

**2019**

## **Program Introduction Package**

### **A Growing Experience ... A Growing Education**



## Who are we?

***At Abbey Gardens, we are all about local food and sustainable living!  
We grow it, sell it and educate about it.***

Abbey Gardens is a charitable organization focused on the remediation of a decommissioned gravel pit into a green space that provides economic and recreational opportunities for our community. Our vision is to inspire a healthy community and create opportunities to learn about living sustainably.

The 380 acre site is developing incrementally towards becoming a demonstration and education site on local food, gardening, sustainable living, biodiversity and ecology. In addition to helping nature reclaim the land, the Abbey Gardens team is dedicated to demonstrating innovative and replicable solutions and practices that will inspire generations of good stewards for our earth and people.

We operate a 2 acre garden on a partially restored gravel pit and strive to produce healthy, chemical-free vegetables in a way that integrates with, rather than impacts, the natural environment. Our market garden provides fresh produce which is sold directly through the Food Hub, a modern straw bale sustainable building. The community kitchen within the Hub is where fresh fruit and vegetables are processed into soups, pickles, preserves, jams, baked goods, salads, dips and dressings.

Abbey Gardens recognizes the importance of heritage and heirloom species and strives to educate people on their value for living within our environmental constraints. The garden demonstrates many heirloom plants suited for our area and in addition we have heritage breed ambassadors, such as Lac La Croix Ponies and Chantecler Chickens, to help in our educational programming.

Abbey Gardens has natural program areas enhancing experiential education emphasizing our natural environment and its cycles essential for sustainable and healthy living. A developing interpretive trail system further accommodates the growing educational programming offered at our unique facility.

Our natural program areas, trails, garden and Food Hub create the canvas for our programs and we offer school field trips, seasonal programming, adult and youth workshops, interpretive tours and volunteer opportunities to teach and share knowledge about growing and preparing local food and living sustainably.

***I noticed that they focus on more than just gardening! They provided us with a variety of experiences in one visit. That helped me stay interested!***

*Student.*



## *Our educational philosophy*

### *This we Know...*

We are the earth, through the plants and animals that nourish us.  
We are wholly dependent on air, water & soil ... these are our life support systems.  
We are here only for a limited time ... let us all make environmental differences a priority in our lives.

### *This we Believe ...*

Our relationship with the earth must change ...  
... from dominance to partnership.  
... from fragmentation to connection.  
... from carelessness to respect.

We must remember all those who will walk after us,  
We must adopt a more sustainable way of living,  
Learning to live more lightly,  
... Our future will depend on it.

### *This we Resolve ...*

That the earth's wellness is completely interconnected to our healthiness.  
Abbey Gardens' mission is to educate these interconnections through:

- Growing & distributing safe, healthy & reliable food.
- Sustainable modelling ... restore, protect and encourage environmental diversity & renewable energies.
- Community partnerships ... through collaboration & cooperation.
- Environmental Education ... 3 H approach (Head, Heart, Hands).



## *Our programming team*

### **Staff:**

#### ***Heather Reid, Operations Director***

Heather's role involves oversight of the entire operation and strategic planning for the development of the Abbey Gardens project. She has a background in Recreation Management, Outdoor Education, and Community-Based Research. Heather grew up as a cottager in the Haliburton Highlands and moved here permanently in 2005.

#### ***Cara Steele, Program Coordinator & Ecological Specialist***

Cara manages the volunteer program, workshops and memberships and is involved with marketing of Abbey Gardens programs and events. Her academic and professional background is in ecological restoration and she facilitates/co-facilitates many of the gardening and ecology-based workshops on site.

#### ***Irene Heaven, Education Coordinator***

Irene oversees the development and implementation of interpretive, educational programming for Abbey Gardens. Irene is a wildlife biologist with extensive field experience nationally and internationally and has been involved in outdoor and environmental education for 19 years.

