



June 15, 2017

## **COOL FUN IN THE SUMMERTIME**

***Myriad Botanical Gardens brings movies, fitness, music, workshops  
and more to Downtown OKC***

**OKLAHOMA CITY, Oklahoma (June 15, 2017)** Myriad Botanical Gardens packs the July calendar with tons of outdoor excitement, from crafting and learning activities and fitness fun, to concerts under the stars. Every day offers a new chance to spend quality time in downtown's most beautiful destination -- whether it's SUP Yoga or spreading out blankets for SONIC Movie Nights, Myriad Botanical Gardens is the place to get active, build new experiences and celebrate summer in the city. For more information and to register online at [www.myriadgardens.org](http://www.myriadgardens.org) or contact (405) 445-7080. [Download images here](#)

### **July in the Gardens**

#### **Weekly Walkups**

July 3 – August 11, Monday – Friday, 10am - Noon

Children's Garden Porch

Drop-in activities; \$2 suggested donation per child

\*No activities on Tuesday, July 4 for the holiday

Come to the Children's Garden for some fun activities that explore the world of plants. Make-it Mondays, Tasty Tuesdays, Reading Wednesdays, "Think Green" Thursdays and Find-it Fridays. Groups of 10 or more please contact Lily Christman, at (405) 445-5162, for more information about group activities.

#### **Best in Show. Learn How to Grow Pumpkins – from Bigs to Minis**

Saturday, July 8, 10 – 11am

Crystal Bridge South Lobby and Children's Garden

Instructor: Maureen Heffernan, Gardens Executive Director

Members \$5; Nonmembers \$7

Best for ages 8 and up

Register by Monday, July 3

Pumpkins are fun and easy to grow if you know a few tricks. Come to this interactive outdoor class to learn how to grow pumpkins so you can have everything from monster pumpkins to minis for fall. Kids can choose from several different types of pumpkins and pot one up to take home and grow. Continue

the fun after class and share photos of your pumpkin as it grows on our social media by tagging the Gardens @myriadgardens.

### **SONIC Movie Night presented by SONIC, America's Drive-In**

Wednesday, July 5 to July 26

Great Lawn and Bandshell

8pm Pre-show festivities

9pm Movie begins

SONIC Summer Movies at Myriad Botanical Gardens, a much-loved summer tradition is back. Activities, food and lots of fun returns each Wednesday, July 5 to July 26, on the Great Lawn. Thanks to SONIC Drive-In these movies are completely FREE. Come early to get a great seat. Bring a picnic or enjoy food from our line-up of food trucks. Movies start at 9 pm. with pre-fun starting around 8 p.m. Participants using blankets will sit one side, lawn chairs to the other side.

*\*Due to MAPS 3 streetcar construction, Sheridan will be narrowed. All food trucks will be moved to Hudson.*

- Wednesday, July 5  
***Star Trek Beyond***  
Food Vendors: Fried Taco, Wicked Hangry, Fresh Ice, Uptown Candy and Pitchfork in the Park
- Wednesday, July 12  
***Fantastic Beasts and Where to Find Them***  
Food Vendors: Big Truck Tacos, Phill Me Up Cheesesteaks, Cutie Pies, Kona Ice and Pitchfork in the Park
- Wednesday, July 19  
***Moonrise Kingdom***  
Food Vendors: Lalo's Taco's, Parking Lot Party, Metro Minis, Snow S'more and Pitchfork in the Park
- Wednesday, July 26  
***42 The Jackie Robinson Story*** (closed caption provided)  
Food Vendors: The Great Panini, I Don't Know I Don't Care, Uptown Candy, Snow S'more and Pitchfork in the Park

### **Garden Fresh Pesto Workshop**

Saturday, July 8, 2 – 3pm

Terrace Room

Members \$10; Nonmembers \$15

Register by Monday, July 3

Fresh basil pesto is perfect to make in the summer when basil is fresh and abundant. But you can also make delicious pestos from carrot tops, mints and other greens that are wonderful too. In this workshop, we'll harvest fresh herbs from the garden and along with other plants from the supermarket. You'll learn how to make various types of pestos – perfect for pastas, salads and more.

