

*Friendly Circle  
Seniors Club*



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Murray Harbour

## Project Nectar

*Seniors Enriching Lives Through Gardening and Pollinator Habitats*



### Benefits:

- ◆ Senior Volunteerism
- ◆ Skill Development
- ◆ Community Engagement
- ◆ New Opportunities

### Summer volunteer activities:

- ◆ Building planter boxes
- ◆ Planting of veggies & flowers
- ◆ Tending to veggie and flowerbed growing
- ◆ Aid in the identification isolated seniors
- ◆ Aid in coordinating transportation for seniors to get to workshops
- ◆ Aid in coordinating/planning workshops

### Q: What is Project Nectar?

An initiative to promote senior volunteerism, skill development, community engagement, and new opportunities for isolated seniors in rural areas of Prince Edward Island. The idea was sparked from the expansion of the Community Gardens. Through a diverse collection of offerings, participants will work to grow food for themselves, and create pollinator habitat for bees and the Monarch Butterfly!!

### Q: What activities can I be involved in?



### **VOLUNTEER & PARTICIPANTS**

In this 'growing' partnership between SEA and the Friendly Circle Seniors Club of Murray Harbour, this project aims to bring together seniors to share in nature-based experiences, grow garden foods, and connect with each other through a various activities and workshops such as making preserves and perhaps visit with other seniors in other parts of the Island. Transportation will be provided for those within a 10kms radius so that interested individuals can be involved. This initiative builds on the FCSC's recent installation of 8 elevated garden beds for those seniors with mobility issues.

### **Join us at our Project Launch!!**

**Where:** Murray Harbour Community Center

**When:** Canada Day Celebrations: Monday, July 1st!! 1pm - 4pm

**For more Info and to volunteer please contact:**

**Larry Siebrands (FCSC):** [larrysiebrands@yahoo.com](mailto:larrysiebrands@yahoo.com), 902-213-5275

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## ***Project Nectar: Seniors enriching lives through gardening and pollinator habitats!***

With positive feedback from Municipal Council members and residents, the FCSG has partnered with SEA to create this new endeavor which will incorporate and build momentum in the community gardens.

The target audience is local and rural senior residents of the Murray Harbour and Murray River areas, age 55+, including isolated and low-income seniors and welcomed to participate. Other members of the community will not be excluded from participating; however, priority will be given to seniors.

Each workshop is free of charge and will provide free and accessible transportation.

From Spring through Fall, FCSC/SEA will host a variety of activities and workshops with the support of senior volunteers and SEA staff.

### **Topics, activities, and educational components may include:**

- 1) Gardening workshops that promote healthy aging and new tips for gardening at home.
- 2) Community Preserving Workshops: expanding and utilizing the community gardens to grow food for preservation.
- 3) Senior volunteers are encouraged to mentor, share traditions, and socialize.
- 4) Nature Art Therapy through painting and other creative arts.
- 5) Building pollinator gardens to attract bees and butterflies, and introduction to the Monarch Watch program where participants will learn how to monitor, catch and possibly tag Monarch Butterflies!! With support from local environmental group(s), participants will work to restore Monarch Butterfly habitats in the community and at home.
- 6) *Additional activities may include:* an educational field trip to other parts of the Island.

Through this diverse collection of offerings, the FCSC and SEA will build a stronger member base in the community and provide a place for seniors to learn new skills, build friendships, and contribute their time to meaningful projects.