#### ***Sara Veenhof, Garden Programming Assistant***

Sara combines her knowledge in outdoor education, recreation and leisure to assist in the educational programming at Abbey Gardens. Sara delivers nature based learning and conducts tours for visitors, sharing her passion about the outdoors and sustainability. She further assists with beekeeping, gardening, animal care and business operations. Sara is presently completing the Sustainable Agriculture course at Fleming College in Lindsay.

#### ***Jose Quigley, Summer Programming Assistant***

Josie is just completing her senior year at Haliburton Highlands SS, and will be studying political science at McGill University this September. Josie has spent every summer since age 5 at summer camps and finally got to work at one last year. She is passionate about giving everyone a memorable summer memory, advocating for the environment, and enjoying all that Haliburton has to offer!

#### ***Karen Phipps, Summer Camp Lead Facilitator***

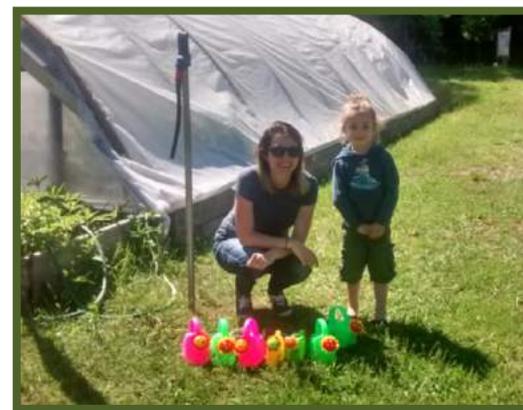
As a teacher, Karen believes she has an important job of inspiring her students to have a sense of stewardship and an appreciation for the wonders of the natural world. She has extensive experience working with children in a variety of settings and capacities. She has deep desire to nurture the natural curiosity of young minds and to develop a holistic appreciation of our world

By drawing on expertise within our community, Abbey Gardens is able to offer a variety of programs simultaneously.

### **Community Facilitators:**

***Rob Taylor – Retired Teacher & Outdoor Educator***

***Harvey Walker – Local Artist***



***Great Experience! The staff are nice and willing to help when needed. I would definitely go again because the staff are so positive which makes me happy.  
Student.***

## *Our facility*

Please be aware that Abbey Gardens is not a nut free environment.

*You can't go there and do nothing! They have something fun at every turn.*

*Student.*



### **The Food Hub & Community Kitchen**



A beautiful straw bale building, with solar net metering and heating and cooling with geothermal energy provides a community food hub, complete with cooking classes. The food hub is a social enterprise offering products from local producers and sourced goods from within a 200 km radius. The Food Hub aims to support local producers and increase accessibility and distribution of local products to consumers.

The Food Hub provides an on-site Community Kitchen where “housemade” food products are prepared using locally grown ingredients. This space is available to community groups, charitable programs, and local food entrepreneurs.

Programming offered through the Food Hub and Community Kitchen includes workshops on food, nutrition, and food preparation. We provide healthy experiences and lasting memories for community members. Garden/ecology programs often integrate kitchen programming providing a well-rounded “field to table” learning experience.

### **Garden**

Presently there are 2 acres of garden producing healthy, chemical-free vegetables in a way that works within our natural environment. Future plans exist and are continuously developing as more and more of the decommissioned gravel pit is reclaimed. A shaded sitting area and hoop houses are dispersed among different types of gardens including hugelbeds, lasagna gardens, pollinator gardens, a labyrinth garden and a young orchard. These features along with our emerging “Education Garden” provide a diverse outside landscape for programming opportunities at Abbey Gardens.



### **Forest**

Two hundred acres of mixed wood forest characteristic of Haliburton Highlands envelopes a beautiful wetland in the back portion of Abbey Gardens. This natural area provides numerous opportunities for programming and will be the future home of a trail system currently under development.

