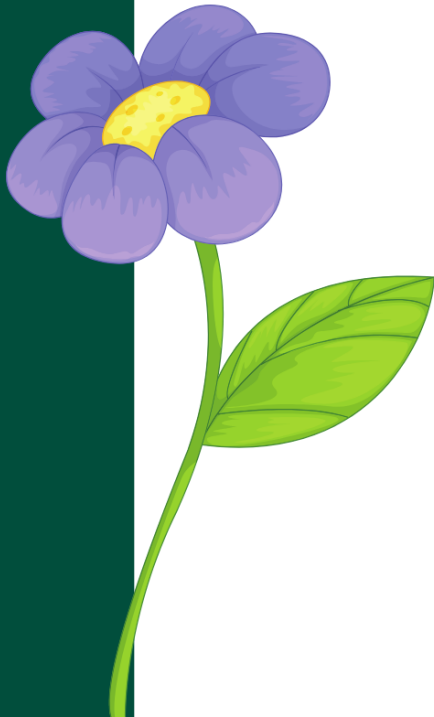




Spring Workshops



2025

Workshops-At-A-Glance

Healthy Living

- ◇ Coffee Talk
- ◇ Empowering Diabetic Living
- ◇ Get Better Sleep!
- ◇ Healthy Eating on a Budget
- ◇ How to Follow the Mediterranean Diet
- ◇ Eat More Fish (The Right Kinds)
- ◇ Cooking Tips & Tools for Older Adults
- ◇ Avoiding Inflammation/Processed Foods

Food & Recipes

- ◇ Greek Cooking & Recipes
- ◇ Italian Family Recipes
- ◇ Superfood Soups!
- ◇ Gourmet Recipes for 1 or 2
- ◇ Become a Soup Master!
- ◇ Chowders, Chilis, and Stews
- ◇ Delicious Diabetic Cooking
- ◇ Delicious Diabetic Sweets
- ◇ Picklemania: Recipes for Fermented Foods

Gardening & Nature

- ◇ Indoor Gardening
- ◇ Terrarium Gardening
- ◇ Spring Garden Ideas for Everyone
- ◇ Herb Growing Primer & Starter Kit
- ◇ Specialty Gardens: Healing, Tea & Other
- ◇ Drought Gardening 101
- ◇ Dealing With Garden Pests

Technology Workshops

- ◇ Tech Essentials for Seniors
- ◇ Essential Apps for Seniors
- ◇ Artificial Intelligence Awareness
- ◇ How to Use AI and ChatGPT
- ◇ Social Media for Actual Socializing
- ◇ Don't Be Afraid of Scams: Fight Back!
- ◇ YouTube & You: Video Streaming
- ◇ How to Find & Listen To Great Podcasts

Activities & Tastings

- ◇ Craft Your Own Tea Blend
- ◇ Chopstick Snacks & Laughs
- ◇ Make Your Own Seasonings
- ◇ Make Your Own Mini-Terrarium Garden
- ◇ Chocolate Tasting and Talk
- ◇ Let's Make Pickles!

Engaging & Social

- ◇ Alien Abductions & Close Encounters
- ◇ UFOs, Spy Balloons & Drones
- ◇ Current Events for Seniors
- ◇ Local Food Trivia: Yesterday & Today
- ◇ First 3 Women Senators and Their Stories
- ◇ Guess the Famous MA Resident Game
- ◇ Two Truths & A Lie Game

Custom Workshops Available!



Greetings!

Thank you for your interest in Therapy Gardens/SeniorU.

We provide outstanding programming, ranging from vibrant in-person workshops and presentations to virtual and custom programming.

We cover a broad range of topics including healthy living, food and nutrition, technology, and more. Our professional lecturers are enthusiasts, authors, entrepreneurs, and other creative minds. This helps ensure our content remains engaging, timely, and factual.

Our offerings are updated frequently so please join our [mailing list](#) and follow us on social media to ensure you stay up to date.

Thanks again for your interest. We look forward to working with you.

Best Regards,
The SeniorU/Therapy Gardens Team

PS: Don't forget to download or bookmark this catalog for easy access.

