



BOK TOWER GARDENS

NATIONAL HISTORIC LANDMARK

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Events In Full Bloom at Bok Tower Gardens

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 now through May.

Events and programs require advance tickets or reservations. For more information, reservations and to purchase tickets, visit www.boktowergardens.com/calendar.

DIGITAL CAMERA SCHOOL & PHOTO SAFARI WITH ROBBIN JOACHIM: Sept. 29. 8am-12pm. Learn more about digital photography by demystifying your camera, essential techniques and the fundamentals of composition. \$90 members/\$100 non-members.

BOK TOWER GARDENS MEMBERSHIP MONTH: Oct. 1-31. Celebrate the impact members have on the Gardens. Members can pick up a complimentary plant punch card that offers a free plant after the purchase of 10 plants at The Shop at Bok.

YOGA DANCE: Oct. 2. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

FIRE: FRIEND OR FOE: Oct. 3. 12pm-1pm. Join Dr. Eric Menges, a scientist studying the interactions between plants and fire for 30 years in Florida. He will present research findings, burn management conundrums, conservation challenges, and observations on the nature of fire in a presentation combining slides and film. Included with general admission or membership.

EDIBLE PLANT WALK “BACKYARD WEED WALK”: October 5. 5:30pm-6:30 pm. Join us for a short hike as we explore common backyard weeds that are edible. Included with general admission or membership.

BOK AFTER DARK “A BRITISH INVASION”: Oct. 5. 5pm-8pm. Experience live music on the Terrace with Rich Mistretta from 5pm to 7pm followed by a 7:30pm carillon concert with Geert D’hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

TAI CHI IN THE GARDENS: Oct. 6. 8:30am-9:30am. \$10 members/\$17 non-members. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax.

ENERGY VITAMINS: Oct. 6. 9am-12pm. Learn new ways to refuel the body, mind and spirit. The morning will kick off with drumming led by Jessica Fredricks of Rhythm Trek followed by Kundalini yoga and Energy work with Ali Smith and Kelly Andrews. \$65 members/\$75 non-members.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH TONI BROWN BAND: Oct. 7. 12pm -2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

CHILDREN’S ART WORKSHOP: Oct. 7. 1:30pm-3pm. Drawing inspiration from within and the

beauty around them, graphic and doodle artist instructor will encourage each child to make their own decisions about how they will formulate and execute their art. \$25 members/\$32 non-members.

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

LANDSCAPE DESIGN BASICS: Oct. 10. 12pm-1pm. Learn how to examine Florida landscapes, select plants and make design changes for a more "Florida-Friendly" landscape. Included with general admission or membership.

COOKING WITH BEER: Oct. 12. 6pm-8pm. Learn how to make delicious beer-inspired recipes including appetizers, entrees and more with Chef Matthew Fulwood of Blue Palmetto Café. Class will include hearty samples and craft beer. \$45 members/\$52 non-members. Part of the Florida Food Series presented by Visit Central Florida.

TAI CHI IN THE GARDENS: Oct. 13. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

HYPERTUFA CONTAINERS: Oct. 13. 10am-12pm. learn how to make and then take home an attractive hypertufa container using a mix of cement, peat moss and vermiculite. \$25 members/\$35 non-members.

BASICS OF FERMENTATION: Oct. 13. 1pm-3pm. Enjoy a discussion workshop focusing on the basics of fermentation. Topics include Kombucha, Sauerkraut, Sourdough and more. Samples included. \$25 members/\$32 non-members.

CONSCIOUS COMMUNICATION: Oct. 13. 1pm-4pm. This course provides the necessary tools to experience a more authentic and powerful projection of yourself. Designed to encompass a variety of situations, discover an inner intuitive capacity for wise and compassionate responses. \$35 members/\$42 non-members.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH THE HUMMINGBIRDS: Oct. 14. 12pm -2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

KUNDALINI YOGA & GONG: Oct. 14. 2pm-4pm. Join experts Ali Smith and Michael Locke for 2 hours of exploring the practice of Kundalini yoga and sound medicine. The practice of Kundalini yoga can help balance the glandular system and strengthen the nervous system to harness the energy of mind and emotion. \$45 members/\$52 non-members.

INTRODUCTION TO HOME WINE MAKING FOR BEGINNERS: Oct. 16. 12pm-1pm. Discover the

joy of home winemaking by learning about the general process from start to finish and understanding wine making equipment, ingredients, terminology, fruits and recipes. Included with general admission or membership.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Oct. 16. 5:30pm-6:30pm.

Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

INTRODUCTION TO HERBALISM: October 17. 1pm – 2pm. Humans have used plants as medicine since pre-historic times and modern herbalism is a blend of old wisdom and science. Learn five plants commonly used in modern herbalism, sample good for you herbs and learn their uses. Included with general admission or membership.

TAI CHI IN THE GARDENS: Oct. 20. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

ROOTSTOCK PLANT & GARDEN FESTIVAL: Oct. 20. 8am-5pm. Shop the area's largest plant sale featuring live entertainment, activities, food vendors, craft beer & wine garden and more. Free admission, \$10 parking.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH HARRIS-BARRONE JAZZ TRIO:

Oct. 21. 12pm -2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

THE FLORIDA PANTHER: October 24. 12pm-1pm. With approximately 200 panthers in Florida, the population is on the rise. Nonetheless, there are still fewer panthers than Siberian tigers or snow leopards, and they are facing many challenges in the coming years. Come learn about the past, present and future of the panther recovery effort with Wildlife Biologist Jen Korn. Included with general admission or membership.

GRAPE BEGINNINGS: Oct. 25. 5pm-6:30pm. From grape to bottle, learn the art and science of winemaking including wine making equipment and kits, grape concentrates, locally grown fruit and common wine making terminology. Tastings of homemade wine and snacks are included. \$15 members/\$25 non-members. Part of the Florida Food Series presented by Visit Central Florida.

