



BOK TOWER GARDENS

NATIONAL HISTORIC LANDMARK

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Bok Tower Gardens Announces October through January Event Calendar

LAKE WALES, Fla. – Keeping with the time-honored tradition of presenting arts, culture, wellness and entertainment events against a backdrop of beauty and serenity, Bok Tower Gardens presents a variety of programming for visitors.

Events and programs require advance tickets or reservations. For more

information, reservations and to purchase tickets, visit
www.boktowergardens.com/calendar.

BUILDING AN ICON: THE WAY WE WORKED ON THE SINGING

TOWER: Now-Jan. 17. Learn more about the construction of the Singing Tower with this exhibit. Included in general admission. Exhibition is located in Visitor Center.

LUNCH & LEARN: EDIBLE PLANT WALK: Oct. 4. 12:30pm-1:30pm.

Learn how to turn the weeds from your backyard into edible treasures. Walking shoes recommended. Included in general admission. Walk begins at the Visitor Center.

SOUP 101: Oct. 5. 6pm-8pm. Learn how to make the base for cream and broth soups and all the finishing touches needed to make your soup perfect. Served with beverages and light accompaniments. \$35, reservations required. Class is located in Outdoor Kitchen.

NATURAL BEAUTY PRODUCTS: Oct. 7. 10am-6pm. Hands-on program to make an organic herbal infused body wash, organic foaming hand soap, organic herbal exfoliating grains, and an organic probiotic deodorant. \$100, reservations required. Class is located in Olmsted House.

SOUL JOURNEY: Oct. 7. 9am-1pm. This 4-hour workshop includes drumming, breath work, yoga, and a shamanic soul journey. \$80, reservations required. Class is located in the Alexander Discovery Center.

EDWARD BOK BIRTHDAY CONCERT: Oct. 9. 1pm & 3pm. Celebrate Edward Bok's gift of gratitude to America on his birthday. Included in general admission.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: Oct. 10. 5:30pm-6:30pm. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required. Class is located in the Alexander Discovery Center.

GARDENING FOR POLLINATORS MAKE & TAKE: Oct. 11. 12pm-2pm. Make a pollinator house and learn about pollinators, their benefits, and how to attract them to your yard. \$20, advance reservations. Class is located in the Alexander Discovery Center.

BUILD YOUR OWN SCARECROW: Oct. 14. 10am-12pm. Decorate the Oval Lawn in preparation for the start of Florida's gardening season and Rootstock. Bring your own favorite scarecrow clothes. Each team/family will receive one frame and hay. Prizes awarded for the top three entries. Included in general admission. Event limited to 15 families. Event located in Hammock Hollow Children's Garden.

VEGETABLE & HERB GARDENING FOR CENTRAL FLORIDA: Oct. 14. 10am-12pm, Learn the fundamentals of how to start a vegetable garden and explore different types of gardening methods. \$20, reservations required. Class is located in the Alexander Discovery Center.

ROOTSTOCK PLANT & GARDENING FESTIVAL: Oct. 21. 8am-6pm (last car admitted into the Gardens at 5pm). Plant sale, live entertainment, craft beers, children's activities, free admission, \$10 parking. Plant lectures camellias at 10am, perennial vegetables 11:30am, orchids 1:30pm. Live entertainment by Polkweed Muzique 9-10:30am, B. Haven 11-1pm, Legendary JC's 1:30-2:30pm and AcousticDose 3-5pm.

ULTIMATE SANDWICHES: Oct. 21. 10am-12pm - Part of the Rootstock Festival. World Food Championships Chef Amy Freeze teaches the art of creating over-the-top sandwiches that focus on decadent fillings, mile-high builds, and mind-blowing sauces. Samples included. \$25, reservations required. Class is located in Outdoor Kitchen.

CRAFT COCKTAILS & SNACKS: Oct. 21. 1pm-3pm - Part of the Rootstock Festival. Learn creative cocktails using local craft beer and grown up versions of America's favorite snacks with Chef Amy Freeze.

Samples included. \$25, reservations required. Class is located in Outdoor Kitchen.

HEALTHY LIVING SERIES: Mondays Oct. 23 through Nov. 13. 5:30pm-7:30pm. Designed especially for people with Type 2 Diabetes, this four-class cooking school and nutrition education series offers food demonstrations and samples, and the keys to managing Type 2 Diabetes. Must register for entire series. \$40, reservations required. Class is located in Outdoor Kitchen.