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Avoiding Inflammation & Ultra-Processed Foods
Cooking Tips and Tools for Older Adults
Delicious Diabetic Cooking
Diabetic Desserts (Less Sugar Baking)

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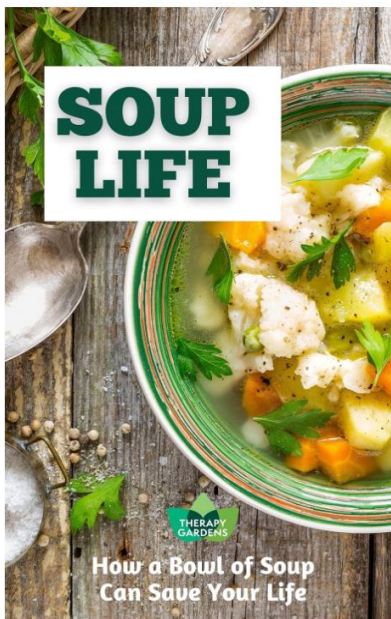
Chopstick Snacks & Laughs!

Herb Garden Primer and Starter Kit

Pricing

Soup Life by Therapy Gardens

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www.therapygardens.com

Healthy Living

These practical, research-backed workshops offer actionable tips on everything from improving your sleep to embracing the Mediterranean Diet. Designed to make healthy living easy and rewarding at any age.

Empowering Diabetic Living

Take control of your health with this groundbreaking workshop designed to help you manage and thrive with diabetes. Learn the basics of diabetes, including its different types and how it impacts your health. Discover practical meal planning tips, diabetes-friendly recipes, and how to incorporate global flavors into your diet. Explore sugar alternatives and gain confidence in baking and desserts with low-sugar solutions. You'll also learn about helpful apps, wearable technology, and community resources to support your journey. Perfect for anyone managing diabetes or supporting someone who is, this workshop offers actionable steps for healthier, more confident living.

Get Better Sleep in 2025!

Getting enough sleep is essential for good health, but many older adults struggle to get the rest they need. Learn to improve your sleep by making small but effective changes to your daily routine. We'll share mental techniques to help you fall asleep faster, review foods to eat (and avoid) before bedtime, and provide tips for practicing "Safe Sleep." With plenty of actionable advice and a lighthearted approach, you'll be well on your way to better sleep in 2025!

Healthy Eating on a Budget

Think healthy eating has to be expensive? This workshop is packed with practical tips to help you enjoy nutritious meals without overspending. From shopping strategies to cooking on a budget and smart ordering tips for dining out, you'll learn to make healthy eating affordable and enjoyable. Make your well-being a top priority without compromising on taste or quality.

How to Follow the Mediterranean Diet

The Mediterranean Diet is proven to reduce the risk of cancer, heart disease, and diabetes. Learn how to incorporate this gold-standard diet into your daily life, with practical advice and fantastic recipe ideas. Discover how to enjoy heart-healthy meals that are flavorful, satisfying, and easy to prepare. Perfect for anyone looking to embrace a healthier lifestyle with one of the world's most effective diets!

Eat More Fish! (the Right Kinds)

Seafood is one of the healthiest protein sources, but many people don't eat enough of the right kinds of fish. This workshop explores the health benefits of fish, guides you on choosing sustainable and mercury-safe options, and provides tips for delicious seafood meals at home or dining-out. Dive into the world of seafood and discover how it can be both healthy and delicious!

Avoiding Inflammation & Ultra-Processed Foods

Inflammation can take a toll on your health, and ultra-processed foods are often the culprit. In this workshop, you'll learn the long-term risks associated with additives, preservatives, and high levels of sugar and salt found in heavily processed foods. Discover how to identify minimally processed alternatives, read food labels with confidence, and make healthier choices that reduce inflammation and boost your overall well-being. Practical tips and actionable advice make this session a must-attend for anyone looking to feel their best.

Cooking Tips and Tools for Older Adults

Cooking doesn't have to be a challenge, even as we age. This session offers practical advice and recommendations for adaptive tools that make cooking easier and more enjoyable for older adults. Whether you're a seasoned chef or new to the kitchen, you'll learn how to streamline meal preparation, save time, and rediscover the joy of cooking. Senior-friendly product suggestions and information on where to find them are also included.

Delicious Diabetic Cooking

Most diets focus on what you can't have instead of celebrating what you can have. Don't let diabetes or pre-diabetes ruin all your food fun. Come learn how to prepare delicious low sugar, low carb meals. From easy one-pot dinners to larger meals, we will review the foods, spices, and condiments that are both delicious and diabetic-friendly. Great for low carb or Keto diets, or for those who just want to eat healthy.

