Nature's Puzzle - The Interconnectedness of the Natural World

Saturday | May 3 | 10:30 am – 12:00 pm FREE | #PBG0183 100001

Auditorium

Alonso Abugattas, Natural Resources Manager, Arlington County Parks & founder, The Capital Naturalist

Join Abugattas for an interesting examination of how pieces of the "nature puzzle" fit together, focusing on our native flora and wildlife. You will be amazed at the interdependency of plants, fungi, insects, wildlife and even humans. We will look at host plants, oligolectic bees, ethnobotany, and other wildlife interactions. You will not look at our natural world the same way again!

Local Field Trips

* Rachel Carson Conservation Park – Spring Tour

Thursday | April 10 | 10:00 am - 12:00 pm \$30 | FOBG \$27 | #PBG0086 100001 Meet at Rachel Carson Conservation Park

Ryan Colliton, vegetation ecology & management unit leader, Montgomery Parks
Enjoy the peak of spring ephemerals as you stroll through woodlands vibrantly leafing out.
You'll appreciate the rich biodiversity of native plant specimens including Virginia bluebells, wild geranium, rue anemone, mayapple,
Solomon's seal and ferns. Bring binoculars to see the wonderful variety of birds including warblers, hawks, woodpeckers, and thrushes!

Pope Farm Native Plant Production Tour

Monday | June 9 | 10:00 am – 12:00 pm \$30 | FOBG \$27 | #PBG0135 200001 Address and parking logistics will be sent after registration.

Rochelle Bartolomei, native plant program manager, Pope Farm

Enjoy this behind-the-scenes tour of Montgomery Parks' production facility that grows more than 60,000 native plants annually. See how staff responsibly collect seed from over 200 native ecotype plants and then clean, prepare and store for future growing. Learn how these plants benefit important initiatives ranging from habitat restoration projects to local plant sales.

BrooksideGardens.org 11

Rachel Carson Conservation Park – Summer Tour

Tuesday | July 15 | 9:30 am - 11:30 am \$30 | FOBG \$27 | #PBG0086 200001 Meet at Rachel Carson Conservation Park

Ryan Colliton, vegetation ecology & management unit leader, Montgomery Parks
Rachel Carson was a pioneering
environmentalist who called Montgomery
County home. Explore her namesake park
to learn how Montgomery Parks' restoration
projects protect these natural habitats.
Journey through colorful meadows housing
native perennials like beebalm and black-eyed
Susan while discovering a prime example of a
chestnut oak forest. Prepare for this active hike
with sturdy shoes and a water bottle!

Garden Tours

Registration required for all tours.

Azalea & Rhododendron Tour

Wednesday | April 23 | 1:00 – 2:15 pm \$12 | FOBG \$10 | #PBG0001 10001 Meet at Visitor Center Entrance

Keely Shaughnessy, Brookside Gardens staff
Join us for a walking tour of Brookside
Gardens' late spring blooming shrubs and
deciduous plants. Explore our colorful
collection of azaleas and rhododendrons while
learning how to incorporate them into your
own home garden.

Behind-the-Scenes Greenhouse Tour

Thursday | April 24 | 2:00 – 3:15 pm \$12 | FOBG \$10 | #PBG0003 100001 OR

Wednesday | April 30 | 10:00 – 11:15 am \$12 | FOBG \$10 | #PBG0003 100002 Address and parking logistics will be sent after registration.

Nate Roehrich, Brookside Gardens staff
Opened in 2018, the O'Rourke Greenhouse
consists of four growing areas totaling 10,000
square feet under glass. Participants will take a
closer look at the state-of-the-art technology
that enables the greenhouse staff to grow a
variety of beautiful plants year-round while
getting a sneak peek at the thousands of plants
being grown for the garden displays.

Guided Bird Walk

Saturday | May 3 | 8:00 – 9:30 am \$12 | FOBG \$10 | #PBG0133 100001 Or

Tuesday | May 6 | 8:00 – 9:30 am \$12 | FOBG \$10 | #PBG0133 100002

Meet at Visitor Center Entrance

Emily Williams, avian ecologist
Did you know that 168 bird species have been sighted at Brookside Gardens? Marvel at the spring migration and bring your binoculars to look for warblers, Baltimore orioles and orchard orioles, red-winged blackbirds, and many more!

