



SENIOR

CITIZENS

ACTIVITIES



## Yoga Sessions:

Classes held in serene garden areas to promote relaxation and wellness.



## Medicinal Plant Tours and Herbal Remedies Workshops:

Take a guided walk through the medicinal garden to discover the therapeutic uses of various plants, followed by an interactive workshop where you learn about their traditional applications and how to create simple herbal remedies.



## Art in Nature Workshops:

Engage in creative painting, sketching, or photography sessions that capture the beauty of the garden's landscapes, including the serene open butterfly garden as a picturesque backdrop.





**Gardening for Relaxation:**  
Create your own herb pot or succulent  
arrangement.



## Storytelling Circles:

Sharing stories and memories inspired by nature.



THANK

YOU