### **Full Moon Bike Ride and Run**

Presented by Stephenson Cancer Center

Due to Maps 3 construction on Sheridan, meet at the Seasonal Plaza by Pitchfork in the Park

Saturday, July 8, 8pm Run/8:30pm Bike Ride

\$5 pp for each event

Monthly through November

Your favorite health and wellness activity is back thanks to our new sponsor Stephenson Cancer Center. Join other runners in a 5K run, led by Ultramax Sports Oklahoma, through the scenic downtown area as the sun sets. Those who pay \$5 will be entered in a drawing for prizes from Red Coyote Running and Fitness.

Bring your bike and meet up a for a leisurely one-hour ride. Downtown-area routes are specially planned by Schlegel Bicycles. Don't have a bike? Rent a Spokie. Lights and helmets are required. Those who pay \$5 will be entered in a drawing for prizes from Schlegel Bicycles.

### **SUP Yoga and Paddle Boarding**

East Lower Lake

Sundays, July 9, August 27, September 17

9-10am - SUP Yoga Members \$15; Nonmembers \$20

10:30am-2pm - Paddle Boarding Members \$8; Nonmembers \$10

#### **SUP YOGA, 9-10am**

Join us at 9am for SUP Yoga led by Lisa Woodard owner of This Land Yoga. Class participants will meet at the East Lower Lake to try their hand a Stand Up Yoga. Participants should wear clothes they aren't afraid to get wet. Limited number of boards available; please register by Friday, July 8 to secure your spot.

#### **Paddle Boarding, 10:30am-2pm**

With help from our friends at the Boathouse District in Oklahoma City, come paddle boarding at East Lower Lake at the Gardens. \$8 per member and \$10 per non-member for a 15 minute session. Come and go event until 2pm.

### **Barre3 workout in the Gardens**

Monday, July 10, 7pm

Great Lawn and Band shell

\$5 suggested donation

Barre3 returns to the Gardens for another season of community outdoor fitness. A \$5 suggested donation will be requested to continue our growth of Myriad Botanical Gardens. Other dates include: August 7 at 7 p.m., September 11 at 6 p.m. and October 2 at 6pm.

### **Yoga Series**

Tuesdays, July 11, 18, 25, 5:45pm

Sponsored by Tinker Federal Credit Union

Late arrivals not accepted after 5:50pm

Outdoors or in the Terrace Room depending on weather

Members \$5; Nonmembers \$10  
Must be 16 and older  
\*No yoga on July 4 due to holiday

This is an all-levels class led by Lisa Woodward from This Land Yoga. Class participants should bring a yoga mat and water. Meet in the south lobby for check-in each week. Drop in for a session or two or enjoy the entire series.

### **BUG OUT. Lady Bug Release and Mitey Insect Safari**

Friday, July 14, 10am – 2pm

Crystal Bridge Conservatory, South Lobby and Garden Room

Members pay \$3 per container of lady bugs;

Nonmembers pay entry fee into the Crystal Bridge and \$3 per container of lady bugs

All Ages Welcome

Help us release thousands of polka-dotted hungry helpers in our Conservatory so they can chow down on pests that are bugging our tropical plants. Create a lady bug craft, check out the Insect Safari to see bugs up close and chat with Bob Sober, whose giant bug photos will be on exhibit in the South Lobby. Ladybugs will be available for release on a first-come, first-served basis. **Limit one container per person.**

### **Dancing in the Gardens featuring Hip Hop**

Seasonal Plaza by Pitchfork in the Park

Friday, July 14, 7-10pm

FREE, All Ages Welcome

Join us as we transform the Seasonal Plaza into an urban dance space. You all voted and chose Hip Hop for our final dancing event. Beginning at 7pm, instructors from 3Sixty Dance Studio will give a Hip Hop dance demonstration followed by a FREE lesson for all. At 8pm, our DJ, Brian Smith, will crank up the tunes to get the dancing started. Drink and food specials will be offered to highlight the night. It's 90s night. Wear your favorite 90s attire to celebrate the night.

