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## Featured Spring Programs

[www.therapygardens.com](http://www.therapygardens.com)

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### Links

- [Food & Health](#)
- [Social & Fun](#)
- [Gardening & Nature](#)
- [Make & Takes / Tastings](#)
- [Healthy Living Series](#) *New*
- [Technology Programs](#)
- [Pricing & Ordering](#)

### Quick Facts

- Easy-to-schedule, **dependable** programs
- Designed specifically for **group settings**
- Clear **formats** and predictable **pricing**
- **Minimal** staff **involvement** required
- Fully insured; References available
- No special setup needed

**Run-Your-Own:** DIY kits for staff / volunteers to lead. Starting at **\$149**. [Click for info →](#)

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## Popular Programs

### **Boston Tea Party Tasting** *Celebrate 250!*

Travel back to 1773 and experience history through taste! This engaging workshop brings the Boston Tea Party to life with a deep dive into the event, and a guided tasting of some of the teas thrown into Boston Harbor. This session combines history, discussion, and tasting to create a truly engaging experience.

### **Herb Starter Kit**

Grow fresh flavor at home! This informative presentation includes everything you need to plant your own indoor or outdoor herb garden or microgreens. Learn the basics of light, soil, watering, and harvesting, then take home seeds and materials to start growing right away. Perfect for all ages and levels, from beginners to experts.

### **Tiny Garden of Liberty Make-and-Take** *Celebrate 250!*

Celebrate 250 years of independence with a creative nod to America's roots! Build your own mini "Liberty Garden" using symbolic plants, herbs, and natural materials inspired by colonial gardens and the spirit of 1776. This meaningful activity blends history, creativity, and reflection — perfect for all ages. Available in person or as a DIY Program Kit.

### **Top Secret Garden Hacks for Spring** *New!*

What are gardeners trying *this* year? We'll explore new plants, materials, and unexpected tricks that make growing easier and more enjoyable. Learn what works, what's worth skipping, and pick up creative ideas to make your garden shine.

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## **Food & Health**

### **Meet the New Superfoods** *New*

Discover everyday foods that support energy, balance, and vitality. Learn how beans, berries, greens, and other emerging superfoods can support heart and brain health—plus easy ways to use them at home.

### **Eat More Fish! (The Right Kinds)** *New*

Fish can be one of the healthiest proteins when chosen wisely. This session explores the best types of fish, smart shopping tips, and simple preparation ideas for heart and brain health.

### **Eat Right: Foods for Healthy Aging**

Nutrition needs change over time. This practical workshop focuses on food choices that support energy, digestion, strength, and overall well-being—without strict diets or complicated rules.

### **Smart, Healthy Meals for 1 or 2** *Most Booked*

Cooking smaller meals doesn't have to be boring or wasteful. Learn simple strategies for planning nutritious, flavorful meals using fresh ingredients and minimal prep—perfect for spring and summer.

### **More Food & Health Programs**

- Mediterranean Diet Made Easy
- The Anti-Inflammation Diet
- Delicious Diabetic Foods
- Get Better Sleep! *Updated for 2026*
- Healthy Eating on a Budget
- Become a SoupMaster
- Superfood Soups

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## **Social & Fun**

### **Local Food Trivia: Yesterday & Today** *Most Booked*

A fun, Jeopardy-style trivia program featuring classic New England foods alongside modern favorites. Encourages teamwork, storytelling, and friendly competition.

### **Guess the Lie: Standard Edition**

An interactive game where participants guess which statement isn't true. Designed to spark conversation, humor, and audience participation.

### **Whose Words Are These? Massachusetts Editions** *New*

A playful guessing game featuring famous quotes from history, literature, and pop culture—encouraging memory, discussion, and laughs.

## Gardening & Nature

### **Garden Hacks That Actually Work**

Discover smart tips, tools, and shortcuts that make gardening easier and more enjoyable. Learn what's worth trying, what to skip, and how to get better results with less effort.

### **Small Space Gardening** *New!*

No yard required. This session explores creative ways to grow plants, herbs, and flowers in containers, patios, balconies, and other compact spaces.

### **Intro to Microgreens** *New!*

Learn how to grow nutrient-dense microgreens indoors or outdoors. Covers basic setup, lighting, watering, harvesting, and easy ways to use microgreens in meals.

### **Herb Garden Primer & Starter Kit**

An introduction to growing and using common culinary herbs. Participants learn planting basics and leave with materials to start their own herb garden.

### **Additional Gardening & Nature Program Ideas**

- Specialty Gardens: Healing & Tea
- Take Back Your Garden
- Spring Garden Ideas
- Terrarium Gardening Hobby Basics

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## Creative Activities / Make & Takes

Available In-Person or as **DIY Kits**

### **Crafting Spring Iced Tea Blends** *New!*

Create your own refreshing tea blends designed for hot or iced brewing. Participants explore green, white, and herbal teas paired with fruits, herbs, and florals—then take home custom blends.

### **Coastal Beach Tiny Garden** *Most Booked.*

Bring the feeling of the coast indoors with this seasonal Tiny Garden experience. Participants build a beach-inspired mini garden using natural materials and coastal design elements.

### **Make Your Own Healthy Seasonings**

Learn how herbs and spices can boost flavor and wellness. Participants blend their own custom seasoning mixes to take home, along with tips for everyday cooking.

### **Chopstick Snacks & Laughs**

A lighthearted social program combining simple snacks, cultural trivia, and chopstick challenges. Designed to encourage laughter, conversation, and relaxed participation.

## **Healthy Living Series** *New*

A monthly, in-person series that connects practical wellness, social engagement, and real-life habits—one session at a time. Pick a regular day/time and we'll do the rest!