Guided Bird Walk – Celebrating Black Birding Week

Wednesday | May 28 | 8:00 – 9:30 am \$12 | FOBG \$10 | #PBG0186 100001 OR

Saturday | May 31 | 8:00–9:30 am \$12 | FOBG \$10 | #PBG0186 100002

Meet at Visitor Center Entrance

Maria-Elena Montero, vice president, programming, DC Bird Alliance
Join Brookside Gardens and the DC Bird Alliance as we celebrate Black Birding Week, supporting and increasing the visibility of black birders. Learn about the amazing variety of birds that make their homes in these gardens while helping to build a welcoming community.

Rose Garden Tour – Redesign Updates

Thursday | June 12 | 10:30 – 11:30 am \$12 | FOBG \$10 | #PBG0182 200001 Meet at Conservatory Entrance

Kristin Davey, Brookside Gardens staff
This tour will highlight updates in the Rose
Garden one year after its redesign and
replanting. You'll learn how Brookside Gardens
has shifted to an organic approach with
managing disease and insect prone plants like
roses. Explore the design concepts used to mix
native perennials with traditional non-natives.

O Pollinator Meadow Tour

Monday | June 30 | 1:00 – 2:15 pm \$12 | FOBG \$10 | #PBG0043 200001 or

Wednesday | July 2 | 10:30 - 11:45 am \$12 | FOBG \$10 | #PBG0043 200002

Meet at the bottom of the stairs leading to Brookside Nature Center (1400 Glenallan Avenue, Wheaton, MD 20902)

Brookside Nature Center & Brookside Gardens staff

Celebrate National Pollinator Week as we wander through an open meadow of beautiful perennials swarming with pollinators. Learn about mid-Atlantic native plants you can garden with to help support beneficial insects while adding beauty.

Living Field Lab Series

Join us for this learning series that aims to fill in the gap between theory and practice. Tours of home gardens serve as real-world case studies of landscape projects. Onsite discussions with homeowners and Brookside Gardens staff will offer applicable lessons in design and maintenance. Plant lists provided for each Field Lab.

◆ A Woodland Garden: Spring Ephemerals and Understory Plantings

Tuesday | April 15 | 10:30 am - 12:30 pm \$25 | FOBG \$22 | #PBG0142 100001 North Potomac, MD (address sent after registration)

Enjoy an abundance of spring ephemerals while learning how to design with shade tolerant plants for woodland gardens and shaded borders. Explore creative ways to weave ground covers, shrubs, and understory trees for year-round interest. Expand your plant palette by seeing firsthand more than 40 different species of holly and a variety of evergreen perennials and unique bulbs.

◆ Creative Gardening Solutions with Layered Designs & Containers

Monday | June 2 | 10:00 am – 12:00 pm \$25 | FOBG \$22 | #PBG0142 200001 Silver Spring, MD (address sent after registration)

This part-sun and shade garden offers design lessons in layering plants to create dynamic landscapes. Learn how to make a small yard feel big with innovative uses of garden beds and plant selections. You will enjoy examples of creative gardening solutions that leverage a myriad of containers to liven up garden spaces.

Horticulture Classes

Registration required

Note: All horticulture classes will be held online using Zoom unless otherwise noted. Recordings of online lectures will be made available to students. After registering, a link will be emailed to you 24 hours prior to the live webinar. Please ensure your Active Montgomery account is updated with your correct email address.

V → Introduction to Landscape Design I & II

Jason Gedeik, Brookside Gardens staff Whether you're looking to upgrade your existing garden or develop an entirely new area, you'll learn the fundamentals of landscape design to create functional, enjoyable, and beautiful outdoor spaces.

Session I

Saturday | March 15 | 10:00 am - 12:00 pm \$15 | FOBG \$12 | #PBG0012 100001

Learn practical steps to approach the design process, including site analysis, creating a concept design, and determining the functional goals for your space. You'll understand why the environmental conditions of your landscape are key to a successful design that keeps your plants healthy, minimizes garden maintenance, and reduces costs. Real-world case studies will bring these concepts to life

Session II

Saturday | March 29 | 10:00 am - 12:00 pm \$15 | FOBG \$12 | #PBG0013 100001

Learn to implement core design elements like color, texture, form, line, and scale to create a beautiful and functional landscape. Design concepts like seasonality and layering will also be explored. Plant combinations and lists will be examined that address sitespecific challenges like sun vs. shade and dry vs. wet conditions.

