

Exciting Events and Programs for the New Year!

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BOK TOWER GARDENS

NATIONAL HISTORIC LANDMARK

FOR IMMEDIATE RELEASE:

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Bok Tower Gardens Announces January through May Event and Program 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.

NEW YEAR'S DAY CARILLON CONCERT: Jan. 1. Ring in the New Year with a Singing Tower concert. Included in general admission.

NEW YEAR, NEW YOU: Jan. 6. The Circle of Life Wellness Coaching process gives you the tools needed for personal success. \$80, reservations required.

WINTER WALKING TOURS: Jan.-Apr. Enjoy guided tours of the Gardens. Tours Mon-Sat are 12pm and 2pm and Sunday at 2pm. Included in general admission.

EDWARD BOK MEMORIAL CARILLON CONCERT: Jan. 9. Commemorate the life of Edward W. Bok. Included in general admission.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: Jan. 9. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required.

LUNCH & LEARN: EASY TREE CARE FOR HOMEOWNERS: Jan. 10. Explore how to select a tree that will fit your landscape. Included in general admission.

SINGING TOWER LEGENDS SUNSET CONCERT: Jan. 11. Join Geert D'hollander as he celebrates the lives of the musical artists lost in 2017. Concert is included in general admission and begins at 4:30 pm.

TAI CHI IN THE GARDENS: Each Saturday from Jan. 13 to Feb. 24. Relax and refresh with Tai Chi in front of the Singing Tower. \$10 per session.

HARMONY DARK SKY PARTY: Jan. 13. Learn how you can make the darkness enjoyable and safe for all Earth's inhabitants. Included in general admission. Extended hours until 9:30 p.m.

DR. MARTIN LUTHER KING CARILLON CONCERT: Jan. 15.
Celebrate the life of humanitarian and civil rights leader Martin Luther King Jr. Included in general admission.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE: SOUP'S ON!:
Jan. 18. Enjoy a hearty winter-themed menu, including soups, stews, a craft beer-infused dessert, and drinks. \$45, reservations required.

FLORIDA BACKROADS: THE PHOTOGRAPHY OF MIKE THOMAS:
Jan. 19 – Apr. 26. Experience the beauty of natural Florida through the lens of photographer Mike Thomas. Included in general admission.

PAINTING POSTCARDS BY THE TOWER: Jan. 20. Learn the basics of art journaling. \$50, reservations required.

DOG DAYS OF WINTER: Jan. 21. Leashed and friendly dogs are invited to visit the Gardens. General admission applies to humans, \$5 per dog.

SWEET BRUNCH TREATS: Jan. 21. Learn the fundamentals of creating delicious and simple dishes with fresh and season ingredients. \$15, reservations required.

MUSIC AT PINWOOD: DR. BEN PILA: Jan. 21. A classical chamber concert series. \$25, reservations required.

MEET THE ARTIST: MIKE THOMAS: Jan. 24. Reception and meet & greet. Included in general admission.

GARDEN WATERCOLOR CLUB: Thursdays Jan. 25 - Mar. 9.
Instructor Owen Jolly will lead the group through demonstrations, “en plein air,” and self-directed activities.

SUCCULENT GARDEN PLANTING: Jan. 27. Learn how to build a succulent garden and how to keep your succulents alive for years to come. \$30, reservations required.

DELICIOUS ITALY: FROM BEES TO CHEESE & WINE: Jan. 27. Delve into the history of how insects and insect-vectored diseases have shaped the food we eat and human history by exploring the art and science of food production in Italy from bees to cheese to wine. \$15, reservations required.

COUCH TO 5K TRAINING: Mondays and Thursdays beginning Mar. 29 through Mar. 8. Training designed to motivate someone "out of shape" to be ready for the Carillon Classic 5K. Last meeting will be to run at the Carillon Classic 5K on Mar. 10. Training sessions included in general admission; separate charge applies for Carillon Classic 5K.

LUNCH & LEARN: SLIM BY DESIGN: Jan. 31. Groundbreaking tips for designing spaces that make positive changes by simply changing your environment. Included in general admission.

PEAK BLOOM SPRING FESTIVAL: FEB-MARCH: Enjoy daily walking tours, special concerts, evening Carillon concerts and flower displays at Pinewood Estate. Included in general admission.

A TASTE OF TUSCANY: Feb. 2. Learn how to prepare a Tuscan meal with ingredients fresh from the garden. \$30, reservations required.

HYPERTUFA CONTAINERS: Feb. 3. Learn how to make your own hypertufa container with master gardeners. \$25, reservations required.

FOUNDER'S DAY WEEKEND CELEBRATION: Feb. 3-4. The historic iron Yellin gates will be open for visitors to cross the moat and guided tours of the exterior of the Tower. Included in general admission.

