



## **Green Thumbs Up! Program**

### ***Grow your own flowers, herbs and vegetables!***

#### **Sponsored by: Parks Foundation, Calgary**

Parks Foundation Calgary (PFC) is a non-profit, volunteer based organization dedicated to improving the lives of all Calgarians. Since its establishment in 1985, PFC has been the guardian of our community's natural environment by making true the dreams of individuals, organizations, and communities that wish to create and enhance the city's parks and green spaces.

#### **Where? : Lougheed House**

707 13<sup>th</sup> Avenue SW  
Between 6<sup>th</sup> Street & 7<sup>th</sup> Street SW  
Accessible washrooms and free parking

#### **What is Lougheed House? :**

Lougheed House is a national historic site and Public Heritage Centre located in the Beltline district of Calgary. Lougheed House is operated by Lougheed House Conservation Society, an independent, non-profit society devoted to the restoration and public enjoyment of the historic house and its charming gardens. Lougheed House donates its 2.8 acre site, its facilities and amenities in support of and in partnership with Parks Foundation, Calgary. Lougheed House is a leader in community initiatives and community participant-driven programs.

## Gardening...Food ...Fun!

- Grow and harvest your own flowers, herbs or vegetables
- Learn how to garden
- Fun, laughter, warmth and sunshine
- Exercise.....improve physical health
- Be part of the community and have fun with others
- Increase awareness of positive nutrition and nutrition-related issues



## The Gardens and Program

- Container gardens / land plots
- Fully accessible for participants with mobility challenges
- Garden tools and gear provided
- Bring your own water, hat, sunscreen, and snack
- Learn about the plants and herbs – where they come from; what to do with them!
- Plant-based crafts such as pressed flower note making; herbal vinegars, aromatic sachets
- Activities in the beautiful ‘Beaulieu Gardens’
- Programs led by a trained horticulturalist
- Tour Central Memorial Gardens, Loughheed House Formal Gardens and other gardens as time permits

## Who and When?

- Between Friends Club Members ages 10– 17 years
- Saturdays, June 5<sup>th</sup> – August 28<sup>th</sup> (No program July 31<sup>st</sup>)
- 9 a.m. – 11 a.m.
- Loughheed House (707 13<sup>th</sup> Avenue SW)

## Cost?

- \$25.00 per participant
- A full commitment to attend all 12 weeks is needed to ensure the success of your garden.
- A family member or a care giver are **VERY** welcome and are invited to **fully participate (at no cost)**

**Registration starts on Earth Day, Thursday, April 22<sup>nd</sup>, 2010 from 9 am – 4 pm and then on going until the program is full. Call 403-508-0110 to register.**

## FOR MORE INFORMATION contact:

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