### **Junior Master Gardener Curriculum Training**

Monday, July 17, 10am – 3pm, with break for lunch

2nd Floor Conference Room; Shelley Mitchell, Oklahoma JMG Coordinator

\$30 per participant (includes training and curriculum)

Register by Tuesday, July 7

Captivate your students through active learning. Junior Master Gardener (JMG) Health and Nutrition in the Garden is an award-winning curriculum that provides hands-on activities for elementary grades and is full of lessons aligned with educational standards. Shelley Mitchell will introduce us to this curriculum in a fun, hands-on workshop. Continuing education credits are available and each participant will leave with a curriculum.

### **Six-Legged Science; a Bug Safari**

Saturday, July 22, 10 – 11am

Abby Curry, Children's Garden Manager Water Plaza Room and Children's Garden

Members \$3; Nonmembers \$5

Best for ages 5-9

Register by Tuesday, July 18

Join us for a morning of learning and investigation as we delve into the wide world of bugs. We'll explore what really makes an insect an insect, then discuss their habits and where they make their homes. Finally, we'll head outside to the Children's Garden for a bug safari to observe and make sketches of what we find.

### **Painting in the Gardens**

Saturday, July 22, 6-9pm

Great Lawn and Bandshell

Members: \$30 register by calling 405-227-0230

Non-members: \$35 online <https://www.wineandpalette.com/>

Join Wine and Palette at the Gardens to create a unique piece of art. You can choose between the Folk Fest Banjo-includes a banjo, guitar and mandolin or the Southern Rockers piece to be created on a 16x20 canvas.

### **Great Lawn Folk Festival**

Sponsored by Ad Astra Foundation

Saturday, July 22, 7:30pm

Great Lawn and Bandshell

FREE, All ages welcome

VIP Tickets \$35: receive one drink ticket and front row reserved area seating

Join us for a music filled night under the stars. The evening will kick off with local band, Steelwind, and at 8:30 p.m. our headliner, Dom Flemons, will take the stage. Dom Flemons is a Grammy Award-winning musician, singer-songwriter and slam poet. Flemons is also a founding member of the Carolina Chocolate Drops. Come enjoy some great music and great food in beautiful scenic backdrop. Bring a picnic or enjoy food from Pitchfork in the Park or from our line-up of food trucks including: Phill Me Up Cheesesteaks, Blue Donkey Tacos, Healthy Hippo, Metro Minis and Katie Bugs Shaved Ice. Holloway Restaurant Group will be selling beer and wine onsite.

### **Outdoor Dining Series—Summer Vegetarian Dinner from Chef Ryan Parrot**

Friday, July 28, 7-9pm

Meinders Terrace

Members \$65; Nonmembers \$75

Must be 21 or older to attend: Wine included thanks a generous donation from the Arnall Family Foundation

Join us in the Meinders Terrace for an intimate dinner under the stars. Chef Ryan Parrot from Picasso Café is whipping up a Summer Vegetarian Dinner. Limited seating is available; please register by Thursday, July 27.

Menu for the evening includes the following:

- King Oyster Mushroom Scallop: kale pine nut risotto, charred scallion, pickled radish and aged balsamic
- Heirloom Tomato-Asiago Bisque: truffled eggplant frites and basil oil
- Panzanella: Artisan bread, burrata and roasted bell

- Spaghetini: pistachios, dill, charred tomato and goat cheese
- Saffron Panna Cotta: brandy poached peaches, lavender roasted fig and honey cardamom fluid gel

### **Gardens Walking Tour**

Saturday, July 29, 10am

Last Saturday of Every Month

South Lobby and Garden Grounds

FREE

Walkups Welcome.