Diabetic Desserts (Less Sugar Baking)

Learn to create delectable desserts using natural sweeteners, whole grains, and nutrient-rich ingredients. Our expert instructors guide you through recipes for sugar-free chocolate cake, almond-flour cookies, and more. Walk away with new skills and a collection of recipes that prove you don't have to sacrifice taste for health. Ideal for diabetics, their loved ones, and anyone interested in mindful eating.

Food & Recipes

Featuring curated and exclusive Therapy Gardens recipes with the latest nutrition and food research. We often bring samples, but no kitchen is necessary—and you'll always leave with recipes to try at home!

Cooking Small: Gourmet Recipes for 1 or 2

Master delicious gourmet meals in just the right portion sizes. Get essential cooking techniques, tips for shopping efficiently, and strategies to minimize food waste while preparing dishes for one or two people. Explore curated and exclusive Therapy Gardens recipes designed to elevate your culinary experience. Perfect for anyone seeking flavorful, small-scale cooking solutions!

Become a Soup Master!

Ditch the store bought salt bombs and make wholesome soups from scratch. Learn techniques for crafting low-sodium, nutrient-rich recipes like Creamy Tomato Bisque, Garden Vegetable Soup, and Parsnip & Carrot Soup. We'll also discuss must-have kitchen tools and tips to simplify soup-making. You'll leave with recipes, new skills, and the confidence to create hearty, homemade soups.

Superfood Soups

Elevate your soup game with superfoods! Discover recipes packed with health benefits, from hearty vegetable soups to innovative options like Chilled Blueberry Mint Soup. These soups are designed to help manage pre-diabetes, inflammation, arthritis, and more. Gain expert advice on choosing the best ingredients, sample a superfood soup, and leave inspired to create nourishing masterpieces at home.

Italian Family Recipes

Celebrate the traditions of Italian cooking in this heartwarming workshop. Learn how to make classic red sauces perfect for pasta, eggplant, and more. Dive into cherished family recipes for Braciola, Pasta e Fagioli, Italian cookies, and other timeless dishes. We'll also share vintage photos and stories that bring Italian food and culture to life. Perfect for home cooks, gardeners, and anyone who loves Italian cuisine. Recipes are included!

Greek Cooking: Discover the Flavors of Greece!

Immerse yourself in Greek cuisine with this mouthwatering workshop. Explore essential ingredients and classic techniques that make Greek cooking a perfect mix of flavor and wellness. Recipes for Greek pastries, Moussaka, Braised Lamb Shanks, and more. Small samples will be available while they last.

Coffee Talk

Step into the rich world of coffee and learn about coffee's origins, cultivation, and the nuances of light versus dark roasts. We'll cover brewing methods, equipment, and explore brands. Plus, we'll share tips for savoring your favorite cup and surprising coffee facts you've likely never heard before. Whether you're a coffee aficionado or simply love the aroma, this session promises a warm and engaging experience.

Gardening & Nature

Whether you're an indoor or outdoor gardener, beginner or seasoned expert, our programs provide something for everyone. Featuring the latest news, research, and resources, our sessions are designed with seniors in mind—complete with tips on senior-friendly tools and products.

Indoor Gardening

Indoor gardening has come a long way, offering new ways to bring nature into your home! Learn how to grow flowers, herbs, and even vegetables in the comfort of your living space. This session covers the types of indoor gardens, essential light sources, nutrients, and more. We'll showcase sample gardens, including super-nutritious microgreens, that you can easily grow at home. Perfect for those with limited mobility or smaller spaces who want to garden year-round.

Herb Garden Primer & Starter Kit

Discover the wonderful world of herbs! Learn about the properties of popular flowers and herbs, along with tips for growing them indoors or outdoors. From creative presentation ideas to distinguishing which herbs are both edible and ornamental, this session has you covered. Participants will get their own starter supplies to take home. Please note—seed availability may vary by location.

Specialty Gardens: Healing, Tea, and Edible Landscape Gardens

Exposure to nature, whether indoors or outdoors, has been shown to reduce stress and improve well-being. Explore the healing properties of plants and flowers as we guide you in learning. This session includes tips on selecting plants, using adaptive equipment, and finding the right products for your needs. Whether you're a seasoned gardener or just starting out, you'll leave with fresh ideas and inspiration to enjoy the therapeutic benefits of gardening.