Session	Workshop	Description
1	<b>Get Better Sleep!</b>	Explore simple but powerful strategies to improve sleep quality. Covers routines, mental tips, nighttime safety, and food dos and don'ts. Updated with new research!
2	<b>Indoor Gardening</b>	Learn how to grow flowers, herbs, and microgreens indoors. Ideal for small spaces and year-round wellness. Includes microgreen demos or kits.
3	<b>Healthy Eating on a Budget</b>	Shop smart and eat well without overspending. Covers grocery strategies, meal planning, and ordering out tips tailored for older adults.
4	<b>Herb Garden Starter Kit</b>	Get your own seeds and starter pots. Learn how to grow and cook with popular herbs—indoors or outdoors. Perfect seasonal hands-on.
5	<b>Mediterranean Diet Made Easy</b>	Discover the proven benefits of this healthy diet, along with easy recipes and strategies. Can include a tasting or demo.
6	<b>Anti-Inflammation Diet and Foods</b>	Understand how processed foods affect your health and how to reduce inflammation through smarter eating. Includes recipes, products, and label reading tips.
7	<b>Recipes for Healthy Aging</b>	A look at plant-based recipes designed to support energy, simplicity, and overall wellness for older adults.
8	<b>Simple Recipes for 1 or 2 People</b>	Learn to cook efficiently for one or two while keeping meals delicious and nutritious. Includes pantry staple recipes.
9	<b>Superfood Soups</b>	Build immunity and fight inflammation with high-powered soup recipes—plus tastings and recipe handouts.
10	<b>Craft Healthy Tea Blends</b>	Choose herbs, flowers, and spices to create your own relaxing tea blends to take home. Supports stress relief and seasonal wellness.
11	<b>Make Salt Free Seasonings</b>	Mix flavorful, salt-free seasoning blends with health benefits. Take home custom mixes for holiday cooking.
12	<b>Edible Gift Ideas</b>	Learn to make or find unique edible gifts for friends and family.

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## **Healthy Make, Take, or Taste Series** *New*

A thoughtfully designed monthly experience that supports healthy habits, social connection, and lifelong learning—while helping program teams meet wellness goals, grant requirements, and annual planning needs.

Month	Workshop	Description
January	<b>Spice Blends to Warm the Winter</b>	Create custom seasoning blends for <b>soups, teas, or baking</b> . Participants take home spice mixes and recipes.
February	<b>Microgreens Starter Kit</b>	Build your own mini edible garden. Learn how to grow healthy greens on any windowsill. Includes microgreen garden to take home and nutrition and recipe tips.
March	<b>Local Food Trivia</b>	Enjoy a trivia challenge centered around New England foods. Lots and laughs and prizes.
April	<b>Herb Garden Starter Kit</b>	Each participant plants herbs in decorative pots. Learn growing tips, harvesting advice, and food uses.
May	<b>Make Salt Free Seasonings</b>	Focus on herbs and spice blends tailored to grilling, salads, or snacks. Includes tastings and take-home jars.
June	<b>Two Truths and a Lie Game</b>	Enjoy a fun game of Two Truths and a Lie with a fun and fascinating health twist.
July	<b>Summer Tea Blending</b>	Choose from dried <b>herbs, flowers, and fruits</b> to craft your own unique iced or hot tea blends. Includes bags and labels.
August	<b>Tiny Gardens Party!</b>	Create a self-contained garden in a small container. Great for crafters & nature lovers. A joyful activity for everyone.
September	<b>Superfood Soups</b>	Make soup with real ingredients! Diabetic-friendly, low-sodium, & anti-inflammatory recipes. Broth samples.
October	<b>Holiday Blends for Any Use</b>	Craft blends inspired by holidays past—spices tied to comfort, memory, and health. Great for discussion starters and keepsakes. Use in tea, coffee, soups, and more!
November	<b>Festive Holiday Cuisine</b>	Join us for this gorgeous celebration of traditional and modern festive food ideas – from apps to mains, sides, & dessert!
December	<b>Make Edible Gifts!</b>	Learn to make a ton of edible gifts and then make some yourself (or someone else, if you're not selfish).

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## **Basic Technology Programs**

### **Getting to Know Your Devices**

A friendly guide to smartphones, tablets, and computers — learn tricks that make tech less stressful.

### **Don't Be Afraid of SCAMS**

Learn how to identify and block frauds, phishing, and financial scams.

### **Tech Essentials for Seniors**

A practical crash course in internet basics, online safety, passwords, and apps.

### **Artificial Intelligence Awareness** *Most Booked*

A clear, easy-to-understand discussion about AI and what it really means.

### **Social Media for Actual Socializing** *Most fun*

Avoid the drama—learn where and how to connect meaningfully online.

 Visit [SeniorU.com](http://SeniorU.com) to see all Tech Programs and Services

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## **Ordering Info**

Easy to book | Flexible options | Clear pricing

- **In-Person Programs:** \$300–\$350+
  - **Run-Your-Own DIY Kits:** Starting at \$149
  - **Series:** No subscriptions. Limited availability. Request a quote.
  - **Formats:** In-person, DIY kits, or custom programs
  - **Payment:** Purchase orders, checks, or credit cards accepted
  - **Paperwork:** W-9 and Certificate of Insurance available
  - **Audience:** Libraries, senior centers, housing communities, wellness teams
  - **Discounts:** Available for multiple and series bookings
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## **To Schedule or Request Information**

[info@therapygardens.com](mailto:info@therapygardens.com) | [TherapyGardens.com](http://TherapyGardens.com)

Thanks for being here. We appreciate you.

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