*Abbey Gardens was wicked! They provide a lot of help and their resources are amazing. Irene is super nice. The activities she planned were awesome.*

*Student.*

### **The Enchanted Forest**

A natural forested area with several engaging stations providing free play for children guided only by the imagination of the child and nature. The Enchanted Forest was designed by the Abbey Gardens Garden Patch Kids under the guidance of an Early Childhood Educator and placed on the ground by Abbey Gardens staff, volunteers and the Garden Patch Kids. The magic of the Enchanted Forest includes the Nest, Bog Bakery and Café, Kids Construction Zone (loose part play), Theatre in the Woods, Off the Trail Art Gallery, a Fairy & Gnome Garden and the Story tree.



### **The Glen**

“The Glen” is a pocket of natural forested area with a milkweed meadow and a stream running through which is in close proximity to the gardens. The Glen is a perfect backdrop for experiencing and learning about the essential connections between our natural world and cycles that are important to us and our food.

### **The Alcove**

Perfect for smaller groups, this quaint heated gazebo with cedar wood interior is nestled alongside a small pond which can be viewed through a bank of windows. It is located next to a wooded trail that joins up with the Transitions Trail making it easily accessible. The wooded area and a close by open field is the perfect complement for outdoor activities.



### **The Gathering Place**

The Gathering Place is a 30X30 ft. building centrally located on Abbey Gardens property. Its location provides easy access to forest trails, the Enchanted Forest, playing fields, the ponies and is a short picturesque 5 minute walk to the Glen and Garden. The building has a large garage door which can be opened up and screened in to view the surrounding forest, creating an indoor - outdoor classroom or workshop space. The Gathering Place has an indoor washroom with access to close by outhouses and provides the perfect base for programs.



### **Abbey Gardens Trail Network**

The Transitions Trail is a 1.2km trail that starts near the garden and guides hikers through the active transition of an aggregate operation to what we are today. Many features such as a pond, scrub meadow and a forest succession area give much opportunity for viewing a variety of flora and fauna. From this trail, other forest trail extensions lead to a of wooded pockets, the Enchanted Forest as well as an outdoor musical gong installation. The Transition Trail is also the access point for another 5 kms of meandering trails throughout 200 acres of mixed wood forest on the property. This network of trails is continuously expanding opening new areas of Abbey Gardens for exploration and is regularly integrated within Abbey Gardens’ programming.



## *Programming options*

### **School Field Trips**

Any time during the school year! Call or email us to plan your customized package!

### **Pre-Kinder Garden Spring Program**

An interactive, 6 week program for children (ages 2-4) to discover gardening alongside their parents! We meet every Thursday from 10:00am-11:30pm. Registration required!

### **Home School Spring & Fall Sessions**

*The Garden Patch* Kids meet every Wednesday for 7 weeks during both seasons. Ages 6-13. Registration required!

### **March Break Camp**

Enjoy a different program from Tuesday - Thursday every March Break. Ages 6-11. Registration required!

### **Fresh Air Tikes Camp**

Summer day camp where campers explore our "wild" backyard through their sense of wonder! Days will be filled with games, crafts, stories, sensory activities and outdoor explorations as we discover nature through different daily themes! Ages 4-5. Registration required!

### **Outdoor Kids Summer Camps**

A summer day camp full of outdoor fun ... naturally! Each day has a different theme but all include games, exploratory hikes, eco activities and crafts! Ages 6-11. Registration required!

### **Taking the Reins Summer Camp**

A summer day camp that fosters confidence and leadership skills: daily hands on care and training of our ponies combined with discovering nature through outdoor skills and leadership activities. The Art of Horsemanship is based on ground training only. Ages 10-14. Registration required!

### **Take the Lead: Leader in Training (LIT) Summer Program**

Provides an opportunity for youth to develop leadership skills in a unique and fun way. LIT's participate in a one day orientation program which integrates the Abbey Gardens Equine Assisted Learning program (A.P.P.L.E.) to help develop leadership skills which will then be utilized and further developed while assisting staff in the delivery of at least one of our summer camps. Ages 14-16. Registration required!

