Fully-funded Gardening Courses Exclusively for AACs








Choose from 12 different health and wellness courses designed specially for participants 60 and up

In support of:

Age Well SG


Gardening


Nature Art


Cooking & Mindful Eating

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Trusted Education Partner of AIC

Edible Garden City is proud to partner with the Agency of Integrated Care (AIC) to offer a total of 12 gardening and nature workshops, specially designed for Active Ageing Centres.

The courses are structured to motivate and encourage seniors to:

- *Learn basic gardening skills, using hands-on learning*
- *Make new friends, and stay connected to their community*
- *Enjoy time being active, using their hands and working their creative juices*



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Why Choose EGC?

- *Courses held atyour AAC, or participants enjoy excitement of a learning journey to an EGC garden*
- *Conducted in English and Mandarin*
- *1.5 hours per session*
- *Specialists in therapeutic horticulture. Trusted by 100 AACs*

12 Unique Activities

Two series totalling 12 courses, all fully funded by AIC:

- *Green Series:A Journey of Sustainable Gardening & Creative Expression*
- *From Seed to Flourish series: A Wellbeing Journey Through Nature*



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Green Series: A Journey of Sustainable Gardening & Creative Expression



Eligibility Criteria: Seniors registered under the AAC (personal data including name, NRIC No., date of birth of the AAC senior attendees will need to be collected before each session and submitted for the grant disbursement)

Target Profile: Seniors proficient in English or Mandarin. For those attending the session at our farm, they should be ambulant, low fall risk and walks well without support to ensure safety and optimal experience

Capacity: 20 seniors per session

Programme Duration: Total 6.5 hours over 4 sessions
- 1 session of 2 hours farm tour and activity at EGC premise
- 3 sessions of 1.5 hours workshop at AAC premise

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Green Series: A Journey of Sustainable Gardening & Creative Expression



Green Reverie: Sensory Garden Voyage for Textures & Tastes



Green Fingers: Growing Your Own Edibles & DIY Self-Watering Planters



Green Innovations: Guide to Gardening & DIY Enzyme Solutions



Green Impressions: Nature-Inspired Terracotta Pot Painting



Green Reverie: Sensory Garden Voyage for Textures & Tastes

The session will take the seniors on a sensory journey with plants in EGC's garden to learn and appreciate their different textures, experience different flavour profiles to trigger memories and welcome new ones.

2 hours' farm tour and activity at EGC's sensory garden

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Green Fingers: Growing Your Own Edibles & DIY Self-Watering Planters

In the first workshop, seniors will start off with learning about the basics of gardening, gain knowledge of local edible plants and how to tend them. In the hands-on activity they will learn to make their own self-watering planter from recycled plastic bottles.

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Green Innovations: Guide to Gardening & DIY Enzyme Solutions

In the second workshop, seniors deepen their gardening knowledge and learn about fertilizers and pesticides and progress on to make a bottle of eco-enzymes that can be used as a fertilizer, pesticide and home cleaning agent too.

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Green Impressions: Nature-Inspired Terracotta Pot Painting

The seniors will end off in the third workshop to paint their own nature-inspired designs on a terracotta pot. After completing all three workshops, seniors will be fully equipped with the knowledge and tools that they have created to start their edibles growing journey together!

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Green Series: A Journey of Sustainable Gardening & Creative Expression



The programme is fully funded by AIC and complimentary for seniors who are registered under the AAC. The only cost will be from the AAC for the transport arrangement to attend the Green Reverie: Sensory Garden Voyage for Textures & Tastes at our farm.

For a full therapeutic gardening experience, we highly recommend that each senior completes all 4 sessions. Selective sessions are also welcome if there is a preference for certain activities over others.

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From Seed to Flourish Series: A Wellbeing Journey Through Nature



Eligibility Criteria: Seniors registered with AACs

Target Profile: Seniors proficient in English/Mandarin as our programme can be conducted bilingual. For those attending the sessions at our farm, they should be ambulant, low fall risk and walks well without support to ensure safety and optimal experience.

Capacity: 20 seniors per session

Programme Duration: 12 hours over 8 sessions (1.5h per session)

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From Seed to Flourish Series: A Wellbeing Journey Through Nature



This 8-session programme offers a unique, nature-based approach to health and wellbeing by drawing meaningful parallels between plant life cycles and human experiences—Planting New Beginnings, Growth and Nourishment, and Renewal. Through hands-on activities such as gardening, nature art, and farm-to-table practices, integrated with mindfulness, participants experience therapeutic horticulture in an engaging and accessible format —while also bringing home tangible creations that reinforce learning.

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From Seed to Flourish Series: A Wellbeing Journey Through Nature



Unlike conventional classroom-style health programmes, this series emphasises experiential learning, personal reflection, and social connection, enabling participants to actively engage, express themselves, and build meaningful peer interactions.

Evolutionary anthropologists have found that communal eating especially triggers the release of endorphins, dopamine, and oxytocin, chemicals in the brain directly linked to trust, happiness, and bonded relationships.