Join us to expand your Oklahoma plant knowledge and get great ideas for your yard. Each month changes as the plants grow through the seasons; in July we'll discuss plants for water conservation. Can't make it for the guided tour? Pick up a self-guided handout in our South Lobby.

### **Create a Wildlife Friendly Backyard**

Saturday, July 29, 10–11am

Terrace Room and Children's Garden

Members \$6; Nonmembers \$8

Best for ages 6 to 10

Register by Tuesday, July 25

Even in a small backyard, you can create a wonderful home to provide cover, food and water for wildlife like birds, butterflies, squirrels and more. Using the Children's Garden Wildlife Habitat as our outdoor classroom, we'll play games and explore to learn what creatures need in their habitat and how you can create a home for them in any size area. Parents, you'll head home with information on how to certify your habitat through the National Wildlife Foundation.

### **Growing Cool Season Vegetables in Your Fall Garden**

Saturday, July 29, 1 – 3pm

Terrace Room; Lori Coats, My Raggedy Herbs

Member \$10 ; Nonmember \$15

Register by Tuesday, July 25

Fall is one of the best times for an edible garden in Oklahoma but to have one, you actually need to start thinking about it in July so you can plant it in August. Join us to discover all the cool season greens, garlics and root vegetables you can grow and enjoy into the colder months. Each participant will learn tips for growing and harvesting in the fall and will start seeds for three fall crops.

### **PUBLIC EVENT IN THE GARDENS PRODUCED BY THE ARTS COUNCIL OF OKC**

#### **Arts Council of Oklahoma City's Sunday Twilight Concerts**

Sundays, 7:30pm

Great Lawn and Band Shell

[Arts Council of OKC](#) returns with the 2017 Sunday Twilight Concert Series that takes place at Myriad Gardens Great Lawn Stage and Bicentennial Park. The schedule has been released! [Download the schedule here.](#)

- Sunday, July 2, The Allie Lauren Project
- Sunday, July 9, Dylan and Stephen Salewon
- Sunday, July 16, Original Flow and the Fervent Route, and Adam & Jabee
- Sunday, July 23, On a Whim
- Sunday, July 30, The Lunar Laugh

## COMING UP IN AUGUST MEOWS!

### **Internet Cat Video Festival**

Presented by Midtown Vets

Great Lawn and Bandshell

Caturday, August 12

Pre-Show Fun starts at 7:30pm

Movie Screening at 9pm

The Internet Cat Video Festival is back by popular demand! It is a raucous, 75-minute romp through the Internet's finest cat video offerings and the shared hilarity with thousands of cat lovers is not to be missed. Film starts at 9 p.m. but put on your whiskers and cat ears and enjoy pre-screening festivities complete with food trucks, live music, drinks from Holloway Restaurant Group and more. Food Vendors: Hall's Pizza Kitchen, Healthy Hippo, Brown's Kitchen, Parking Lot Party, Katie Bugs Shaved Ice, Cute Pies, Fresh Ice and Pitchfork in the Park.

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For more information, contact Leslie Spears at (405) 445-7091 or at [lspears@myriadgardens.org](mailto:lspears@myriadgardens.org)

### **About Myriad Botanical Gardens**

Myriad Botanical Gardens is one of Oklahoma City's most beautiful and vibrant garden and park spaces offering visitors a 15-acre natural escape in the heart of downtown. Free and open to the public, the outdoor spaces include: ornamental gardens, a children's garden and playground, Great Lawn, lake, an off-leash dog park, water features including splash fountains for children and walking and jogging paths. Gift shop open daily in our Crystal Bridge lobby visitors center. There is always something happening at the Gardens. Visit our [events calendar](#) for more information on all of our year-round special events and programs. The centerpiece of the 15-acre Myriad Botanical Gardens is the [Crystal Bridge Conservatory](#), home to thousands of beautifully displayed tropical and desert plantings. Within the 13,000 square feet, you will discover 750 varieties of plants, a cascading waterfall and a sky bridge to experience stunning views into the tropical forest.

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