### **Abbey Gardens Pony Powered Learning Experience (A.P.P.L.E.)**

Equine Assisted Learning is a personal skill-building program where horses are the teachers. Working with Abbey Gardens rare breed ponies teaches lessons that we can apply to our lives and retain far longer than sitting in 'just another classroom'. Participants are empowered as they work through group exercises with a focus on developing individual qualities while having fun. For more information and registration, contact Lesley English directly, (705)754-1873 or email englishlesley@gmail.com.

### **Seasonal Workshops & Programs**

Visit our website for more details!

*Abbey Gardens is an amazing opportunity for us, especially when the weather is nice. We got to try many new things. I cannot wait to go back!*

*Student.*

## Existing programs

The Abbey Gardens team is able to offer unique learning experiences on and off site. Abbey Gardens is a not for profit charity and aims to provide accessible programming for all community groups and members. Program costing will be determined as appropriate for each group. Curriculum linkages are available and we will customize programming to meet your needs.

***If you don't see what you are looking for, please talk to us and we can make it happen!***

### Self-led:

#### **Garden Quest Passport**

A fun and energetic “scavenger” hunt which introduces participants to the gardens. The quest booklet seconds as a colouring activity for participants to take home or back to the classroom.

#### **EcoQuest Passport**

An active “scavenger” hunt which introduces participants to a forest ecosystem and concepts of ecological succession. Suitable for students of various grade levels with discussion questions at each stop for classes interested in more in depth learning.



### Abbey Gardens Staff led:

#### **Salamander Saunter** (Senior Primary, Intermediate, Secondary) **(Late Spring, Summer & Fall)**

This 1 ½ - 2 hour guided hike will visit 9 salamander monitoring coverboard stations located along Abbey Gardens’ trail system. During the hike we will learn about biodiversity as we become familiar with some of Haliburton’s salamanders and their habitats.

#### **All About Abbey Gardens Tour** (Intermediate, Secondary) **(All Seasons)**

This 1½ - 2 hour walk about introduces participants to the many different activities and partners of Abbey Gardens. Ideal for Tourism and Hospitality students who can see and hear first-hand about a not-for-profit charity and its goal to become sustainable through like-minded partnerships, healthy local retail, education and recreation. Hike through the gardens and along forested trails viewing various programming areas stopping for a visit with our rare Lac La Croix Indian Ponies. Depending on interests, a brief introduction to Haliburton Solar & Wind and Haliburton Highlands Brewing can also be arranged. Your class can opt to end your tour with a lunch back at the Hub. Lunch options include Into the Blue wood fired pizza or home-style sandwiches and sweets prepared by the Abbey Gardens lunch counter, both made from local ingredients!



**Programs listed with season availability and age suitability: Pre-school, Junior & Senior Primary, Intermediate and Secondary.**

***We can modify most programs to better suit your group!***

*Our grade 11 Hospitality and Tourism class was able to spend the day at Abbey Gardens this past November. They tailored a day for us with a tour of the gardens, the surrounding trails, brewery, retail shop and kitchen. Our class were able to learn about local sustainable growing, local agriculture, craft brewing, and so much more. Our tour was capped off with a delicious lunch provided by Into the Blue Bakery. We had a fantastic day at Abbey Gardens. We were able to learn, enjoy the outdoors and have a delicious lunch. Thank you for providing us the experience and making the day suited to our Hospitality and Tourism program. We can't wait to come back!*

*Sara Underwood, Teacher, Gravenhurst High School*

## **Half Day Programs**

Individual programs typically run for 1 ½ - 2 hours. Combine 2-3 of the following programs and create a fun and engaging full day of learning for your class or group!

### ***Earthwalk (All ages) (All Seasons)***

A unique sensory based program that helps people of all ages build a sense of relationship with our natural world, in both awareness and understanding. Discover nature's subtleties with the magic of smell, sound and touch!