BOK AFTER DARK "AN EPIC FANTASY": Oct. 26. 5pm-8pm. Experience live music on the Terrace with CLASSERN from 5pm to 7pm, Live Trivia from 5pm-7pm with Triviosity, followed by a 7:30pm carillon concert with Geert D'hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

TAI CHI IN THE GARDENS: Oct. 27. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

MOSAIC FLOWERPOT WORKSHOP: Oct. 27. 1pm-3pm. Learn how to take an ordinary pot and give it an eye-catching new look. Participants will take home their own unique flowerpot. All supplies included. \$30 members/\$40 non-members.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF BACON”: Oct. 27. 6pm-8pm. Kick off the Farm to Table season with a dinner dedicated to five courses of BACON inspired glory. Enjoy appetizers, salads, pastas, and even dessert highlighting the versatility of bacon. Craft beer and wine included. \$50 members/\$60 non-members. Part of the Florida Food Series presented by Visit Central Florida.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH GEORGE GROSMAN & SWING BOUTIQUE: Oct. 28. 12pm -2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

HEALTH BENEFITS OF HERBS AND SPICES: Oct. 31. 12:00 – 1:00pm. Learn how adding herbs and spices to your foods can help improve your health! Discover specific herb and spice benefits, and learn tips on how you can add them to everyday meals. Free with admission.

TAI CHI IN THE GARDENS: Nov. 3. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

KIDS CAN COOK: November 3. 10:30am-11:30am. Kids ages 6-10 will learn some real life kitchen skills while they learn to make kid friendly recipes. One free adult with each paying child. \$12 member child/\$20 non-member child. \$12 member adult/\$15 non-member adult.

FALL INTO THE GARDENS WINE WALK: Nov. 3. 2pm-5pm. Sip and stroll through the Gardens while enjoying 10 carefully curated wines from around the world and light nibbles at each stop. Enjoy a special after party from 5pm-7pm with live music, dinner specials and shopping. \$25 members/\$35 non-members.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH ACOUSTICDOSE: Nov. 4. 12pm - 2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

YOGA DANCE: Nov. 6. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, and meditation in motion, breath and the

energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

HOW PLANTS COMMUNICATE: Nov. 7. 12pm-1pm. Plant communication is sublime yet effective. Some of the latest research is revealing this sophisticated process. Join Chief Horticulturist Dr. Greg Kramer as he discusses how our knowledge of what constitutes intelligence continues to expand. Included with general admission or membership.

DECORATING FOR THE HOLIDAYS USING NATURE: November 8. 1 pm-3pm. See leaves and plants in a completely new way as you create a custom holiday swag or door spray. Workshop includes instruction and all basic materials to create your own decor. \$65 members/\$75 non-members.

BOK AFTER DARK “ROCK THE BOK”: Nov. 9. 5pm-8pm. Experience live music on the Terrace with Mickey and the Moonchild from 5pm to 7pm, followed by a 7:30pm carillon concert with Geert D’hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

EDIBLE PLANT WALK “FLORIDA NATIVE PLANTS”: November 9. 5:30pm- 6:30pm. Hike the pine ridge preserve trail as we discover Florida native plants and learn the many ways that they are edible or useful to humans. Included with general admission or membership.

TAI CHI IN THE GARDENS: Nov. 10. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

SUCCULENT ARRANGEMENTS: Nov. 10. 10am-12pm. Create your own succulent planter. Learn how to craft and care for your succulent container garden. All supplies included. \$30 members/\$40 non-members.

CORK VS CRAFT DINNER: Nov. 10. 6pm-8pm. Enjoy a dinner of four courses each paired with a beer and a wine designed to explore the advantages of each pairing and reveal why these combinations are popular. \$55 members/\$65 non-members. Part of the Florida Food Series presented by Visit Central Florida.

CHILDREN’S MEDITATION & YOGA RETREAT: Nov. 11. 10:30am-12pm. Join Sound Healer Kristen Tenpenny as she shows kids (ages 8-12) how meditation can be fun and easy! Little ones will learn tastes, sounds, smells, yoga stretching postures, breathing exercises, guided visualization, and experience a sound healing grand finale. \$20 members/\$27 non-members.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH POLKWEED MUZIQUE: Nov. 11. 12pm -2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

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. Included with general admission or membership

HEART/BRAIN HARMONY: Nov. 11. 1pm-4pm. Learn more from Neuroscience and Heart Intelligence research of how communication can be harmonious between the brain and the heart. \$65 members/\$75 non-members.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Nov. 13. 5:30pm-6:30pm. Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

GO LOCAL: GROWING AND COOKING THE FLORIDA WAY: Nov. 14. 11am-12:30pm. Join the experts from UF IFAS to learn how to grow seasonal Florida produce and then enjoy a cooking demonstration and light and delicious lunch highlighting those seasonal foods. \$15 members/\$20 non-members.

TAI CHI IN THE GARDENS: Nov. 17. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

SAUERKRAUT & KIMCHI WORKSHOP: Nov 17. 1pm-3pm. Explore the various makings of traditional and non-traditional sauerkrauts and kimchi in this hands-on workshop that also features a make and take recipe. All ingredients included. Students may bring their own knives. \$30 members/\$37 non-members. Part of the Florida Food Series presented by Visit Central Florida.

FAIRIES, TEA AND TALES AT THE TOWER: Nov. 17. 11am-12pm & 1pm-2pm. Join the Hammock Hollow Fairies for an enchanted tea party and a special interactive story time. Fantasy attire encouraged. \$15 member child/\$20 non-member child. Price includes admission for one child ages 4-12 and an adult companion. Additional adults pay general admission.

FALL INTO THE GARDENS MUSIC ON THE TERRACE WITH LAURIE & RUSTY WRIGHT: Nov. 18. 12pm -2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

THANKSGIVING DAY CARILLON CONCERT: Nov 22. 1pm & 3pm. Experience Edward Bok's gift with concerts featuring thankful hymns and tunes. Included with general admission or membership.

CHRISTMAS AT BOK TOWER GARDENS: Nov. 23-Jan. 6. Come "Home for the Holidays" and experience Pinewood Estate completely transformed into a holiday showplace and reflecting the grandeur of the 1940s. Enjoy festive carillon concerts at 1pm & 3pm, seasonal holiday foliage and a full schedule of events and holiday programming. Combo admission to the Gardens and Pinewood Estate Holiday Home Tour \$25 adult, \$12 (child ages 5-12).