Take Back Your Garden! Eliminating Pests

Has your garden become an all-you-can-eat buffet for unwanted critters? Reclaim your soil and sanity in this lively workshop! Learn how to outsmart garden pests, from tiny aphids to tenacious woodchucks, without resorting to harsh chemicals. Discover the hidden lives of garden villains and eco-friendly ways to defeat them. Don't let pests push you around any longer—this session will arm you with the knowledge to fight back and protect your garden.

Spring Garden Ideas for All Types of Gardeners

Looking to refresh your garden with something new? Whether you prefer indoor or outdoor gardening, this session introduces unique and easy ideas to brighten up your space. Discover a variety of common and uncommon vegetable, herb, and flower plants, including tips on what to plant and when. We'll also share where to find hard-to-source seeds and supplies, so you can get started with confidence. Perfect for gardeners of any season looking for fresh inspiration!

Technology

From online safety to artificial intelligence, our sessions are designed to empower older adults with practical skills and confidence in the digital world. Each program is tailored to meet your needs, with plenty of support and time for questions. We also offer small group and individual instruction for a more personalized experience.

Don't Be Afraid of SCAMS: Simple Guidelines to Identify and Block

Scams are designed to make you panic, but you don't have to fall for them! Everyone has heard horror stories about people losing their life savings—but with a few simple steps, you can easily identify what's fake and what's real. We'll show you real-world examples of scams and walk you through the essential steps to protect yourself online and financially. This program is especially helpful for those new to online safety. Leave with peace of mind knowing you're equipped to guard against fraud.

Tech Essentials for Seniors

Designed specifically for older adults, this session simplifies the internet and introduces the apps essential for daily life. From shopping on Amazon to staying connected on social media and exploring the life-changing possibilities of artificial intelligence, we've got you covered. You'll also learn practical skills, including understanding cookies, creating strong passwords, and staying safe online. With a focus on safety and convenience, this session ensures you'll leave more confident in navigating the digital world. Plenty of time is set aside for questions and answers.

Essential Apps for Seniors

Ever wondered how apps can make life easier? This beginner-friendly workshop introduces what apps are, how to access them on your phone, tablet, or computer, and how they can simplify everyday tasks. From reminders and transportation to health management and meal planning, we'll explore a variety of options. This is the perfect starting point for anyone looking to enhance their day-to-day life with technology.

Apps for Home, Health, and Help

Discover apps tailored to household and health needs, from tracking fitness and managing medical appointments to planning meals and staying organized. Learn how to use memory aids, adaptive tools, and apps for managing chronic conditions. We'll also explore free or affordable community programs that provide additional support. This session is perfect for anyone looking to use technology to enhance their daily life.

Artificial Intelligence Awareness and Discussion

Curious—or confused—about artificial intelligence? This session offers a clear and approachable introduction to AI. We stay up-to-date on the latest developments and break them down in a way that's easy to understand. Learn what all the fuss is about, and bring your opinions and questions for a lively and supportive discussion. Whether you're a beginner, a skeptic, or simply curious, this program is an excellent way to learn more about this fascinating technology.

How to Use AI and Chat GPT to Enhance Your Life

Experience how AI and tools like Chat GPT can transform your daily life. Learn how to use this technology safely for everyday tasks, from personalized learning and planning unique experiences to discovering new hobbies and getting tailored book or movie recommendations. It's all about enhancing your life with the power of AI. Perfect for those curious about learning new skills or just wondering what all the excitement is about!

Social Media for Actual Socializing

Tired of the nonsense and negativity online? This session shows you how to connect meaningfully on platforms like Facebook and introduces hidden gems better suited for genuine interactions. Whether you're tech-savvy or just starting out, you'll learn to use social media to build meaningful connections—your way. Plus, enjoy our "Top Social Media Moments" segment for a fun, lighthearted look at the online world.

How to Find and Listen to Podcasts (Good Ones)

Podcasts have revolutionized entertainment and storytelling, offering something for everyone—but they can feel intimidating at first. This session breaks it down step by step, showing you what podcasts are, how they work, and how to access them easily. Perfect for those who are tired of TV (and who isn't?), this workshop helps you discover a whole new world of digital content.

YouTube and You: Video Streaming for Adults

Learn how to safely set up a profile on YouTube and explore channels and creators catering to seniors. From cooking and travel to music and how-to videos, there's something for everyone. We'll also cover online safety, what's free versus paid, and how to find content that matches your interests. No computer is needed—just bring your curiosity and imagination!