▼ © Ecological Gardening: Supporting Native Habitats in The Home Landscape Wednesday | April 9 | 7:00 – 8:30 pm \$15 | FOBG \$12 | #PBG0130 100001

Christopher Elenstar, Brookside Gardens staff Whether you're looking to create a new garden or blend in plants with your existing one, this lecture will help you develop a habitat that attracts and supports a range of wildlife yearround. Learn how to make informed plant selections based on their characteristics and how they uniquely sustain birds, butterflies, and pollinators. A deeper understanding of local ecosystems will inform design strategies for layering plant combinations and placement to create a functional and beautiful landscape. Plant lists provided.

▼ ♦ Native Plant Solutions to Familiar Landscape Challenges

Thursday | April 24 | 7:00 – 8:30 pm \$15 | FOBG \$12 | #PBG0178 100001

Shannon Currey, Education and Outreach, Izel Native Plants

Native perennials offer solutions for challenging landscape areas, such as under established trees and on slopes. We will address how to choose plants for the variable shade underneath trees, while providing "soft landings" for beneficial insects to complete their life cycle. We'll also cover plant attributes that are helpful for reducing erosion on slopes. Discover regionally native perennials that provide beautiful solutions!

RainScape Your Yard: Sessions I & II

Montgomery County Department of Environmental Protection staff

A RainScape is a landscape or design technique that helps reduce stormwater runoff from individual properties, including rain gardens, conservation landscapes, green roofs, and permeable pavements. The Montgomery County Department of Environmental Protection offers a rebate program for approved RainScape projects for homeowners. To be eligible for a rebate, participants must



apply and be approved for installation based on a submitted plan before projects are installed. These two sessions are intended to help homeowners create a RainScape design plan. Classes are open to anyone regardless if applying for a RainScape rebate.

V Session I: Evaluating Stormwater Solutions for Home Landscapes

Thursday | May 8 | 7:00 – 9:00 pm \$15 | FOBG \$12 | #PBG0015 100001

Learn how environmentally friendly landscapes, such as conservation sites and rain gardens, can help manage stormwater issues on residential properties. We will review steps to planning a RainScape including site evaluation and determining the type and scale of project that best suits your needs.

◆ Session II: Plants & Landscape Design for RainScape Gardens

Saturday | May 17 | 10:00 am – 12:00 pm \$25 | FOBG \$22 | #PBG0015 100002 Adult Classroom

Explore strategies to properly size a garden project, estimate plant quantities, and create an effective planting plan. Study the range of native plants for managing water runoff and supporting pollinators and wildlife. Learn the steps to develop and submit a plan that qualifies for the RainScapes Rewards Rebate. Registrants will receive a selection of free native plants to take home.

▼ Creating Healthy Soils Through Regenerative Gardening Practices

Wednesday | May 21 | 7:00 - 8:30 pm \$15 | FOBG \$12 | #PBG0179 100001

Chuck Schuster, Senior Agent Emeritus, County Extension Director, University of Maryland Extension

Explore practical strategies to foster healthy soils in your garden. We will cover composting, organic fertilizers, soil amendments and the critical role of beneficial microorganisms.

Study regenerative gardening practices that improve drought tolerance, increase nutrient uptake, promote disease resistance, and grow more flowers. You will experience thriving plants, effective designs, and a garden that's more environmentally friendly.

▼ The Spirit of Stone – Practical and Creative Stonescaping Ideas for Your Garden

Saturday | May 31 | 10:30 am - 12:00 pm \$15 | FOBG \$12 | #PBG0180 100001

Jan Johnsen, author and landscape designer Rediscover this often-overlooked element in the landscape and most ancient of materials – stone! Johnsen will share creative and practical ways you can use natural stone in the garden: from rock gardens to dry streams, as benches, standing stones, paths, and more. Stone's durability and sustainability make it appealing to both homeowners and designers. You will never look at natural stone the same again!