CHRISTMAS AT BOK TOWER GARDENS WALKING TOURS: Nov. 23-Jan. 6. Mon-Sat: 12pm & 2pm, Sun: 2pm. Walking tours of the Gardens start at the Visitor Center. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH DANE MYERS: Nov. 24. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

LEFTOVER MAKEOVER: Nov. 24. 1pm-3pm. Learn how to utilize holiday leftovers and stop throwing out miscellaneous ingredients lingering in your fridge with Chef Matthew Fulwood from Blue Palmetto Café. Craft beer, wine and refreshments included. \$35 members/\$42 non-members. Part of the Florida Food Series presented by Visit Central Florida.

HOLIDAYS AT HAMMOCK HOLLOW “DISCOVER FLORIDA CRANBERRY”: Nov. 24. 10am-12pm. Families will learn more about the Roselle plant also known as Florida Cranberry with a Roselle tea tasting and tie-dye art activity at Doodlebug Art Place. Included with general admission or membership.

BEYOND THE PLASTIC BAG: REDUCING SINGLE USE PLASTIC IN EVERYDAY LIFE: Nov. 28, 12pm-1pm, Included with general admission or membership. Hosted by professionals from UF IFAS, learn more about Microplastics, the tiny plastic particles that never biodegrade. Discover how our use of plastics are affecting marine life and ways you can reduce your impact on this problem. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH EMANON JAZZ: Nov. 28. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF CHAMPIONSHIPS”: Nov. 29. 6pm-8pm. Enjoy a four-course menu inspired by Chef Amy’s various championship appearances and wins, including dessert from her 2013 National Pie Championship win. Craft beer and wine included. \$45 members/\$55 non-members. Part of the Florida Food Series presented by Visit Central Florida.

KID’S NIGHT OUT: November 29. 6pm-8pm. A special opportunity for Farm to Table attendees. Kids have a fun filled nighttime adventure with Bok Tower Gardens Educators as their grownups relax and enjoy their own night out at the Farm to Table event. Kids 6-12 years old. \$10 per child.

TAI CHI IN THE GARDENS: Dec. 1. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

HOLIDAYS AT HAMMOCK HOLLOW “HOLIDAY BIRDING TRADITIONS”: Dec. 1. 10am-12pm. Birds are a part of many international holiday traditions; discover how to include feathered friends in your celebrations. Make a suet & seed bird feeder ornament at Doodlebug Art Place. Included with general admission or membership.

SUCCULENT HOLIDAY WREATH WORKSHOP: Dec. 1. 10am-12pm and 1:30pm-3:30pm. Create your own succulent wreath for the holidays. All supplies included. \$50 members/\$57 non-members.

SUNSET & SYMPHONY HOLIDAY MUSIC CONCERTS: Dec. 1. Enjoy a full day of music and holiday festivities culminating in the evening finale performance by the Orlando Philharmonic Orchestra and the Singing Tower Carillon at 6pm. 10am-12pm Polkweed Muzique performs at the Terrace, 11am carillon concert, 12pm-2pm AcousticDose performs at Pinewood Estate Frog Fountain Courtyard, 1pm & 3pm carillon concert, 4pm-5:45pm Greye and 6pm Orlando Philharmonic Orchestra. Advance tickets: \$20 members/\$30 non-members, \$10 child. Day of Price: \$35 adult, \$10 child. Please note: Gardens admission for the day includes concert ticket. Admission to Pinewood Estate not included.

RESTORATIVE YOGA: Dec. 2. 9am-11am. Restorative Yoga provides students the opportunity to "fully rest" while opening the body through a variety of supported poses, meditation and breath work that encourage deep relaxation. \$30 members/\$37 non-members.

COUCH TO 5K TRAINING: December 3 – February 23. Monday, Wednesday and Saturday at 8am. Running training designed to motivate someone "out of shape" to prepare for a 5K race. By last meeting, you will be ready to run at the Carillon Classic 5K on February 23, 2019. Training sessions free with general admission or membership; separate charge applies for Carillon Classic 5K.

YOGA DANCE: Dec. 4. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, and meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

GOPHER TORTOISES AND PLANT CONSERVATION: Dec. 5. 12pm-1pm. Learn more about a current project by the Rare Plant Conservation Program at Bok Tower Gardens investigating whether the digestion of gopher tortoises affects seed germination of the endangered plant *Ziziphus celata*. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOON WITH RON BETTS: Dec. 5. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

THE SHOP AT BOK HOLIDAY OPEN HOUSE: Dec. 6. 4pm-7pm. Enjoy holiday shopping, refreshments complimentary gift wrap and a special trunk show. The Blue Palmetto Café will be open with a dinner special for purchase and holiday sampling. Free admission after 4pm.

TAI CHI IN THE GARDENS: Dec. 8. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

HOLIDAYS AT HAMMOCK HOLLOW “HOLIDAY BIRDING TRADITIONS”: Dec. 8. 10am-12pm. Birds are a part of many international holiday traditions; discover how to include feathered friends in your celebrations. Make a suet & seed bird feeder ornament at Doodlebug Art Place. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH GERRI BLOUNT: Dec. 8. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

TIME FOR A CHANGE MEDITATION RETREAT: Dec. 8. 9am-1pm. Join Reiki Master and Sound Healer Kristen Tenpenny for a retreat dedicated to better understanding of energy medicine postures, breathing exercises, guided visualization meditation, walking meditation and sound healing. \$40 members/\$47 non-members.

3 AUTHORS AND A HOLIDAY BRUNCH WITH A FLORIDA VIBE: Dec. 8. 12pm-2pm. Join cookbook authors Pam Brandon, Katie Farmand and Heather McPherson for a delectable holiday brunch celebrating local, seasonal products, stories and recipes for super-easy holiday entertaining. Each guest will enjoy four delicious courses, craft beer and wine and receive their choice of a signed copy of one of the presenters' cookbooks. \$55 members/\$65 non-members. Part of the Florida Food Series presented by Visit Central Florida.

HOLIDAYS AT HAMMOCK HOLLOW “MEET MRS. CLAUS”: Dec. 9. 1pm-3pm. Meet Mrs. Claus for pictures and enjoy story time on the Sabal Stage. Included with general admission or membership.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Dec. 11. 5:30pm-6:30pm. Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

CARING FOR FRUIT TREES IN THE HOME LANDSCAPE: Dec. 12. 12pm-1pm. Learn how to select the right fruit tree for your yard along with tips for long-term care and maintenance from UF IFAS experts. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH OMARI DILLARD: Dec. 12. 12:30pm-2:30pm. Live music performed at the Pinewood Estate Historic Frog Fountain Courtyard. Included with general admission or membership.