Choose Your Own Adventure: Tech Instruction

This interactive workshop puts you in control! Explore a variety of technology topics tailored to your interests, whether it's mastering smartphone apps, understanding social media, improving online security, or navigating digital communication tools. Our expert instructor will guide you with practical, hands-on instruction to enhance your skills in the areas that matter most to you. *This is a custom program. Please inquire for details.*

Tech Assistance Drop-In and Personal Help

Simplify your digital life with our Tech Assistance program! Stationed at your center during regularly scheduled times, our tech expert is available to help with personal matters like navigating doctor portals, paying bills online, shopping on Amazon, and more. Participants can drop in for quick guidance or schedule individual appointments for more detailed assistance. *This is a custom program. Please inquire for details.*

Trivia Fun

Our trivia programs are unlike any other—mostly because we don't actually keep score! Instead, we present topics in a Jeopardy-style format with questions designed to entertain and educate. These sessions spark lively discussions, evoke fond memories, and provide opportunities to learn something new.

Local Food Trivia: Yesterday & Today

Hermits, Johnnycakes, Moxie—oh my! We've gathered a list of iconic regional foods, brands, and companies from the past and present, showcasing where they were created and sold. Some are well-known, but others might surprise you. Think we can stump you? Join us for a Jeopardy-style dive into local food history and test your knowledge!

Guess the Famous Massachusetts Resident

Think you know your Bay Staters? We'll present quotes from notable Massachusetts figures across fields like film, comedy, and politics—Bette Davis, Jay Leno, and John F. Kennedy, to name a few—and challenge you to guess who said them. This program is a delightful way to explore the state's rich cultural heritage, one quote at a time.

Famous Dishes and Lost Restaurants of New England

Embark on a nostalgic journey through New England's rich culinary past, uncovering stories behind beloved recipes and the people who made them famous. Discover long-lost dining spots and the iconic dishes that defined them, from neighborhood eateries to grand establishments. This trivia program is perfect for foodies and history buffs alike—bring your own stories, memories, and an appetite for fun as we savor a taste of history together!

Two Truths and a Lie

This twist on traditional trivia will keep you on your toes and spark your curiosity! Each round features three intriguing statements—two true and one cleverly crafted falsehood—on topics like local history, health, current events, and general interest. Can you uncover the lie and impress your fellow participants with your knowledge? This interactive format guarantees plenty of laughs, friendly competition, and lively debates that everyone can enjoy.

Paranormal Series

Embark on a captivating journey into the unknown with podcaster and paranormal researcher Chris Torres. From the history of UFOs and government investigations to alien abduction stories and the latest UAP developments, Chris delves deep into the mysteries that intrigue us all. Perfect for curious minds and enthusiasts of the unexplained!

UFOs and Drones in the News – What’s Going On?

Join Christopher Torres, a seasoned podcaster, paranormal expert, and Massachusetts native, as he explores the latest developments in the world of UFOs. From the groundbreaking New York Times article that revealed official UFO reports to the statements made by government officials and prominent scientists, Chris covers it all. Learn about the shift from "UFOs" to "UAPs" (Unidentified Aerial Phenomena) and what these changes could mean for the future. If you're curious about the unknown, this is the perfect talk for you!

The Most Intriguing UFO Cases in History

Travel through the fascinating history of UFOs with Christopher Torres as he unpacks some of the most compelling cases, from the Roswell incident to the O'Hare airport sighting. With detailed eyewitness accounts, media coverage, and official reports, this session offers a straightforward yet engaging exploration of key UFO events. Whether you're a casual enthusiast or well-versed in the topic, you'll enjoy this insightful dive into the most intriguing moments in UFO history.

Close Encounters: Alien Abduction

Are beings from another planet abducting humans? In this thought-provoking session, Christopher Torres examines claims of alien abduction and interactions with "otherworldly beings." Explore the stories, the evidence, and the theories surrounding this mysterious phenomenon. Whether you're skeptical or curious, this talk invites you to consider the possibilities and decide for yourself what to believe.

Congress Investigates: UAPs on Capitol Hill

In recent years, UFOs—now known as UAPs—have gained the attention of both the House and Senate, sparking unprecedented interest from Congress. Christopher Torres provides an insider's look into the latest investigations, hearings, and reports coming from Capitol Hill. With his engaging style and up-to-date information, Chris breaks down the political and scientific significance of these developments. Join us for this compelling continuation of his popular series on UAPs.

Historical Events Series

Join SeniorU lecturer Anne Bishop and dive into compelling stories from history, each offering a unique perspective on resilience, trailblazing individuals, and pivotal moments in time.