Wednesday | June 18 | 7:00 - 8:30 pm \$15 | FOBG \$12 | #PBG0191 200001

Maria Rojas, Independent IPM consultant, Borders and Butterflies

Are organic pesticides always safer than synthetic ones? Are there better, more sustainable ways to manage problems in your garden? Can you tell the difference between a good bug and a bad one? Let's bust some myths and talk about what really works and what doesn't, which insects and diseases are common in our landscapes, and how to prevent them from becoming a problem in yours!

Hands-on Workshops

Registration required

Note: All hands-on workshops will be held in-person at the Visitor Center.

Succulent Container

Thursday | May 15 | 10:30 am – 12:00 pm \$55 | FOBG \$50 | #PBG0046 100001 Adult Classroom

Angelus Bullock, Brookside Gardens staff
Native to arid regions, succulents store water
in their fleshy leaves enabling them to resist
drought and extreme temperatures. These
hardy plants require little watering and do well
both inside the home or outside. Plant your
own colorful and resilient container garden
using specially selected low maintenance, yet
gorgeous, succulents.

Spring Sketchbook in the Garden

Friday | May 2 | 10:00 am – 1:00 pm \$60 | FOBG \$54 | #PBG0187 100001 Adult Classroom

Sue Fierston, teaching artist and president of the International Nature Printing Society
Delight in drawing and painting amidst springtime flowers at Brookside Gardens.
Learn how to bring your drawings to life in the classroom with techniques for contour drawing and watercolor mixing. We will then go outside and capture a spring still life or landscape in your new watercolor sketchbook. Supplies included.

Capturing Summer in Botanical Leaf Prints

Saturday | July 12 | 10:00 am – 1:00 pm \$60 | FOBG \$54 | #PBG0188 200001 Adult Classroom

Sue Fierston, teaching artist and president of the International Nature Printing Society
Vines, leaves, and vegetables make for beautiful prints. You will learn hand printing and portable walking press techniques to create frameable art with two types of cloth (muslin and metallic) and on rice paper (both supplied). In addition, you may bring your own cotton or silk item to print on such as a scarf, apron, child's onesie or tote bag. Items washable after a heat setting.

Miniature Zen Garden

Saturday | August 2 | 10:30 am – 12:00 pm \$55 | FOBG \$50 | #PBG0118 200001 Adult Classroom

Kathy Jentz, Washington Gardener Magazine Bring a sense of peace and calm to your home by creating your own miniature Zen Garden. This therapeutic and educational activity includes a tray, sand, pebbles, small plants, as well as Japanese-inspired ornaments. Find serenity by creating and changing patterns in the sand. You will receive tips on growing and maintaining your new garden.

Health and Wellness

Registration required. No walk-ins accepted.

Yoga

Saturdays | March 1 - August 16 9:30 - 10:30 am \$14 | FOBG \$12 | #PBG0031 Visitor Center (March - April) Or Japanese Tea House (May – August) Tanory Ateek

Designed to increase flexibility and physical strength and to cultivate mental focus, these classes are a beautiful and relaxing way to begin your weekend. Mats are not included.

Tai Chi

Wednesdays | March 5 - August 13 9:00 - 10:15 am \$14 | FOBG \$12 | #PBG0029 Visitor Center (March - April) Or Japanese Tea House (May – August) Charles Votaw

Tai Chi is an ancient, Chinese form of exercise perfect for adults seeking stress reduction while strengthening muscles, improving balance, and increasing flexibility. The Forms are repetitive patterns that emphasize slow, flowing motions and controlled movements. Classes will help beginners to learn the Forms while providing regular practitioners with the guidance of an experienced instructor.

Gentle Yoga

Thursdays | March 6 - August 21 10:00 - 11:00 am \$14 | FOBG \$12 | #PBG0030 Visitor Center (March - April) Or Japanese Tea House (May – August)

Sherry Weber

This series of classes features foundational yoga poses that are designed to support better breathing, walking, and space orientation. Yoga movements help build muscle, bone density and core strength while improving balance, posture, and flexibility. Mats are not included.