TAI CHI IN THE GARDENS: Dec. 15. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

HOLIDAYS AT HAMMOCK HOLLOW “HOLLY-DAY PLANTS”: Dec. 15. 10am-12pm. Families will learn about plants used around the world to make the holidays more festive. Learn how to draw a poinsettia at Doodlebug Art Place. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH LEE HUNTER AND JOEY KERR:

Dec. 15. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

JAPANESE FLORAL ARRANGEMENTS: Dec. 15. 1pm-3pm. With expert instruction from Bloom Box Floral Owner Laurel LeMaistre, AIFD, learn how to create your own stunning floral arrangement and take it home. \$40 members/\$47 non-members.

CONSCIOUS COMMUNICATION: Dec. 16. 1pm-4pm. Explore a course that provides the tools and experiences to create a more authentic and powerful projection of yourself. Participants will learn more about their inner intuitive capacity and improve communication skills. \$35 members/\$42 non-members.

CARILLON & CHORALE HOLIDAY CONCERT: Dec. 16. 4pm. Enjoy a holiday concert that combines the talents of chorale members from Harrison School for the Arts with the Singing Tower. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH BEN TORRES AND MARILYN

FRIEDLAND: Dec. 19. 12pm-2pm. Live music performed at the Pinewood Estate Historic Frog Fountain Courtyard. Included with general admission or membership.

FOOD AS MEDICINE: December 19. 1pm-2pm. Many common herbs and spices in your own pantry have added health benefits. Learn how to add herbs for health in your daily cooking. Make and take an herbal infused super food salad dressing. \$10 members/\$15 non-members.

FERMENTED BEVERAGES: Dec 22. 1pm-3pm. This fun hands-on demonstration workshop focuses on the general exploration of various fermented beverages including Kombucha and Water Kefir. Sample several fun drinks throughout the class and attendees can take home a ginger drink. \$30 members/\$37 non-members. Part of the Florida Food Series presented by Visit Central Florida.

HOLIDAYS AT HAMMOCK HOLLOW “HOLLY-DAY PLANTS”: Dec. 22. 10am-12pm. Families will learn about plants used around the world to make the holidays more festive. Learn how to draw a poinsettia at Doodlebug Art Place. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH MARCUS BRIXA: Dec. 22. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

HOLIDAYS AT HAMMOCK HOLLOW “MEET MRS. CLAUS”: Dec. 23. 1pm-3pm. Meet Mrs. Claus for pictures and enjoy story time on the Sabal Stage Included with general admission or membership.

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

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH DEAN JOHANESEN: Dec. 26. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

TAI CHI IN THE GARDENS: Dec. 29. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

KIDS PIZZA MAKING: December 29. 10am-11am. Kids will learn how to make sauce and roll out the dough, top and bake the pizzas in the wood-fired pizza oven. For children ages 8-14 with enough pizza for one adult included. \$25 member child/\$35 non-member child. Additional adults \$30 member/\$40 non-member.

HOLIDAYS AT HAMMOCK HOLLOW “NEW YEAR TRADITIONS FROM THE NETHERLANDS”: Dec. 29. 10am-12pm. Take the “Plunge” with a wintery run through the River Walk and discover Dutch traditions with cookies and crafts at Doodle Bug Art Place. Included with general admission or membership.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH BRYAN RIVERS: Dec. 29. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

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

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH RON BETTS: Jan. 2. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

GOLDEN MILK: Jan. 2. 1pm-2pm. Golden Milk is quickly becoming a popular drink for healthy habits and to fight harmful inflammation. Learn how to make this simple but elegant drink and treat yourself to health. \$5 members/\$14 non-members.

FERMENTING DAIRY: Jan 5. 10am-12pm. Explore various dairy fermented foods and beverages from Yogurt to Cultured Kefir Cheeses. Learn how to make your own cultured butter. Samples included. \$30 members/\$37 non-members. Part of the Florida Food Series presented by Visit Central Florida.

HOME FOR THE HOLIDAYS MUSICAL AFTERNOONS WITH THE SOFA KINGS: Jan. 5. 12:30pm-2:30pm. Live music performed at the Pinewood Estate historic Frog Fountain Courtyard. Included with general admission or membership.

BRUNCH IN THE GARDENS: Jan. 6. 11am-1pm. Sit back and enjoy the delicious Blue Palmetto Café cuisine while surrounded in the beauty of Central Florida’s most picturesque brunch destination. Brunch includes unlimited scrambled eggs, bacon, biscuits & gravy, waffles eggs

benedict, fresh fruit and bottomless mimosas (available at 12pm) served in Outdoor Kitchen. \$40 members/\$47 non-members (kids 5 and under free/\$15 kids ages 6-12).

WINTER WALKING TOURS: Jan. 7- 31. Mon-Sat: 12pm & 2pm, Sun: 2pm. Walking tours of the Gardens start at the Visitor Center. Included with general admission or membership.

TAI CHI IN THE GARDENS: Jan. 5. 8:30am-9:30am Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

YOGA DANCE: Jan. 8. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

EDWARD BOK MEMORIAL CARILLON CONCERT: Jan. 9. 1pm & 3pm. Commemorate the life of Edward W. Bok. Included with general admission or membership.

VEGGIE FEST: Jan. 11-13. Join Certified Vegan Lifestyle and Educator Coach Naomi Green in the Outdoor Kitchen for a weekend series of vegan cooking workshops. Naomi specializes in helping people adapt for serious health benefits through her popular Facebook support group, cooking workshops, parties and corporate wellness program events since recovering from breast cancer treatment in 2014. She credits yoga and her vegan diet with her health, healing and happiness. Part of the Florida Food Series presented by Visit Central Florida.

TAI CHI IN THE GARDENS: Jan. 12. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

SOUNDS AND YOGA FOR ENERGY BALANCING: Jan. 12. 9am-12pm. Join Reiki Master and Sound Healer Kristen Tenpenny on an exploration of the layers of energy inside you. Learn to measure your energy and its direction with a pendulum, how to remove blockages and get your energy flowing. \$35 members/\$42 non-members.

VEGGIE FEST “ROLL YOUR OWN VEGAN SUSHI”. Jan. 11. 6pm-8pm. Learn the art of rolling your own delicious and vegan sushi with Chef Naomi Green. Class includes hands-on instruction, sampling and discussion on how to incorporate more veggies into your favorite sushi recipes, dips, sauces and condiments. \$40 members/\$47 non-members. Part of the Florida Food Series presented by Visit Central Florida.

