



Environmental Programs

Rain Barrel Workshop (Ages 18+)

Activity #: 637135-03

Date: Saturday (9/17)

Time: 10:00a-12:00p

Fee: \$25 R \$28 NR

Location: Lord Fairfax Room

Register by: 9/10

Have you ever wanted a rain barrel for your home? Now is your chance! We are offering a Rain Barrel Workshop where you will be able to build your own rain barrel to take home.

Juicing/Garden Tower (Ages 18+)

Activity #: 637135-04

Date: Thursday (9/22)

Time: 7:00p-8:30p

Fee: FREE

Location: Arts & Crafts Room

Register by: 9/15

Come learn about a tower garden and see if it is a fit for your lifestyle. A Tower Garden is a state of the art vertical aeroponic growing system. It's perfect for rooftops, patios, balconies or any relatively sunny place outside. It grows vegetables, herbs, flowers, and many fruits in less time than it takes soil. The tower can grow indoors with grow lights so you have fresh produce all year. Also learn about Juice Plus that provides added nutrition from fruits, vegetables, and grains in a capsule or chew.

Essential Oils (Ages 18+)

Activity #: 637212-26, 27, 28, 29, 30, 31

Date: Tuesday (9/13), (9/27), (10/4), (10/18), (11/15), (11/29)

Time: 6:30p-8:00p

Fee: FREE

Location: Recreation Room

Register by: 9/6, 9/20, 9/27, 10/11, 11/8, 11/22

Essential oils are both exciting and promising when it comes to taking care of your own and your family's health. Whether you're applying essential oils topically, enjoying the aromatic benefits through diffusing, or taking essential oils internally, and the positive effects of essential oils are boundless. That's why you'll want to ensure that the essential oils you are using are capable of delivering on their promise. You'll want to make sure that you are choosing essential oils for their potency and their purity. Each class will focus on different oils and the benefits of using those oils.

Instructor: Lacey Brooks

Abrams Creek Wetlands Preserve Nature Walks

Date: September 24, October 8 and 22, and November 5

Time: 8:30am

Fee: FREE

Location: Meet at the parking lot in front of Children of America on Jubal Early Drive.

The group will meet at the beginning at the parking lot in front of Children of America on Jubal Early Drive. The starting time is 8:30am. Focus will be on birds, flowers, trees and signs of Fall. Call Jim at (540) 303-3983 for more information.