Guided Mindfulness Walks

\$28 | FOBG \$25 | 10:00 am-12:00 pm **Meet at South Terrace**

Tania Lanning, integrative therapist Tania will lead a series of special walks focused on mindfulness in nature. Participants will receive a small blank journal and should dress for the weather and be comfortable walking and sitting on grass. Sign up for one or all three!

Walk 1: Family Mindfulness and Nature

Thursday | March 20 | #PBG0168 100001

Strengthen family bonds and foster emotional well-being with this immersive workshop focused on mindfulness and nature exploration. Engage in fun, mindful activities designed to deepen connection, communication, and presence within your family. Children of all ages with their family are welcome.

Walk 2: Connections in Nature

Saturday | April 5 | #PBG0108 100001

Uncover the links between yourself and the environment around you in this guided walk through the Gude Garden. Through gentle movement, discussion, journaling, and meditation, you will explore what it means to connect with yourself, with others and with the natural world.

Walk 3: Motherhood in Nature

Thursday | April 17 | #PBG0125 100001

Reconnect with yourself and the natural world in this workshop designed to support mothers in cultivating mindfulness, self-compassion, and resilience. Through guided movement and mindfulness practices, nature connection, and shared reflection, discover tools to nurture both yourself and your role as a mother. Babies in strollers are welcome.

Strolls for Well-Being

Saturdays | April 19, May 10, June 7 10:00 am - 11:30 pm | #PBG0033 100003 Tuesdays | April 22, May 20, June 17 11:00 am - 12:30 pm | #PBG0033 100001 Wednesdays | April 23, May 21, June 18 11:00 am - 12:30 pm | #PBG0033 100002 **Adult Classroom**

Brookside Gardens Staff

Soak up the healing and wellness wisdom of nature in this evidence-based mindful walking program. Over eight weeks, complete twelve solo garden walks on your own schedule, guided by a beautiful journal with themed readings and writing prompts encouraging presence and reflection. Those struggling with difficulty, stress, or transition may particularly benefit. Dates are for group meetings where you will receive important materials and share insights with others. Further information:

Brookside Gardens.org/wellness.

Shinrin-yoku: The Art of Forest Bathing

Saturday | May 3 | 9:30 - 11:30 am \$35 | FOBG \$30 | #PBG0022 100001 OR

Sunday | May 25 | 10:00 am - 12:00 pm \$35 | FOBG \$30 | #PBG0022 100002 OR

Saturday | June 21 | 9:30 - 11:30 am \$35 | FOBG \$30 | #PBG0022 200001 Meet at Visitor Center Entrance

Ana Ka'ahanui, certified forest therapy guide Connect with nature through a forest bathing walk among beautiful blossoms, remarkable trees, and rich fragrances. Stroll the grounds and neighboring forest at a measured pace that allows you to notice the small miracles of nature unfolding. We will close the walk by enjoying hot tea and healthy snacks.

Half-day Mindfulness Retreat

Sunday | May 18 | 9:00 am - 1:00 pm \$70 | FOBG \$63 | #PBG0018 100001 Meet at Visitor Center Entrance

Tanory Ateek

With her signature curiosity and playful approach, Tanory will guide you through a half-day of stress relieving practices, including gentle yoga; walking and seated meditation; and the meditative way of the labyrinth. Whether you are new to meditation or a seasoned practitioner, this retreat will provide a chance to slow down, connect to nature in new ways, and rekindle a deeper sense of peace and wonder in your life.