VEGGIE FEST “THE PERFECT SNACK: MAKING PLANT-BASED ENERGY BITES”: Jan. 12. 11am-12:30pm. Learn about different whole grains, fruits, nuts and seeds that combine to create these shiny bites of goodness perfect for all ages from 1 to 100, and a delicious whole food sprinkle for sweetening cereal and more! \$10 members/\$17 non-members. Part of the Florida Food Series presented by Visit Central Florida.

VEGGIE FEST “TOTALLY SLURPABLE PAD THAI ZOODLES”: Jan. 12. 2pm-3:30pm. Enjoy using Zoodles? Here's a great way to learn how to create a bowl of them using seasonal vegetables and other whole foods paired with a Ginger Goddess Dressing to make it a meal that supports weight loss and vibrant health. Sample and recipe included. \$10 members/\$17 non-members. Part of the Florida Food Series presented by Visit Central Florida.

BASIC EARTH SKILLS: January 12. 2pm-4pm. Earth skills are relying on nature to provide for survival. Learn skills that kept our ancestors alive before the use of modern technology. \$10 members/\$17 non-members.

VEGGIE FEST “INSTANT POT TRAINING: MAKING RED LENTIL SOUP & MORE”: January 13. 11:30am-1pm. Curious about the Instant Pot? Come see how to use one and watch the magic in action! Join us for lunch in this fun hands-on introduction to whole food plant-based no oil cooking that is delicious and nutritious! \$20 members/\$27 non-members. Part of the Florida Food Series presented by Visit Central Florida.

DR. MARTIN LUTHER KING CARILLON CONCERT: Jan. 15. 1pm & 3pm. Celebrate the life of humanitarian and civil rights leader Martin Luther King Jr. Included with general admission or membership.

VISIONARIES OF THE LAKE WALES RIDGE: Jan. 16. 12pm-1pm. Edward Bok was one of the early visionaries who helped to save an ecosystem. Director of Education, Tricia Martin, will share information about how science, serendipity and persistence came together to protect a very special place. Included with general admission or membership.

TAI CHI IN THE GARDENS: Jan. 19. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

WATERCOLOR PAINTING CLASS WITH CATHY FUTRAL: Jan. 19. 9am-4pm. Explore the beauty of watercolor in morning exercises from flowers, using complementary colors and contrasts in various compositions on quality watercolor paper (palettes of paint and brushes loaned). Using photos in the afternoon, a larger painting with lunchtime demo will be the focus. Master the wet in wet approach, wash and drybrush techniques. Class includes breakfast, lunch, instruction and all materials. \$85 members/\$92 non-members.

DOG DAY: Jan. 20. Enjoy extra special dog inspired events. Regular general admission applied to humans and \$5 per dog. 50% of canine proceeds benefit Humane Society of Polk County.

BRUNCH IN THE GARDENS: Jan. 20. 11am-1pm. Sit back and enjoy the delicious Blue Palmetto Café cuisine while surrounded in the beauty of Central Florida's most picturesque brunch destination. Brunch includes unlimited scrambled eggs, bacon, biscuits & gravy, waffles eggs benedict, fresh fruit and bottomless mimosas (available at 12pm) served in Outdoor Kitchen. \$40 members/\$47 non-members (kids 5 and under free/\$15 kids ages 6-12).

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Jan. 22. 5:30pm-6:30pm.

Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

FOR THE BIRDS: Jan. 23. 12pm-1pm. Avian Ecology Research Program Director, Dr. Reed Bowman, will talk about the history of citizen science projects with respect to birds, how technology is transforming the power of citizen-science data, and the critical questions regarding the conservation of birds that these programs can address. Included with general admission or membership.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF AS SEEN ON TV”: Jan. 24. 6pm-8pm. Enjoy a four-course menu inspired by Chef Amy’s television and media appearances. Start with a specially paired cocktail, followed by dishes created for the Food Network and a dessert from the televised event at the World Food Championships. Craft beer and wine included. \$45 members/\$55 non-members. Part of the Florida Food Series presented by Visit Central Florida.

WHISKEY TASTING AND PAIRING CLASS: Jan. 25. 6pm-7:30pm. Learn the art of distilling, barrel aging and finishing, grains identification and flavor classifications from Master Distiller Rob Robillard. Enjoy samples of the world’s rarest whiskeys and unusual food pairings. \$35 members/\$45 non-members. Part of the Florida Food Series presented by Visit Central Florida.

TAI CHI IN THE GARDENS: Jan. 26. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

WELL BEING MADE EASY: January 26. 10am -12pm. Join Emily Ruff Executive Director of the Florida School of Holistic Living as we discuss tools and techniques to build the honoring of our sacred emotional mental and physical health into our daily routine. This workshop will also highlight local plants that can support this deepening relationship. \$13 members/\$20 non-members.

SECRETS OF A CHEF: Jan. 26. 1pm-3pm. Learn the tips and tricks of a professional chef to improve your status in the kitchen. Class includes knife skills, measuring tips, cooking techniques, recipes and more. \$35 members/\$45 non-members. Part of the Florida Food Series presented by Visit Central Florida.

ARTISTRY OF THE TOWER & GARDENS: Jan. 30. 12pm-1pm. Included with general admission or membership. Carillonneur Geert D’hollander and Collections Manager Jaime Fogel will share an in depth history of the carillon include rare artifacts from the library’s extensive collection. Included with general admission or membership.

90TH ANNIVERSARY FOUNDER'S DAY WEEKEND CELEBRATION: Feb. 1-3, 10am-3pm. Celebrate Bok Tower Gardens 90th Anniversary, as the historic iron Yellin gates are open for

visitors to cross the moat and enjoy guided tours of the exterior of the Tower. Included with general admission or membership.

SPRING BLOOM FESTIVAL WALKING TOURS: Feb. 1 – April 14. Mon-Sat: 12pm & 2pm, Sun: 2pm. Walking tours of the Gardens start at the Visitor Center. Included with general admission or membership.