### ***In Search of the Red Ripe Strawberry! (Pre-school, Junior) (Early Summer)***

Children will enjoy a story and then go for an exploratory hike in search of wild strawberries. Looking at strawberries and their plants will engage discussion on seeds, seed dispersal and who else may eat strawberries. The program will then end with a delicious strawberry snack that will surely put a smile on all faces!

### ***It's All in the Dirt! (Pre-school, Junior) (Early Summer)***

Children will be introduced to the importance of worms in the garden through a fun story and will then go on a worm walk in search of wonderful worms! This outdoor exploration will help young minds get to know what is at the root of your plants and gardens! The program will end with a deliciously "dirty" snack and possibly a wormy craft (dependent on length of program)!



**Over in the Garden!** (Pre-school, Junior) (*Early Summer & Fall*)

An outdoor adventure where children will participate in an interactive story, go on a search for baby creatures to bring home to their Mom's and then enjoy a themed healthy snack. Fun will continue with a craft that they can be worn into the Enchanted Forest for free play under the cover of this special forest!

**Bee Kisses & Sunflowers!** (Pre-school, Junior) (*Early Summer & Fall*)

A garden adventure that begins with a story and then children will learn to dance like bees and play "Kiss a Sunflower" game! Children will then enjoy making and eating a healthy themed snack and go home with a planted sunflower of their own!

**The Magic Apple** (Pre-school, Junior)(*Fall*)

Participants will be introduced to this delicious fall fruit by making a yummy apple snack to eat. We will then take a short walk out to the Enchanted Forest where to start our outside adventure with a story at the Story Tree. The "enchanted" experience will continue as children create apple print paintings, plant apple seeds and have free play under the cover of this special forest. Come and feel the magic!

**Fall for Apples!** (Pre-school, Junior)(*Fall*)

Fall for Apples will have children exploring apples and learning how they grow! Children will enjoy a walk through the garden, a story and then visit with a young apple tree. During this program children will have fun stuffing an apple to eat and planting its seed to watch it grow at home. This program will be an apple in their eye!

**It's Pumpkin Time!** (Pre-school, Junior) (*Fall*)

Children will enjoy a story and hike to a "kinder" pumpkin patch where they can pick a pumpkin to explore! We will discover the outs and ins of pumpkins with fun hands on sensory activities and end our program with a pumpkinlicious snack!



*Teachers! Programs at Abbey Gardens are a must for students of all ages and abilities. Irene designed and implemented an amazing program geared towards struggling readers. Students laughed, ran played, and learned while being immersed in the garden and reading about features of plants. The experience Irene and Abbey Gardens staff created for my students was unforgettable. Teacher*

**One Plant, Two Plants, Three Plants ... Garden!** (Junior Primary) **(Spring & Summer)**

An active introduction to Abbey Gardens and to the plants that are important to its gardens and ourselves. Children explore plant biology through fun role playing activities and come to understand the needs of plants, in a garden or in nature. The program includes an Earthwalk, planting of pumpkins or a three sister's garden and a take home plant experiment.

**Plant What You Eat!** (Junior Primary) **(Spring, Early Summer)**

Have a "get your hands dirty" introduction to Abbey Gardens and learn that there is more to our food than meets the eye! You will take a planting tour of the garden, and plant seeds for food that you will be eating! After sampling some of the colourful fruits and vegetables that you have planted you will learn that there is more to the colours of our food than meets the eye! This program will not only tickle the taste buds but is also designed to demonstrate the importance of healthy local food in a very fun way!

**It's All Elementary** (Junior & Senior Primary) **(Spring, Summer & Fall)**

The fundamental natural elements of fire (sun), water, earth and air are explored and connections made to the needs of plants and all living things. Children will have fun learning about these four elements through interactive discovery activities.