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From Seed to Flourish Series: A Wellbeing Journey Through Nature



Planting New Beginnings: Microgreens for Everyday Health



Planting New Beginnings: Seeds of Expression



Growth and Nourishment: Understanding Plant Needs through Potting

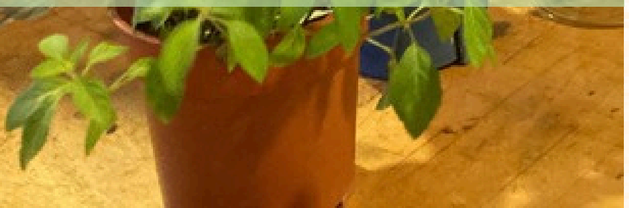


Growth and Nourishment: Discovering Soil through Art and Exploration

From Seed to Flourish Series: A Wellbeing Journey Through Nature

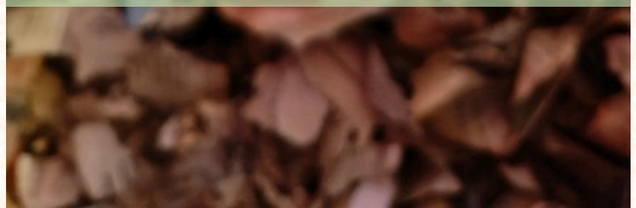


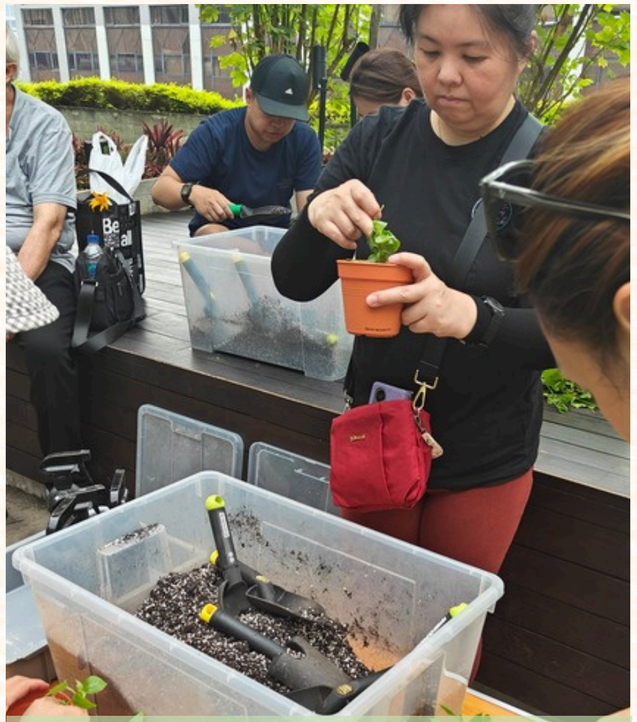
Growth and Nourishment: Mindful Eating from Garden to Table)



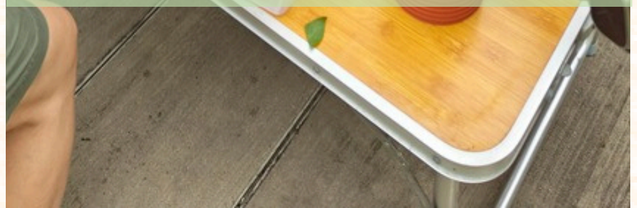


Renewal: Reflecting on Cycles through Composting)





Renewal: “From Nature, Back to Nature





Renewal: Brewing Calm Moments from Garden to Cup





Planting New Beginnings: Microgreens for Everyday Health

Facilitate awareness of new beginnings through the hands-on growing of microgreens, guiding participants to reflect on starting small, nurturing growth over time, and building simple, sustainable habits for personal wellbeing.

By the end of the session, participants will be able to:

- *Understand what microgreens are and the nutritional benefits of consuming them*
- *Understand the process of growing microgreens and how this can easily be done at home*
- *Understand the physiological, cognitive, and socio-emotional benefits of growing microgreens at home*
- *Practise mindful sowing of microgreen seeds*
- *Identify parallels between new beginnings of germinating seeds and starting small, nurturing habits over time*
- *Practise positive reframing to build simple, sustainable habits for personal well-being*

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Planting New Beginnings: Seeds of Expression

Participants to go through a personal reflection and self-expression through seed-based creative work. And to have participants connect with their inner thoughts and emotions in a calm, mindful environment.

By the end of the session, participants will be able to:

- *Observe and describe characteristics of different kinds of seeds*
- *Recall and share the uses of seeds and memories associated with them*
- *Understand the physiological, cognitive, and socio-emotional benefits of making seed art*
- *Practise cognitive and fine motor skills in sorting out seeds by variety*
- *Practise mindfulness while creating seed artwork*
- *Practise self-expression and build a sense of achievement from creating seed art work*
- *Draw parallels between different seeds and their potential growth, and the value of people*
- *Practise positive reframing to appreciate differences in people around, as well as traits in themselves*

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Growth and Nourishment: Understanding Plant Needs through Potting

Guide participants to explore the conditions needed for growth in plants and draw parallels to their own wellbeing, encouraging reflection on how care, consistency, and environment support healthy living.