TAI CHI IN THE GARDENS: Feb. 2. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

THE RESILIENCE ADVANTAGE: Feb. 2. 9am-11am. Join Kelly Andrews as she presents The HeartMath® approach to personal resilience, a life changing coaching process that will help you identify the things in life that drain you as well as fill you. Learn breathing techniques and self-regulation skills that will build your intuitive skills by connecting more fully through your heart. \$45 members/\$52 non-members.

HARMONY DARK SKY STAR PARTY: Feb. 2. 4pm-10pm. Learn about the night sky with astronomers, meet animals who survive in the dark, and enjoy a special astronomy inspired carillon concert. Speakers include famed NASA astronaut Dr. Story Musgrave. Included with general admission or membership.

YOGA DANCE: Feb. 5. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, and meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

BEYOND QUINOA: Feb. 6. 11am-1pm. Explore the rich flavors, textures, and benefits of the other delicious whole grain options such as millet, amaranth, farro, teff, and buckwheat. Enjoy learning about the grains with a food demonstration and tasting. \$15 members/\$22 non-members.

TAI CHI IN THE GARDENS: Feb. 9, 8:30am-9:30am, \$10 members/\$17 non-members. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax.

NATURALIST TRAINING: February 9. 9:30am-11:30am. Develop a deeper understanding of the natural world around us. Learn skills to increase your awareness and see more nature. Nature education is an art and a science that helps to open the window into the natural world. \$5 members/\$14 non-members.

HEALTHY SKIN CARE PRODUCTS: February 9. 2pm-4pm. Join herbalist Debbie Krause and learn to make herbal infused salves. Know all the ingredients that go on your skin as you make a multipurpose skin care salve to take home. \$25 members/\$32 non-members

SPRING BLOOM FESTIVAL MUSIC ON THE TERRACE WITH BRIAN SUTHERLAND: Feb. 10. 12pm-2pm Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

YOUR CENTRAL FLORIDA LAWN: Feb. 13. 12pm-1pm. Does your lawn have you stressed out? Join the experts from UF IFAS to learn how to select the right turf grass for your home. Discover helpful tips about turf problems, along with how to maintain your lawn. Included with general admission or membership.

FOR THE LOVE OF CHOCOLATE: Feb. 14. 1pm-2pm & 5:30pm-6:30pm. Rekindle your passion for chocolate while sampling and learning how to make a simple dark chocolate syrup and add various flavors like brandy and herbs. \$10 members/\$17 non-members.

VALENTINE'S DAY AT PINWOOD ESTATE: Feb. 14. 6pm-8pm. Celebrate this day of love with a romantic dinner in the historic estate. The evening includes unlimited wine and craft beer, a gourmet dinner, live music and a finale carillon concert complete with champagne and chocolates. \$300 per couple.

BOK AFTER DARK "VALENTINE'S DAY": Feb. 14. 5pm-8:30pm. Spend the most romantic evening of the year in the Gardens and experience live music with The New Orleans Nighthawks Jazz Band on the Terrace from 5:30pm to 7:30pm, followed by an 8pm carillon concert with Geert D'hollander. Enjoy dinner and shopping specials. Included with general admission or membership.

TAI CHI IN THE GARDENS: Feb. 16. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

TIME FOR A CHANGE MEDITATION RETREAT: Feb. 16. 9am-1pm. Join Reiki Master and Sound Healer Kristen Tenpenny for a retreat dedicated to better understanding of energy medicine postures, breathing exercises, guided visualization meditation, walking meditation and sound healing. \$40 members/\$47 non-members.

CHILDREN'S MEDITATION & YOGA RETREAT: Feb. 17. 10:30am-12pm. Join Sound Healer Kristen Tenpenny as she shows kids (ages 8-12) how meditation can be fun and easy! Little ones will learn tastes, sounds, smells, yoga stretching postures, breathing exercises, guided visualization, and experience a sound healing grand finale. \$20 members/\$27 non-members.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Feb. 19. 5:30pm-6:30pm. Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

PRESIDENT'S DAY CARILLON CONCERT: Feb. 19. 1pm & 3pm. Commemorate the day with special concerts featuring patriotic musical selections. Included with general admission or membership.

TEA TIME AT BOK TOWER GARDENS "TEAS OF BOK TOWER GARDENS": February 20. 1pm- 2pm. Step outside and look for delicious teas right in your back yard. Learn and try teas that grow here at Bok Tower Gardens and learn how to enjoy tea from your backyard. \$5 members/\$15 non-members.

90TH ANNIVERSARY CARILLON CLASSIC 5K RUN/WALK: Feb. 23.7:30am. Enjoy a run or walk through one of Central Florida's most beautiful courses as the Carillon rings out in celebration. \$25 per person. Registration begins in December.

TAI CHI IN THE GARDENS: Feb. 23. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

ACRYLIC PAINTING CLASS WITH CATHY FUTRAL: Feb. 23. 9am-4pm. Learn canvas stretching and staining, palette prep, and composition along with acrylic techniques and their various mediums such as mattes and varnishes. Price includes breakfast, lunch, instruction and all materials included. \$85 members/\$95 non-members.

SPRING BLOOM FESTIVAL MUSIC ON THE TERRACE WITH MARCUS BRIXA AND JOSH DAMPIER: Feb. 24. 12pm-2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

SINGING BRONZE Visitor Center Exhibit: Learn more about the very involved and highly technical progress of casting bells. Exhibit is in conjunction with the International Carillon Festival held later in March. Sponsored in part by the Ronald Barnes Memorial Fund and The Guild of Carillonners in North America. Included with general admission or membership.

TAI CHI IN THE GARDENS: Mar. 2. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

NATURAL BASKET MAKING: March 2. 9am-12pm. A hands-on workshop to create useful, durable baskets from local natural materials. \$40 members/\$47 non-members.

FERMENTING CONDIMENTS AND PICKLES: Mar 2. 1pm-3pm. Explore various fermented condiments and traditional brined pickles in this hands-on workshop that will also cover topics from hot sauces to mustards. Each attendee will make and take home a jar of pickles to enjoy. \$30 members/\$37 non-members. Part of the Florida Food Series presented by Visit Central Florida.

SPRING BLOOM FESTIVAL MUSIC ON THE TERRACE WITH VINTAGE ROAD: Mar. 3. 12pm-2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

YOGA DANCE: Mar. 5. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, and meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

GARDENING IN THE SHADE: Mar. 6. 12pm-1pm. Explore the right plant, right place principle and learn about shade loving plants and other tips for gardening in the shade with professionals from UF IFAS. Included with general admission or membership.