**Good Bug, Bad Bug!** (Senior Primary) **(Summer & Early Fall)**

Gardens need bugs, but not all bugs! Some bugs can help your garden and others can hurt your garden! In this program, participants will have fun learning a bit more about bugs in the garden and how we can tell the good ones from the bad!

**Soiled Rotten!** (Senior Primary) **(Summer & Early Fall)**

Soil is under our feet; it keeps plants rooted and it is home to many critters. Soil is not often thought of, but it is very important ... it is the "skin of the Earth". Children will have fun discovering the rotten truth about soil and how we can help it!

**Movin' & Groovin' Seeds** (Senior Primary) **(Fall)**

Children are introduced to the different parts of a plant, what plants need to grow and how they reproduce. Through exploration, collection and a sorting activity, children will understand that seeds come in different forms and rely on different "agents" for dispersal.

**Life at Sub Zero** (Junior & Senior Primary) **(Winter)**

Life at Sub Zero is an active outdoor introduction to winter ecology. After becoming acquainted with snowshoes, children will explore wildlife coping strategies for this season with its snow and colder temperatures. Children become aware of winter through a sensory based Earthwalk and have a chance to discover snowflakes and their structures through a fun exploration



***Oink, Moo, Cock-a-doodle Doo!*** (Senior Primary) ***(All Seasons)***

This program will familiarize children with animals that are typically found on farms and will introduce the importance of heritage breeds and biodiversity in general. With the use of fun activities, participants will associate animals with different roles and products that are important to people, whether you live on a farm or not and communities.

***Critters in the Litter*** (Junior & Senior Primary, Intermediate) ***(Summer & Fall)***

This fun outdoor exploration will introduce participants to macro-invertebrates, biodiversity and sampling. During the program we will be exploring leaf litter and sampling macro-invertebrates using a Shaker box and identifying macro-inverts based on body parts using a Litter Critter Wheel.

***Aquatic Safari*** (Junior & Senior Primary, Intermediate) ***(Summer & Fall)***

During this program we will be exploring pond and/or stream, sampling macroinvertebrates that live below the surface of the water and the mud! These critters can give us clues as to the health of our water systems as well!

***The Local Taste Sensation Adventure*** (Junior & Senior Primary, Intermediate) ***(Summer & Early Fall)***

An appetizing introduction to Abbey Gardens and local food. Your visit will start with a fun & active exploration of Abbey Gardens through our passport activity. Then you will join our Gardener on the tasty trail tour to sample and pick your snack. This program will not only fill tummies but is designed to demonstrate the importance of healthy local food in a very fun way!

***Making Tracks!*** (Junior & Senior Primary, Intermediate) ***(All Seasons)***

This program introduces participants to wildlife tracks and signs where students will become familiar with the “ABC”’s of tracking and habitat use. After making a cast of an animal track to take home, staff will lead students on an exploratory hike along the trails of Abbey Gardens to put their observation skills to the test!

***Cycle Savers*** (Senior Primary) ***(Spring, Summer, Fall)***

Cycle Savers uses hands-on activities to help students understand the basic components of air, water and soil cycles while appreciating the importance of these cycles to us and our environment. Students receive a “Cycle Savers Booklet” to take back to school and/or home to review what they have learned and assess their own impacts on these cycles and generate ideas on how to reduce this impact. The Great Speck-tackle and Cycle Savers programs compliment nicely creating a well-rounded full day session on nature’s cycles. Cycle Savers can also be a stand-alone day long program which the inclusion of more Earth Education nature awareness and appreciation activities.



**EcoQuest Orienteering (Senior Primary, Intermediate) (Spring, Summer, Fall)**

This program integrates orienteering skills with an active “scavenger” hunt introducing participants to forest ecosystems and concepts of ecological succession. Students are first introduced to basic compass and navigation skills. These skills are later used to locate puzzle pieces which, when pieced together by the group, provides a visual of ecological succession to initiate discussion and help tell the “story of Abbey Gardens”. To successfully locate the puzzle pieces, participants must first become familiar with the EcoQuest booklet, associated signage and ecological concepts represented. They will then have fun using word clues and compass skills to locate the puzzle pieces. This program is suitable for students of various grade levels with discussion questions for classes interested in more in depth learning.



