



Elders in the Garden At Orcasong Farm

June 7th and 21st

July 5th and 19th

August 2nd and 16th

September 6th and 20th

Orcasong Farm is offering bi-monthly (1st and 3rd Thursday of the month), hands-on classes to Orcas Elders, 55 and better, focused on exploring the garden through cooking, art, music, movement, and more.

Each week, Leila Jordan, Orcasong's Garden Manager, and her team of Orcasong interns, will teach an lesson illuminating new ways to engage in the garden space. At the end of each class participants will harvest from the garden and prepare a fresh and healthy lunch together.

Take advantage of this **FREE** opportunity (lunch included!) to learn how and why a garden (big or small!) can affect our overall health and well-being and become empowered to steward your health toward a brighter future.

Classes begin on Thursday, June 7, 11am-1:00pm and will be held on the 1st and 3rd Thursday of the month through September 20th at Orcasong Farm (280 Dolphin Bay Road). Transportation is available to and from the Senior Center, leaving promptly at 10:45am and returning about 1:15pm. Please contact the Senior Center front desk to sign up. There is no fee for this program. Registration **IS REQUIRED**, and **LIMITED** to 14, so please call the Senior Center at 376-2677 to get on the list. Participants are encouraged to enroll in the full series (8 classes), though each class can stand alone.

To register directly with Orcasong Farm, contact Garden Manager, Leila Jordan at leila.jordan@orcasong.farm