BOK AFTER DARK “80s NIGHT”: Mar. 8. 5pm-8pm. Experience live music on the Terrace with Dane Myers from 5pm to 7pm followed by a 7:30pm carillon concert with Geert D’hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

TAI CHI IN THE GARDENS: Mar. 9. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

TAI CHI IN THE GARDENS: Mar. 16. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

SPRING BLOOM FESTIVAL “ST. PATRICK’S DAY WEEKEND CELTIC CELEBRATION” WITH DELANEY DEW: March 16. 12pm-2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

SPRING BLOOM FESTIVAL MUSIC ON THE TERRACE “ST. PATRICK’S DAY WEEKEND CELTIC CELEBRATION” WITH MRS. MURPHY’S CHOWDER: Mar. 17. 12pm-2pm. Enjoy live music on the Blue Palmetto Café Terrace with dining specials. Included with general admission or membership.

ST. PATRICK'S DAY CARILLON CONCERT: Mar. 17. 1pm & 3pm. Singing Tower Carillon performs favorites from the Emerald Isle. Included with general admission or membership.

FAMILY CAMPING ADVENTURE: Mar. 16-17. Set-up begins 3pm and tear-down by 12pm on Sunday. A unique opportunity to camp out in the Gardens and explore nature. Activities include guided walks, campfire, star-gazing, lawn games, and more. Bring your own tent and sleeping bags. \$30 members/\$40 non-members.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Mar. 19. 5:30pm-6:30pm.

Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members

EDIBLE PLANTS “EAT THE INVASIVE WEEDS”: March 20. 5:30pm- 6:30pm. Save Florida’s unique ecosystems by preserving native Florida plants. Get rid of those pesky delicious invasive plants by eating them! Join us for this lecture and learn how to cook and eat these plant invaders. Included with general admission or membership.

90TH ANNIVERSARY INTERNATIONAL CARILLON FESTIVAL: Mar. 20-24. Enjoy four of the world’s top carillonneurs as they present a festival of carillon artistry. Live concerts each day with special events occurring throughout the festival. Included with general admission or membership.

TEA TIME AT BOK TOWER GARDENS “TEA FOR STRESS RELIEF”: March 20. 1pm -2pm. A really nice cup of tea can make all your troubles seem far away. Relax and enjoy a cup of tea as you learn the many different teas to distress your day. \$5 members/\$15 non-members.

BOK AFTER DARK “INTERNATIONAL CARILLON FESTIVAL KICK-OFF”: Mar. 20 and Mar. 23. 5pm-8pm. Experience live music on the Terrace from 5pm to 7pm with The Sofa Kings on Mar. 20 and Passerine Mar. 23. Stay and enjoy a 7:30pm carillon concert with Geert D'hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF BRINNER – BREAKFAST FOR DINNER”: Mar. 21. 6pm-8pm. This four-course, breakfast-for-dinner, dinner will include recipes that Chef Amy created for a Jones Dairy Farm sausage and a breakfast –themed dessert from the 2014 World Dessert Championships. \$45 members/\$55 non-members. Part of the Florida Food Series presented by Visit Central Florida.

TAI CHI IN THE GARDENS: Mar. 23. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

TIME FOR A CHANGE MEDITATION RETREAT: Mar. 23. 9am-1pm. Join Reiki Master and Sound Healer Kristen Tenpenny for a retreat dedicated to better understanding of energy medicine postures, breathing exercises, guided visualization meditation, walking meditation and sound healing. \$40 members/\$47 non-members.

THE INSECT JUNGLE IN YOUR BACKYARD: Mar. 27. 12pm-1pm. Learn about and discuss the insect ecosystem of your backyard with examples of how insects regulate each other's populations and plants, and how this affects our everyday lives. Included with general admission or membership.

TAI CHI IN THE GARDENS: Mar. 30. 8:30am-9:30am. Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

SOUNDS AND YOGA FOR ENERGY BALANCING: Mar. 30. 9am-12pm. Join Reiki Master and Sound Healer Kristen Tenpenny on an exploration of the layers of energy inside you. Learn to measure your energy and its direction with a pendulum, how to remove blockages and get your energy flowing. \$35 members/\$42 non-members.

HAMMOCK HOLLOW FAIRY FEST: Mar. 30. 10am-1pm. Earn your wings by joining the Hammock Hollow fairies for a special day exploring the magic of the Garden with activities including elf and fairy crowns, face painting, story time, crafts, refreshments and more. Fantasy attire encouraged and activities are appropriate for children ages 4-12. \$10 member child/\$17 non-member child.

SPRING BLOOM FESTIVAL WINE WALK: Mar. 30. 2pm-5pm. Sip and stroll through the Gardens will enjoying 10 carefully curated wines from around the world and light nibbles at each stop. Enjoy a special after party from 5pm-7pm with live music, dinner specials and shopping. \$25 members/\$35 non-members.

YOGA DANCE: April 2. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, and meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

CHILDREN'S MEDITATION & YOGA RETREAT: Mar. 31. 10:30am-12pm. Join Sound Healer Kristen Tenpenny as she shows kids (ages 8-12) how meditation can be fun and easy! Little ones will learn tastes, sounds, smells, yoga stretching postures, breathing exercises, guided visualization, and experience a sound healing grand finale. \$20 members/\$27 non-members.

BOK AFTER DARK "90s NIGHT": Apr. 5. 5pm-8pm. Experience live music on the Terrace from 5pm to 7pm with AcousticDose followed by a 7:30pm carillon concert with Geert D'hollander. Enjoy dinner and shopping specials. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

ENERGIZE YOUR LIFE WITH KUNDALINI YOGA: Apr. 7. 1pm-4pm. Revitalize through the practice of Kundalini yoga and learn about the chakra system. The practice of Kundalini yoga balances the glandular system, strengthens the nervous system and enables you to harness the energy of mind and emotion. \$45 members/\$52 non-members.

POLLINATING WITH WORDS POETRY FEST: April 13. 3pm-6pm followed by social hour from 6pm-7pm. Join accomplished and aspiring poets as they share their words and insights. \$7 members/\$14 non-members/social hour is additional \$13 members/\$20 non-members. Complimentary admission for Lake Wales High School students (student ID required).