YOGA AT THE GARDENS: Feb. 4 & 11. 60-minute yoga classes with Instructor Tracy Wynter. \$10 per class.

WHERE HAVE YOU BEAN ALL MY LIFE?: Feb. 8. Celebrate Heart Health month and learn delicious recipes featuring beans. \$12, reservations required.

WATERCOLOR WORKSHOP INSPIRED BY THE GARDENS: Feb. 10. An intense workshop for landscape and floral studies and the chance to paint en plein air in the Garden. \$75, reservations required.

GAR-TENDING: A HAPPY HOUR CELEBRATION: Feb. 10. Explore an evening of botanical inspired “bar” creations and happy hour inspired appetizers. Call for pricing.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: Feb. 13. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required.

FOR THE LOVE OF CHOCOLATE: Feb. 14. Learn how to make a dark chocolate syrup and add various flavors like brandy and herbs. Included in general admission.

VALENTINE'S DAY CARILLON CONCERT: Feb. 14. The Singing Tower rings in romance and love. Included in general admission.

BOK AFTER DARK: *FALL IN LOVE*: Feb 14. Ring in an evening of romance as Geert D'hollander plays the world's most favorite love songs selected by our Facebook fans. Come early for dinner at the Blue Palmetto Café and enjoy live music on the terrace from 5-7pm. Evening Carillon concert is at 7:30 p.m. Included in general admission.

VALENTINE'S DAY DINNER AT PINWOOD ESTATE: Feb. 14. Celebrate this day of love with a romantic dinner in the historic estate. Two seatings available from 5pm to 7pm and 8pm to 10pm. \$300 per couple.

FLORIDIAN CUISINE: QUICK & HEALTHY ME: Feb. 15. Join award-winning cookbook author and celebrity chef Warren Caterson in the Outdoor Kitchen for an intimate hands-on cooking class. Learn how to create delicious meals using a variety of seafood, poultry, and meat with

locally grown fruits and vegetables. \$45, reservations required.

NATURE AWARENESS: Feb. 17. Learn the techniques and skills required to redefine your connection with nature. \$25, reservations required.

AN EVENING WITH MURIEL ANDERSON: Feb. 17. Experience a one of a kind musical and audio-visual performance by acclaimed musician Muriel Anderson. \$25, reservations required.

NATURAL BASKET MAKING: Feb. 18. A hands-on workshop and create useful, durable baskets from natural materials. \$25, reservations required.

PRESIDENT'S DAY CARILLON CONCERT: Feb. 19. Commemorate the day with special concerts featuring patriotic musical selections. Included in general admission.

YOGA AT THE GARDENS: Feb. 20 & 27. 60-minute yoga classes with Instructor Tracy Wynter. \$10 per class

FOODSCAPE REVOLUTION - YARD TO TABLE COOKING: Feb. 24. Brie Arthur shares her favorite recipes and time saving tips for preparing fresh produce grown in the foodscape. \$15, reservations required.

MUSIC AT PINWOOD: DR. DEREK MENCHAN: Feb. 25. A classical chamber concert series. \$25, reservations required.

LUNCH & LEARN: MIND DIET: Feb. 28. Learn how to decrease the risk of Alzheimer's disease through nutrition. Included in general admission.

COOKING WITH WINE: REMOVING THE MYSTERY, DISCOVER THE BENEFITS: Mar. 1. Join award-winning cookbook author and celebrity chef Warren Caterson in the Outdoor Kitchen for an intimate hands-on cooking class. Learn the advantages of cooking with wine and spirits while understanding the chemistry behind why wine makes food taste much better. \$45, reservations required.

SPRING GREETINGS: INTRO TO RELIEF PRINTMAKING W/MOLLIE

DOCTROW: Mar. 3. Share the spirit of Spring with handmade cards, tags, bags, and prints by learning drawing and design tips to make relief prints. \$65, reservations required.

PLANT TO PLATE WITH JOSH & EMILY JAMISON: Mar. 8. Learn how to turn your own backyard into a forest garden and how to prepare a vegetarian meal from perennial vegetable crops. \$35, reservations required.

CARILLON CLASSIC 5K RUN/WALK: Mar. 10. The sounds of the carillon will fill the air as runners traverse a challenging course. Call for pricing and reservations

BEE KEEPING BASICS: Mar. 10. An introduction to beekeeping. Learn how to prepare and what to expect with your first hive. \$25, reservations required.

HOLISTIC APPROACH TO STRESS MANAGEMENT: Mar. 10. Learn how to instill calmness including art therapy, music therapy, meditation, yoga, and breath work. \$45, reservations required.

WINE WALK: Mar. 10. Take a walk through the Gardens and sample from 10 carefully curated wines. Ticket includes tasting glass, samples and snacks. \$30 including general admission, \$16 members.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: Mar. 13. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required.