By the end of the session, participants will be able to:

- *Recall and share about any experiences they have in planting*
- *Understand the conditions needed for plant growth and how to determine the best spot for plant growth at home*
- *Understand the physiological, cognitive, and socio-emotional benefits of gardening*
- *Practise mindfulness while potting up a plant cutting*
- *Draw parallels between plant growth needs and human well-being*
- *Reflect on elements in daily living that help support healthy living and well-being*
- *Practise positive reframing to focus on solutions and resources instead of lacking*

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Growth and Nourishment: Discovering Soil through Art and Exploration

Facilitate a deeper connection to nature through sensory exploration of soil, encouraging participants to reflect on grounding, stability, and the foundations that support life.

By the end of the session, participants will be able to:

- *Understand what soil is made up of*
- *Observe and describe characteristics and textures of types of soil*
- *Understand the physiological, cognitive, and socio-emotional benefits of working with soil (and other tactile activities)*
- *Practise mindfulness and experience grounding while working with soil and creating soil paintings*
- *Practise self-expression and build a sense of achievement from creating soil paintings*
- *Identify tactile activities that they can engage in in daily living*
- *Draw parallels between soil as foundation for plant growth, and well-being as foundation for people*
- *Practise positive reframing to appreciate things that are not often seen but critical in personal well-being*

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Growth and Nourishment: Mindful Eating from Garden to Table

Encourage participants to explore the connection between food, wellbeing, and mindful living through hands-on preparation of fresh ingredients, fostering awareness of nourishment and balance.

By the end of the session, participants will be able to:

- *Observe and identify commonly grown herbs*
- *Recall and share memories of using or consuming these herbs*
- *Understand how freshly grown herbs can be used in daily cooking*
- *Understand the role of herbs in food (e.g. flavouring, medicinal benefits, cultural contexts and recipes)*
- *Understand the physiological, cognitive, and socio-emotional benefits of communal cooking and eating*
- *Practise mindfulness while preparing and tasting a dish with fresh garden harvest*
- *Draw parallels between the process of making food and the process of growth and transformation in our lives*
- *Practise positive reframing to appreciate that growth and good things take time*

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Renewal: Reflecting on Cycles through Composting

Introduce composting as a reflection of natural cycles, guiding participants to understand renewal, transformation, and the value of letting things return to the earth. Composting highlights the themes of Change, Renewal, Resilience and Acceptance. As they learn about the concept of composting, they learn that by reflecting on how life's experiences, both joyful and painful, can contribute to growth and meaning. What appears to be an ending can become the beginning of something new.

By the end of the session, participants will be able to:

- *Understand what compost is and how it is made*
- *Understand how composting is sustainable and can be done at home*
- *Understand the benefits of composting, especially in a community*
- *Practise mindfulness while preparing materials for composting and tending to it as these materials are broken down*
- *Draw parallels between the process of composting and the process of change and renewal in our lives*
- *Practise positive reframing to appreciate how life experiences and transitions, both joyful and painful, contribute to growth and meaning*

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Renewal: From Nature, Back to Nature

Facilitate personal reflection through the creation of an individual nature-based art piece, guiding participants to appreciate the beauty of creation while recognising its temporary nature, and supporting them in practising acceptance and letting go through the intentional dismantling of their work, followed by group sharing.

By the end of the session, participants will be able to:

- *Observe and describe characteristics of natural materials provided*
- *Understand the temporal nature of natural materials*
- *Understand nature collages and how different materials can be used to form pictures and communicate ideas*
- *Practise mindfulness, self-expression, and build a sense of achievement from creating the temporary nature collages*
- *Draw parallels between returning the artwork to nature and letting go of certain things in life*
- *Practise gratitude for the present*
- *Explore ways to capture and appreciate the beauty and value of temporal things*

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Renewal: Brewing Calm Moments from Garden to Cup

Guide participants in exploring botanical infusions as a form of self-care, encouraging moments of pause, relaxation, and reflection through mindful preparation and consumption.

By the end of the session, participants will be able to:

- *Observe and identify commonly grown herbs that can be used in tea-making*
- *Understand ways to extract tea from plant parts (e.g. herb leaves, flowers)*
- *Recall and share recipes and memories of tea-making and tea-drinking*
- *Understand the physiological, cognitive, and socio-emotional benefits of tea-making and communal tea-drinking*
- *Practise mindfulness while preparing and drinking tea infusions*
- *Understand the importance of rest and restoration*
- *Identify ways to incorporate tea-making and simple relaxation practices into daily living*

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From Seed to Flourish Series: A Wellbeing Journey Through Nature



Each session can run independently, or be threaded together in a series to highlight the connecting theme.

Guided reflections and simple pre- and post-session check-ins further deepen self-awareness and encourage participants to translate these practices into daily life, supporting sustained health and wellbeing beyond the sessions.

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Happier and Healthier Seniors



Contact us today to schedule a cohort!

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