15 **BrooksideGardens.org**

PROGRAMS BY DATE

Date	Program	Course #	Fee	FOBG	Page No.
5/15/2025	Succulent Container	PBG0046 100001	\$55	\$50	14
3/8/2025	Storytime in the Garden**	PBG0111 100008	\$5	\$5	17
3/15/2025	Introduction to Landscape Design I	PBG0012 100001	\$15 \$10	\$12	13 16
3/16/2025 3/20/2025	Seed Design Challenge Guided Mindfulness Walk **	PBG0172 100001 PBG0168 100001	\$10 \$28	\$10 \$25	15
3/20/2025		PBG0108 100001 PBG0176 100001	şzo FREE	FREE	11
3/20/2025	Cultivating a Sustainable Future: Cornell Botanic Gardens' Native Lawn Youth Nature Photography		\$10	\$10	16
3/29/2025	Introduction to Landscape Design II	PBG0174 100001 PBG0013 100001	\$10 \$15	\$10 \$12	13
3/31/2025	School's Outside for Teens**	PBG0013 100001 PBG0167 100001	\$15 \$45	\$12 \$45	16
4/5/2025	DC Environmental Film Festival — Screening & Panel Discussion	PBG0134 100001	FREE	FREE	10
4/5/2025	Eco-Friendly Planters	PBG0134 100001 PBG0175 100001	\$10	\$10	16
4/9/2025	Ecological Gardening: Supporting Native Habitats in The Home Landscape	PBG0130 100001	\$15	\$10 \$12	13
4/10/2025	Rachel Carson Conservation Park – Spring Tour	PBG0086 100001	\$30	\$27	11
4/15/2025	A Woodland Garden: Spring Ephemerals and Understory Plantings	PBG0142 100001	\$25	\$27	12
4/16/2025	The Lost Trees of Willow Avenue: A Story of Climate and Hope	PBG0177 100001	FREE	FREE	11
4/19/2025	Youth BioBlitz	PBG0171 100001	FREE	FREE	16
4/19/2025	Strolls for Well-Being * **	PBG0033 100003	\$75	\$75	15
4/23/2025	Azalea & Rhododendron Tour	PBG0001 100001	\$12	\$10	12
4/24/2025	Behind-the-Scenes Greenhouse Tour**	PBG0003 100001	\$12	\$10	12
4/24/2025	Native Plant Solutions to Familiar Landscape Challenges	PBG0178 100001	\$15	\$12	13
4/26/2025	Earth Month Family Celebration	PBG0128 100002	FREE	FREE	16
4/27/2025	Brookside Gardens Plant Sale	No registration	FREE	FREE	10
5/2/2025	Spring Sketchbook in the Garden	PBG0187 100001	\$60	\$54	14
5/3/2025	Piecing Together Nature's Puzzle — The Interconnectedness of the Natural World	PBG0183 100001	FREE	FREE	11
5/3/2025	Guided Bird Walk at Brookside Gardens**	PBG0133 100001	\$12	\$10	12
5/3/2025	Shinrin-yoku: The Art of Forest Bathing**	PBG0022 100001	\$35	\$30	15
5/8/2025	RainScape Session I: Evaluating Stormwater Solutions for	PBG0015 100001	\$15	\$12	14
	Home Landscapes		,	,	
5/17/2025	RainScape Session II: Plants & Landscape Design for RainScapes Gardens	PBG0015 100002	\$25	\$22	14
5/17/2025	Birding in the Garden	PBG0173 100001	\$10	\$10	16
5/18/2025	Half-day Mindfulness Retreat at Brookside Gardens	PBG0018 100001	\$70	\$63	15
5/21/2025	Creating Healthy Soils Through Regenerative Gardening Practices	PBG0179 100001	\$15	\$12	14
5/28/2025	Guided Birdwalk—Celebrating Black Birding Week**	PBG0186 100001	\$12	\$10	12
5/31/2025	The Spirit of Stone – Practical and Creative Stonescaping Ideas for Your Garden	PBG0180 100001	\$15	\$12	14
6/3/2025	Summer Twilight Concert Series**	No registration	FREE	FREE	10
6/2/2025	Creative Gardening Solutions With Containers and Layering Designs	PBG0142 200001	\$25	\$22	12
6/9/2025	Pope Farm Native Plant Production Tour	PBG0135 200001	\$30	\$27	11
6/12/2025	Rose Garden Tour – Redesign Updates	PBG0182 100001	\$12	\$10	12
6/18/2025	Managing Garden Pests & Diseases	PBG0191 200001	\$15	\$12	12
6/30/2025	Pollinator Meadow Tour**	PBG0043 200001	\$12	\$10	14
7/1/2025	Shakespeare in the Garden — A Comedy of Errors	No registration	FREE	FREE	10
7/12/2025	Capturing Summer in Botanical Leaf Prints	PBG0188 200001	\$60	\$54	14
7/15/2025	Rachel Carson Conservation Park – Summer Tour	PBG0086 200001	\$30	\$27	12
8/2/2025	Miniature Zen Garden	PBG0118 100001	\$55	\$50	14
8/23/2025	Butterflies of Brookside (outdoors)	PBG0127 200003	\$7	\$7	17
3/1 - 8/16	Yoga at Brookside Gardens**	PBG0031 100001	\$14	\$12	15
3/5 - 8/13	Tai Chi at Brookside Gardens**	PBG0029 100001	\$14	\$12	15
3/6 - 8/21	Gentle Yoga at Brookside Gardens**	PBG0030 100001	\$14	\$12	15
4/19 - 6/7	Yoga Sprouts!**	PBG0078 100001	\$7	\$7	17
6/16 - 6/18	Exploration Cart – National Pollinator Week*	No registration	FREE	FREE	17
6/21 - 6/22	Exploration Cart – First Weekend of Summer*	No registration	FREE	FREE	17
6/23 - 6/27	Garden Investigators Camp*/**	PBG0082 500001	\$350	\$350	17
7/28 - 8/1	Art Adventures Camp*	PBG0083 500001	\$350	\$350	17
7/7 - 7/11	Summer Science Camp*	PBG0084 500001	\$350	\$350	17
8/4 - 8/8	Climate Action Camp*	PBG0085 500001	\$350	\$350	17