Resilience: The History of the American Defenders of Bataan and Corregidor

Come hear the remarkable life story of Staff Sergeant Henry "Hank" Wilayto, a Polish immigrant's son. Hank survived 7 years in foster care after his mother's untimely death when he was 8. He later enlisted in the Armed Forces and was stationed in the Philippine Islands. There, he endured the infamous Bataan Death March and spent 3 ½ years in Japanese prison camps. Upon his return, he became a founding member of the American Defenders of Bataan and Corregidor, a national organization that served thousands of POW veterans. Don't miss this extraordinary tale, along with precious artifacts, as shared by his daughter, Anne Wilayto Bishop.

Women in Science

History is filled with women who made groundbreaking contributions to science. Some of them, like Marie Curie, are well known. But others haven't received the credit or notoriety that they so richly deserve. Come hear the stories, trials, and tribulations of the women of science as presented by Anne Bishop.

The First Three Women Senators and Their Stories

The first female United States Senator only served for a single day, but her story is timeless. Learn about the beginning days of the US Senate and the stories of the first three women senators, along with their contributions, successes, and challenges. Presented by Anne Bishop, former Visitor Experience Guide at the Edward M. Kennedy Institute for the US Senate.

Hands-On Activities

Customizable for seasons, holidays, or specific audiences, these fun and inspiring sessions include activities like tea and spice blending, terrarium making, chocolate tasting, and more! We bring all the materials. No kitchen or special setup needed.

Make Your Own Seasonings

Create your own seasoning mix, learning about different spices and their health benefits along the way. We bring tons of herbs and spices for you to choose from. Participants will take home several salt-free seasoning recipes as well as their own custom seasoning mix. Make mixes for health and wellness, improve digestive benefits, boost immunity, make savory salt-free mixes, and more.

Craft Your Own Tea Blend

Learn the art of tea blending, and explore different herbs, spices, and teas. We'll bring different base teas and a mix of herbal tea and other accents for you to choose from. Use our recipes or craft your own unique tea blends to take home.

Make Your Own Terrarium Garden

Learn how to create and care for your own miniature garden inside a container. You'll learn which plants to use, along with essential techniques for care and maintenance. Each participant will design and build a beautiful terrarium to take home.

Chocolate Tasting & Talk

Indulge in the world of high-quality chocolate with a tasting experience unlike any other. Sample premium chocolates while learning about their origins, unique flavors, and the latest health and nutritional insights. Choose from different formats, including presentations, tastings, and even recipes for cooking with chocolate. Perfect for chocoholics and anyone curious about this delectable treat!

Picklemania: Let's Make Pickles!

Discover the art of pickling with a variety of techniques, from old-fashioned fermentation to vinegar brines and bread-and-butter recipes. Learn how to make pickles with lower sodium options, perfect for health-conscious pickle enthusiasts. This engaging workshop is great for gardeners, home cooks, and anyone who loves a good crunch. Recipes and tips for creating your own unique pickles are included!

Chopstick Snacks & Laughs!

Did you know chopsticks are healthy? (and not only because you miss your mouth!) Come learn to use chopsticks correctly while snacking a chopstick friendly snack. Feeling brave? Take our Chopstick Challenge!

Herb Garden Primer and Starter Kit

Learn to grow, care for, and harvest popular garden herbs either indoors or outdoors! Get a small seed starter kit to start you on your way this spring. Perfect for getting you in the gardening mood this spring!

Pricing

We are happy to provide custom quotes for organizations. Please use the Contact Us section of our website or email info@therapygardens.com for more information.

Our pricing depends on a number of factors. As a general rule and for planning purposes, most **in-person** programs, at your location, start at \$300 and increase depending on materials, travel, time of day, and other factors. **Private Events and small group instruction** services are billed hourly. Contact us for specific information.

Setup and Facility Needs

Although we sometimes bring samples, a kitchen is not necessary for any of our programs. **We do need a way to project our presentation** and a small table at the front. A microphone is always welcome (we never met one we didn't like), but not necessary. That said, we aren't fancy and are happy to work with whatever setup you have available.

Cancellation Policy

We are always happy to reschedule due to inclement weather and other unforeseen circumstances. If one of our programs has lower-than-expected enrollment, we are happy to cancel and/or reschedule at no charge with at least 24 hours' notice. We also understand that mistakes happen, so don't sweat it.

For questions or assistance, please visit our website or email info@therapygardens.com.