LUNCH & LEARN: NON-TRADITIONAL USES FOR HERBS: Mar. 14. Learn some new and delicious ways to use herbs in your cooking. Included in general admission.

BOK AFTER DARK: AN EPIC FANTASY: Mar. 15. Join Geert D'hollander as he presents an evening concert focused on fan favorites from the big screen like Lord of the Rings, Harry Potter, Star Wars and Star Trek. Come early for dinner at the Blue Palmetto Café and enjoy

live music on the terrace from 4:30 pm-6:30pm. Evening Carillon concert is at 7:00 p.m. Included in general admission.

ST. PATRICK'S DAY CARILLON CONCERT: Mar. 17. Singing Tower Carillon performs favorites from the Emerald Isle. Included in general admission.

FAMILY CAMPING ADVENTURE: Mar. 17-18. A unique opportunity to camp out in the Gardens and explore nature. \$25 per person, tent and reservations required.

MUSIC AT PINWOOD: DR. JONATHAN REED: Mar. 18. A classical chamber concert series. \$25, reservations required.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE: SPRING HAS SPRUNG: Mar. 22. Enjoy a 4-course dinner will focused on in-season produce and refreshing spring drinks. \$45, reservations required.

ALL ABOUT OLIVES: Mar. 24. Learn about Florida and Italian olive oil with explanations on how olive trees grow, pest and how olive oil is produced and evaluated. \$15, reservations required.

TIME FOR A CHANGE MEDITATION RETREAT: Mar. 24. Join Reiki Master and Sound Healer Kristen Tenpenny as she shows how meditation can be fun and easy. \$35, reservations required.

LUNCH & LEARN: LIFESTYLE FOR A HEALTHIER YOU: Mar. 28. Make simple changes to how you fill your plate to improve your health. Included in general admission.

BOK AFTER DARK: ROCK THE BOK: Mar. 29. Join Geert D'hollander as he presents an evening concert with the world's best classic rock and arena anthems. Come early for dinner at the Blue Palmetto Café and enjoy live music on the terrace from 4:30-6:30 p.m. Evening Carillon concert is at 7:00 p.m. Included in general admission.

DIGITAL CAMERA SCHOOL AND PHOTO SAFARI AT BOK TOWER:

Mar. 31. Half-day digital photography basics. \$100, reservations required.

EASTER SUNRISE SERVICE: Apr. 1. Easter morning worshippers offered complimentary admission to experience the Gardens' own sunrise service. Free admission offered until 8am.

FERMENTATION FESTIVAL: Apr. 7. Learn more about the culinary wonders of fermented foods. Several sessions available, call for pricing and reservations.

MEDITATION WITH TIBETAN & CRYSTAL SINGING BOWLS: April 10. Sound healing with Reiki Master Kristen Tenpenny that leads to an in-depth journey of relaxation and expansion. \$15, reservations required.

LUNCH & LEARN: LANDSCAPE DESIGN WITH RAIN GARDENS:

Apr. 11. Reduce storm water runoff and learn how to incorporate rain gardens into an existing landscape. Included in general admission.

PRUNING AND PROPAGATION: Apr. 14. Learn the when, whys, and “wheres” of pruning at this informative hands-on pruning workshop. \$45, reservations required.

XINA SCUDERI: THE SMALLEST DETAILS: Apr. 27 - Jul. 19. An exhibit of Xina Scuderi photographs featuring intense details of wildlife and nature. Included in general admission.

BONSAI BASICS: Apr. 28. Learn Japanese techniques to create miniature ‘trees’ and take home a bonsai after the workshop. \$40, reservations required.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE: SUMMER

SALADS: May 3. Enjoy dinner featuring a variety of summer-themed salads, a decadent dessert, and cool summer drinks. \$45, reservations required.

CINCO DE MAYO: May 5. Learn how to set up an impressive taco bar along with cooking techniques, homemade salsas and handmade tortillas. \$35, reservations required.

MEET THE ARTIST: XINA SCUDERI: May 5. Reception and meet & greet. Included in general admission.

NATIONAL PUBLIC GARDENS DAY: May 11. A national celebration, enjoy free admission to the gardens with vouchers from publicgardensday.org.

MOTHER'S DAY CONCERTS: May 13. Free admission offered to all mothers along with special music from the Singing Tower.

ENERGIZE YOUR LIFE WITH KUNDALINI YOGA: May 19. Revitalize through the practice of Kundalini yoga and learn about the chakra system. \$55, reservations required.

ARMED FORCES DAY CONCERTS: May 19. A musical salute of gratitude. Free admission offered to all military veterans including active duty with valid ID.

MEMORIAL DAY CONCERTS: May 28. A musical salute of gratitude. Free admission offered to all military veterans including active duty with valid ID.

Peak Bloom Festival is sponsored by Visit Central Florida. 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.



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