**The Great Speck-tackle! (Senior Primary, Intermediate) (Spring, Summer, Fall)**

The day begins with a hike out to the Glen, where students gather at Speck Trail Junction. While in small groups, students follow informative guidebooks along designated trails and recreate the adventures of a particular water, soil and air speck. Students will learn the concept of specks (i.e. molecules) and how they cycle through the environment. There is an extension option where students create postcards from a view point of a speck describing their travels through a soil, water or air cycle. The Great Speck-tackle and Cycle Savers programs compliment nicely creating a well-rounded full day session on nature’s cycles.

**Plein Air Painting (Intermediate, Secondary) (All Seasons)**

Plein Air painting is the act of painting outdoors and became popular with the French Impressionists. Canadian Artists, the Group of Seven painted outside to capture nature in it's true form. At Abbey Gardens, children will learn the history of en plein air and get a chance to experience it first-hand. Learning how to create a landscape painting using painterly brushstrokes and atmospheric colour. This program is facilitated by local artist Harvey Walker dependent upon his availability.



## New Pony Powered Programs for 2019

### **Abbey Gardens Pony Powered Learning Experience (A.P.P.L.E) (May - November)**

Equine Assisted Learning is a personal skill-building program where horses are the teachers. Working with Abbey Gardens rare breed ponies teaches lessons that we can apply to our lives and retain far longer than sitting in 'just another classroom'. Participants are empowered as they work through group exercises with a focus on developing individual qualities while having fun.

For more information and costing, visit our APPLE webpage,

<http://abbeygardens.ca/equine-assisted-learning/>

and/or

contact Lesley English directly (705)754-1873 or [englishlesley@gmail.com](mailto:englishlesley@gmail.com)

### **Here are some A.P.P.L.E. based programs available:**

#### **Pony Trekking** (April 1 – October 25, 12:00pm)

Enjoy all that Abbey Gardens has to offer on these one of a kind, guided hikes. Walking alongside you, our ponies encourage you to view the beautiful natural surroundings from a completely different perspective. Equines teach us to live in the moment and relish the simple pleasures of a ramble in nature.

#### **Be Your Best Self** (Individual sessions, 1 ½ hours)

Sometimes we have areas of ourselves we know we need to work on ... but it's tough! This equine guided, one on one customized programming focused on building confidence, social and communication skills, goal setting and overcoming barriers.

#### **Kids Rein** (1 hour session, 3-6 years old with parent)

A parent and child program with an emphasis on positive and appropriate interaction. This program will develop and reinforce fine and gross motor skills, vocabulary (verbal and non-verbal communication) and integration of the tactile system. Maximum of 3 child/parent teams.

#### **Birthdays** (1 ½ hour sessions)

Whether for a child or adult, we offer private group birthday parties with planned activities and great photo opportunities. Our ponies are happy to put on their party hats and entertain everyone. Enhance your celebration ... pony style!

#### **Pony Photo Session** (2 1/2 hour session)

Abbey Gardens is pleased to offer our beautiful natural setting and ponies for your professional photography! We provide the place, the ponies with handler and you provide the photographer! Our 3 ponies are nicely handled and are the perfect choice for wedding and family film projects.



**Ladies Nights** (1 ½ hour sessions)

This fun program will have you and a partner working through obstacles and problem solving exercises, promoting self-discovery and confidence. You will come away a more courageous, self-aware and excited you! Give yourself a unique pony powered “girl’s night” experience you won’t forget!