TEA TIME IN THE GARDENS: Oct. 25. 12pm-1pm. A relaxing teatime lecture about herbal teas that you can make using plants right in your garden. Included in general admission. Class is located in Outdoor Kitchen.

FARM TO TABLE DINNER: AUTUMN BOUNTY: Oct. 26. 6pm-8pm. Experience flavors of the fall, along with ingredients from our garden, for a four-course dinner, including a craft beer-infused dessert, and fall drinks. \$45, reservations required. Class is located in Outdoor Kitchen.

EVERYTHING PUMPKIN COOKING CLASS: Oct. 28. 2pm-4pm. Learn how to use pumpkin in many different ways: soup, bread, pie and even roast seeds for a fun snack. \$35, reservations required. Class is located in Outdoor Kitchen.

DIGITAL CAMERA SCHOOL & PHOTO SAFARI: Oct. 28. 8am-12pm. Half-day digital photography basics. \$100, reservations required. Class is located in the Alexander Discovery Center.

PIQUANT POLK: FASCINATING PEOPLE IN POLK COUNTY IN THE 20s & 30s: Nov. 1. 6pm-7:30pm Learn about life in Polk County in the 1920s and 30s, including special details about those who worked in and around Bok Tower Gardens. Free admission after 5pm.

LUNCH & LEARN: FLORIDA'S WILD EDIBLES: Nov. 1. 12pm-1pm. Learn about Florida's many wild edible plants as we hike through the Gardens. Included in general admission. Class is located in the Alexander Discovery Center.

MAKE YOUR OWN HERBAL LOTIONS AND CREAMS: Nov. 4. 10am-6pm. Craft an organic body lotion, face moisturizer, anti-wrinkle serum, and under-eye serum. \$100, reservations required.

TAI CHI IN THE GARDENS: Saturdays Nov. 4 – Dec. 16. 8:30am-9:30am. Learn these fluid movements that help release tension, increase balance, and relax. \$10, reservations preferred. Class meets at the Tower Information Booth.

LUNCH & LEARN: OUT OF THE BOX USES FOR VEGETABLES: Nov. 8. 12pm-1pm. Explore new and delicious ways to use common vegetables. Included in general admission. Class is located in the Alexander Discovery Center.

VETERAN'S DAY CONCERT: Nov. 11. 1pm & 3pm. A musical salute of gratitude. Free admission offered to all branches of the military; active, retired, and disabled veterans with valid ID.

GARDEN INSPIRED GATHERINGS: Nov. 11. 4:30pm-6:30pm. Learn more about herb inspired tablescapes, seasonal entertaining and décor ideas, and garden fresh recipes, all inspired by the bounty of Florida grown herbs. \$25, reservations required. Class is located in Outdoor Kitchen.

INTRO TO RELIEF PRINT MAKING: Nov. 11. 9am-3:30pm. Learn drawing and design tips to make relief prints and make handmade cards, tags, bags, and prints. \$65, reservations required. Class is located in the Alexander Discovery Center.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: Nov. 14. 5:30pm-6:30pm. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required. Class is located in the Alexander Discovery Center.

SUCCULENT GARDEN PLANTING: Nov. 18. 2pm-3pm. Learn how to build a succulent garden and how to keep your succulents alive for

years to come. \$30, reservations required. Class is located in the Alexander Discovery Center.

HOLIDAY DE-STRESS: Nov. 18. 9am-12pm. Meditation and reflective journaling will provide the opportunity to align body, mind, spirit, and emotions, carrying them with ease throughout the holidays. \$55, reservations required. Class is located in the Alexander Discovery Center.

WINE WALK: Nov. 18. 3pm-5pm. Sip, sample and stroll through the Gardens while enjoying 10 specially curated wines. Ticket includes wine samples, souvenir tasting glass and live music on the Cafe terrace by Dan Signor from 4:30pm-6:30pm. Price TBD.

THANKSGIVING DAY CARILLON CONCERT: Nov 23. 1pm & 3pm. Experience Edward Bok's gift with concerts featuring thankful hymns and tunes. Included in general admission.

HOLIDAY HOME TOUR AT PINWOOD ESTATE: Nov. 24-Jan. 7. 10am-5pm. Historic 1932 Mediterranean mansion decorated for the holidays. \$10/adults, \$7 children, garden admission required.

WINTER WALKING TOURS: Nov. 24-Jan. 7. Mon-Sat: 12pm & 2pm, Sun: 2pm. Walking tours of the Gardens start at the Visitor Center. Included in general admission.

GINGERBREAD HOUSES WITH MRS. CLAUS: Nov. 26. 11am-1pm & 2pm-4pm. Decorate your own gingerbread house and take a tour of the Holiday Home Tour. \$45, reservations required.