3 pm – 4 pm Young poets share their work.

4:00 – 5:00 William Maxwell takes listeners on a spiritual journey through Bok Tower Gardens followed by the evocative words of poet, artist and cattle rancher Sean Sexton.

5:00 – 6:00 Q&A and book signing

6:00 – 7:00 separate ticketed event - wine, music and conversation (hors d'oeuvres) in the Outdoor Kitchen.

BRUNCH IN THE GARDENS: Apr. 14. 11am-1pm. Sit back and enjoy the delicious Blue Palmetto Café cuisine while surrounded in the beauty of Central Florida's most picturesque brunch destination. Brunch includes unlimited scrambled eggs, bacon, biscuits & gravy, waffles eggs benedict, fresh fruit and bottomless mimosas (available at 12pm) served in Outdoor Kitchen. \$40 members/\$47 non-members (kids 5 and under free/\$15 kids ages 6-12).

MAKE & TAKE: WORM FARMS "COMPOSTING WITH WORMS": Apr. 17. 1pm-3pm. Presented by UF IFAS experts, learn how to create and take home a 10-gallon farm complete with worms. Participants will learn how to start their farms, what to feed the worms and what to do with the castings. Price includes all supplies. \$50 members/\$57 non-members.

MACRO PHOTOGRAPY WORKSHOP: April 20. 9am-12pm. Learn how to master the amazing world of macro photography. Photographer Keith Passaur will instruct students on magnification, depth of field, camera support, lighting, composition and more. \$50 members/\$65 non-members

93rd ANNUAL EASTER SUNRISE SERVICE: Apr. 21, Free admission offered until 8am. Service begins at 7am. Easter morning worshippers offered complimentary admission to experience the Gardens' own sunrise service.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: April 23. 5:30pm-6:30pm. Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

BATONS & ROPES: COMPARING CARILLONS AND ENGLISH CHANGE RINGING: April 24. 12pm – 1pm. Learn the fascinating story of two different bell-ringing traditions with Bok Tower Gardens Carillonneur Geert D'hollander and change ringing expert Kemp Brinson. Live change ringing demonstration. Included with general admission or membership.

BONSAI BASICS: April 27. 9am- 12pm and 1pm- 3pm. Learn Japanese techniques to create miniature 'trees' and take home a bonsai that you create. \$40 members/\$50 non-members.

BRUNCH IN THE GARDENS: Apr. 28. 11am-1pm. Sit back and enjoy the delicious Blue Palmetto Café cuisine while surrounded in the beauty of Central Florida's most picturesque brunch destination. Brunch includes unlimited scrambled eggs, bacon, biscuits & gravy, waffles eggs

benedict, fresh fruit and bottomless mimosas (available at 12pm) served in Outdoor Kitchen. \$40 members/\$47 non-members (kids 5 and under free/\$15 kids ages 6-12).

THE SHOP AT BOK ORCHID DAYS: May 1-12. Enjoy special orchid displays, an orchid watercolor exhibit and sale featuring artist Shirley Bell and an orchid sale. Included in general admission or membership.

USING RAIN BARRELS IN THE HOME LANDSCAPE: May 1. 12pm-1pm. Explore how to reduce storm water runoff by incorporating a rain barrel in your landscape with the professionals from UF IFAS. Learn how to create, install and maintain a rain barrel. Included with general admission or membership.

FLOWER POWER HAPPY HOUR: May 4. 3pm-6pm. Embrace your inner fairy with an afternoon learning to make adult flower crowns with complimentary wine and refreshments. Enjoy a late afternoon photo session in the Gardens. \$15 members/\$25 non-members.

YOGA DANCE: May 7. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, and meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF PUBLISHED RECIPES”: May 9. 6pm-8pm. This non-traditional, four-course dinner will feature Chef Amy’s recipes that appear in various magazines and cookbooks. Dinner will include a summer cocktail created for CK Mondavi and Family Wines, sweet treats published in Taste of Home Magazine, pastas from Simple & Delicious Magazine, and dessert from America’s Best Pies. \$45 members/\$55 non-members. Part of the Florida Food Series presented by Visit Central Florida.

NATIONAL PUBLIC GARDENS DAY: May 10. A national celebration, enjoy free admission to the gardens with vouchers from publicgardensday.org.

MOTHER'S DAY CONCERTS: May 12. 1pm & 3pm. Free admission offered to all mothers along with special music from the Singing Tower.

ARMED FORCES DAY CONCERTS: May 18. 1pm & 3pm. A musical salute of gratitude. Free admission offered to all military veterans including active duty with valid ID.

HEARTMATH®'S THE RESILIENCE ADVANTAGE PROGRAM: May 18. 9am-4pm. The HeartMath® approach to personal resilience is an evidence-based program that will provide you with the tools you need to maintain your energy levels, tap into your intuition & create heart to heart connections. (NCBTMB approved for 6 CEU credits for massage therapists). \$125 members/\$132 non-members.

MEMORIAL DAY CONCERTS: May 27. 1pm & 3pm. A musical salute of gratitude. Free admission offered to all military veterans including active duty with valid ID.

Please Note:

Ticket price includes general admission to the Gardens. Tickets are available for purchase at www.boktower.org, by phone at 863-734-1222 or in person at the Visitor Center. Members will receive their discounted price by logging into their account before finalizing their transaction.

All programs and classes promptly begin at stated time and visitors are encouraged to arrive at least 10 minutes before class begins for check-in. Check-in begins 30 minutes prior to the class start time. Culinary events are demonstration based and late arrivals may not be accommodated.

For classes held after 5pm, the entrance gate will stay open for an additional 30 minutes after the start time. Once the gate closes, late arrivals will not be admitted.

Due to the nature of culinary events held at the Outdoor Kitchen, Bok Tower Garden may attempt, but cannot guarantee, to accommodate food allergies.

Dogs are not permitted at any ticketed event.

Pinewood Estate is closed Oct. 29-Nov. 22, 2018, Jan. 7-20, 2019 and Feb. 14, 2019.

Pinewood Estate's operating hours are now through Oct. 28, 2018: 11am-3pm, Nov. 23-Jan. 6, 2019: 10am-5pm. Jan. 21-May 13, 2019: 10am-4pm. May 14 through October 19: 10am-3pm.

All Events Subject to Change.



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 \$15 for adults (effective Oct. 1, 2018) 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.