



YOGA FOR GARDENERS

Date and Time

Monday, April 15th from 6 to 7:30 p.m.

Location

Watts Hall, 174 Main Street, Thomaston, 2nd Floor Meeting Room

After our business meeting — where we will be discussing upcoming programs and activities — Thomaston yoga teacher Linda Shephard will present **Yoga for Gardeners** demonstrating gentle yoga poses to counteract and help relieve aches and pains from gardening tasks such as lifting, pulling, pushing, and stooping.

We encourage everyone to come and share your ideas for informative and fun programs for the club!

RSVP by Saturday, April 13th to Rosemary at rosemary@pageonecreative.com or call 215-801-2467. PLEASE indicate if you are attending or not attending.

GUESTS ARE ALWAYS WELCOME!

Don't forget to bring garden items (perennial plants, seeds, books, etc.) for CLUB FUNDRAISING! Each item is a \$1 donation to the garden club. See page 2 for plant labels and directions for plant prep.

GETTING THE PLANTS READY: It is less traumatic for the plants if you are able to dig and pot them up a day or two before the meeting. Dig the plants you wish to share, taking care not to damage the roots, and divide into clumps by hand or spade. Place them in plastic nursery pots and water regularly until the meeting. If you run out of pots, divisions may be put in baggies, wrapped carefully in newspaper, plastic cups, etc. Please make sure there is enough soil and moisture to protect the roots from drying out and going into shock. If you have plants to share but are unable to attend the meeting, please give to a member that is attending.

IDENTIFYING THE PLANTS: Please print and fill out labels below with as much information you are able to provide or anything else you may find helpful. NOTE: PLEASE DO NOT SHARE INVASIVE PLANTS.

PLANT NAME: _____

LIGHT (CIRCLE ONE): SUN PARTIAL SUN SHADE

MONTH BLOOMS: _____

BLOOM COLOR: _____

HEIGHT: _____

WATER (CIRCLE ONE): WET SEMI-MOIST DRY

DONATED BY: _____

PLANT NAME: _____

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MONTH BLOOMS: _____

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HEIGHT: _____

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