EATING THE MEDITERRANEAN WAY: Nov. 30. 5:30pm-7:30pm. Learn the basics of the Mediterranean diet and then enjoy a heart-healthy meal. \$20, reservations required. Class is located in Outdoor Kitchen.

SUNSET & SYMPHONY HOLIDAY CONCERT: Dec. 2. Concert begins at 6pm. Enjoy the sounds of the season with the Orlando Philharmonic Orchestra and the Singing Tower carillon as they perform together

during one of Central Florida's favorite outdoor concerts. Advance tickets \$25 adult, \$10 child.

HOLIDAY HOME WORKSHOP: LIVING HOLIDAY TREE: Dec. 2. 11:30am-1pm. Create your own succulent living holiday tree. \$90, reservations required. Class is located in the Alexander Discovery Center.

THREE AUTHORS AND A FISHMONGER: THE BEST OF FLORIDA SEAFOOD: Dec. 9. 12pm – 2pm. Authors Heather McPherson, Pam Brandon, and Katie Farmand, along with Wild Ocean Seafood fishmonger Cynthia Sandoval, will cook, entertain with stories, and serve everything from cocktails to dessert, including the freshest Florida seafood. \$55, reservations required. Class is located in Outdoor Kitchen.

GINGERBREAD HOUSES WITH MRS. CLAUS: Dec. 10. 11am-1pm & 2pm-4pm. Decorate your own gingerbread house and take a tour of the Holiday Home Tour. \$45, reservations required.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: Dec. 12. 5:30pm-6:30pm. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required. Class is located in the Alexander Discovery Center.

LUNCH & LEARN: HOLIDAY HOME DÉCOR WITH PLANTS: Dec. 13. 12pm-1pm. Learn how to decorate indoors and outdoors for the holidays with plants, natural materials, and other festive crafts. Included in general admission. Class is located in the Alexander Discovery Center.

BOK AFTER DARK CELESTIAL GREETINGS: Dec. 13. Concert begins at 7pm. Join Geert D'hollander as he performs his all-new Christmas CD live. Enjoy the peak of the Geminids, which considered one of the most prolific meteor showers of the year. Geert will be

available to sign CDs after the performance. Included in general admission.

THE RESILIENCE ADVANTAGE: Dec. 16. 1pm-3pm. The HeartMath(R) approach to personal resilience is a life changing coaching process. \$45, reservations required. Class is located in the Alexander Discovery Center.

CARILLON AND CHORALE CONCERT featuring Harrison School of the Arts: Dec. 17. Concert begins at 4pm. Join a live choir for an enchanting late afternoon concert experience. Included in general admission.

SWEETEN YOUR HOLIDAYS: Dec. 22. 1pm-3pm. Learn about the harvesting of sugar cane and decorate sugar cookies for the holidays. \$15, reservations required.

CHRISTMAS DAY CARILLON CONCERT: Dec. 25. 1pm & 3pm. Holiday concert featuring Christmas Carols from around the world. Included in general admission.

TIME FOR A CHANGE MEDITATION RETREAT: Dec. 30. 9am -12pm. Join Reiki Master and Sound Healer Kristen Tenpenny as she shows how meditation can be fun and easy. \$35, reservations required. Class is located in the Alexander Discovery Center.

NEW YEAR'S DAY CARILLON CONCERT: Jan. 1. 1pm & 3pm. Ring in the new year with a Singing Tower concert. Included in general admission.

NEW YEAR, NEW YOU: Jan. 6. 9am-1pm. The Circle of Life Wellness Coaching process gives you the tools needed for personal success. \$80, reservations required. Class is located in the Alexander Discovery Center.

Culinary events held in the Outdoor Kitchen are part of the Florida Food & Wine Series presented by Visit Central Florida.



About Bok Tower Gardens:

Voted Florida's best garden, Bok Tower Gardens is a National Historic Landmark located 10 miles from LEGOLAND Florida, 55 miles southwest of Orlando and 60 miles east of Tampa near Lake Wales in Central Florida's rolling hills of citrus. Open every day of the year from 8 a.m. to 5 p.m. The Visitor Center, Café and Gift Shop are open 9 a.m. to 5 p.m. Admission is \$14 for adults and \$5 for ages 5-12. Members and children under 5 are admitted free. For more information contact Bok Tower Gardens, 1151 Tower Boulevard, Lake Wales FL 33853; 863-676-1408 or visit www.boktowergardens.org.