REGISTRATION OPENS FEBRUARY 18



Register online ActiveMontgomery.org. Register by mail: Mail or drop off this form and check to ActiveMontgomery, 1800 Glenallan Avenue, Wheaton, MD 20902

* Required Info REGISTRATION FORM												
Check here if this is a new address, phone number or email address since your last registration. Please print or type. This form may be copied.												
PARENT/GUARDIAN												
Last Name* First Name*			Email*									
Address*			City* State			ZIP*						
Home Phone *	Work Phone	Cell Phone Birtho			nday (mm/dd/yy)*							
EMERGENCY CONTACT For participants under 18												
Name		Relationship			Phone							
Participant's Name (Last, First)	Birthday (mm/dd/yy	() Gender	Activity Name		Activity Nu	ımber	Fees*					
					1							
					1							
					Total Program	n Fees:						
To which race do you identify most?	DAVMENT OPTIONS*											
To which race do you identify most? Asian		PAYMENT OPTIONS*										
☐ Black ☐ Caucasian	Total Programs Fees \$											
☐ Native American		Non-Resident/Other Fees \$										
☐ Pacific Island Alaskan☐ Other	Total Fees Due \$	Total Fees Due \$										
Are you Hispanic or Latino? Yes No	Make checks payable to: Ac	Make checks payable to: ActiveMONTGOMERY. No cash payments.										
			on (trained support staff, sign langua escription?)	age inter	preters, com	panion, Bra	nille/large					
☐ Yes ☐ No												
If YES, please see below:												
ADA Requests for Montgomery Pa To request an accommodation for M- you must contact the Program Acces ProgramAccess@montgomerypa	-NCPPC, Montgomery Parks program ss Office at 301-495-2581 or email	S										
	IMPORTANT: Requ	iest should	be made before the program begin	s.								
SIGNATURE IS REQUIRED												

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC does not assume any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Important Registration Information

- 1. You must open an ActiveMONTGOMERY account in order to register for any program.
- We regret that it is not possible to include babies or children in classes designed for adults, unless specified.
- 3. All programs will run rain or shine, unless a rain date is listed; for cancellation information call 301-962-1451.
- FOBG members should enter the discounted FOBG rate in the Fee column. For information about joining FOBG, call 301-962-1435 or check brooksidegardens.org.
- Confirmation of your registration will be made by mail or email. If an event is filled to capacity, your check will be returned and your name placed on a waiting list. You will be contacted by phone if an opening occurs.
- Deadline for registration is 7 days prior to event date, unless otherwise stated. Participants will be enrolled in the order received.

Refund Policy: For details regarding the refund policy, please visit https://MontgomeryParks.org/classes-camps/activity-withdrawals-and-refunds/

BrooksideGardens.org 19



1800 Glenallan Avenue Wheaton, MD 20902 BrooksideGardens.org