**Date Night**(1 ½ hour sessions)

Our Pony Powered date nights are designed to build relationship skills in a relaxed, interesting way as you, your partner and an equine team member problem solve through exercises that will challenge you to see alternative perspectives and perhaps discover new things about yourself and your relationship. This fun experience encourages couples to work together, have fun and grow in their relationship. The couple that plays together stays together! Programs can be customized to suit your needs.



**Professional Development** (1/2 day, full day or weekend retreats)

Workshops are fun, memorable and unique events delivering practical action plans for how to translate what was learned back at work. All workshops are custom designed for your organization and planned with goals specific to your requirements. Our Pony Powered Professional programs include interactive exercises that focus on:

- relationship building
- clear communication
- setting boundaries
- respect for individual needs
- group dynamics
- productive relationships
- achieving team goals



Abbey Gardens staff are developing new programs and tours on a regular basis and are eager to customize to fit your needs.

Please talk to us about custom programs especially for your group!

## *Contact us*

Call us at (705)754-4769 (GROW) and ask for Irene, Cara or Heather.

Or email:

Irene Heaven – [irene@abbeygardens.ca](mailto:irene@abbeygardens.ca)

Cara Steele – [cara@abbeygardens.ca](mailto:cara@abbeygardens.ca)

Heather Reid – [heather@abbeygardens.ca](mailto:heather@abbeygardens.ca)

***Let us be a part of your students growing learning experience!***



## *What people are saying ...*

**Gesa Haase. Teacher. Trillium Lakelands District School Board.**

“Students had a great time and were engaged in the activities. The program was very well-planned out and linked well with our science curriculum. It was a great mix of active moving activities and quiet listening/doing.”

**Student**

“This is a great place to visit! It can be educational and fun at the same time. We got to feed the chickens and plant things to help get ready for winter.”

**Kimberly Higgins. Teacher, Trillium Lakelands District School Board.**

“The staff at Abbey Gardens listened to the particular needs and wants I had for my group and they exceeded these on every level possible. The staff created a very unique volunteering and learning experience which was hands-on and at the level of my students. All my students left feeling positive which was one of the goals of my programming.

The programs at Abbey Gardens are very unique because the staff are very well rounded and open to many ideas. My trip to Abbey Gardens have fulfilled my programming goals in all capacities, as well as ensuring my students are inspired at the end of the program. The staff at Abbey Gardens are very approachable making the experience of my students something beyond what I could provide myself in the classroom.

Abbey Gardens has such a wide variety of activities. If you think it can be done in a garden then ask. My students were able to experience volunteering and teamwork in the garden. And then learn about kitchen skills, while preparing a meal from the garden. The way the entire experience connected was only possible because of the staff. My students and I were thrilled with our first experience, so we planned a second. The second experience was even better! And now we cannot wait for the third!”

**Student**

“My favorite part about Abbey Gardens was burying plants for the winter. I liked that I could help out in the garden. The staff were really nice and helpful while we were volunteering.”

**Student**

“Our trips to Abbey Gardens are absolutely fantastic. Everyone is really nice and helpful.”



**Kim Switzer. Homeschool parent.**

“We very much enjoyed our homeschool adventure with Abbey Gardens, it was a great outdoor hands on gardening experience for both the girls – they were so happy to get dirty, feed chickens, play with the horses, grow food and EAT foods. They learned about soils, seeds, different styles of gardening from square-foot gardening to Hugel beds, hoop houses, lasagna beds and more. They enjoyed the Nature walks, the social friend time with free play games and learning about the food they eat. Kayla says her favorite parts were watching Peepers grow and the long nature walks. Hailey liked eating lunch, purple beans and feeding the chickens. I, as a Mom and teacher, loved that it was outdoors for the most part and hands on practical learning – everyone needs to learn more about the food they eat, how to grow food and how to connect with the Earth and I feel that this program offered that to the kids in a fun playful and practical way ... so I give thanks to the Abbey Garden team for offering this to our children. Keep up the good work and keep “Growing” these programs for the kids!”

