Volunteer
Morris Arboretum of the University of Pennsylvania

Volunteer is a newsletter published monthly for Arboretum volunteers.
The Morris Arboretum of the University of Pennsylvania is an historic public garden and educational institution. It promotes an understanding of the relationship between plants, people, and place through programs that integrate science, art, and the humanities. The Arboretum conducts four major activities: education, research, outreach, and horticultural display. As the official Arboretum of the Commonwealth of Pennsylvania, the Morris Arboretum of the University of Pennsylvania provides research and outreach services to state agencies, community institutions and to citizens of Pennsylvania and beyond.

Education: Liza Hawley, efhawley@upenn.edu or (215) 247-5777 ext 128
Garden Railway: Pam Morris Olshefski, pamela@upenn.edu or (215) 247-5777 ext 188
Grist Mill: Bob Gutowski, gutowski@upenn.edu or 215-247-5777 ext 132
Horticulture: Pam Morris Olshefski, pamela@upenn.edu or (215) 247-5777 ext 188
Archives & History: Leslie Morris-Smith, leslm@upenn.edu or (215) 247-5777 ext 175
Physical Facilities: Tom Wilson, wilsont@upenn.edu or (215) 247-5777 ext 108

Information:
(215) 247-5777
www.morrisarboretum.org
100 E. Northwestern Avenue
Philadelphia, PA 19118

Volunteer
Alessandra Rella, Editor
Contributors: Deitra Arena, Joan Kober, and Joyce Munro.
Questions, comments, and submissions can be directed to the editor at edintern@morrisarboretum.org or mailed to the Arboretum Attn: Education Intern.

Photos: Alessandra Rella, unless otherwise stated

Front cover: *Metasequoia glyptostrobodies*
Letter from the Editor

Hello everyone, and happy new year! I hope that you all had a lovely holiday season and enjoyed any celebrations you had to welcome in 2020.

With the new year, there is always talk of “resolutions.” What will you accomplish this year? What will you do differently? And while I do believe that setting goals is helpful and important, thinking ahead to the future with this notion of “what more can I do” can be pretty overwhelming. This year, before looking ahead, take some time to look back. Something new I’ve started to do on new year’s day is reflect back on all the great things that have happened throughout the year. You can make a list, look back through old photos, ask a loved one to share a favorite moment you shared together, or merely take a moment to sit and see what good memories float to the top of your mind.

I feel that my time here at the Arboretum has already quickly flown by, so I look forward to taking some time to reflect back on this great experience thus far. I can say right off the bat, though, that it has been so much fun to work with and get to know all of you. So thank you for all that you do and for being so great to work with. I’m sure that this next year will be a great one!

Happy January,

Alessandra Rella
The McLean Contributionship
Endowed Education Intern

Pinus palustris
Notes from the Guides Chair

IT'S WINTER - BRING YOUR GARDENS INSIDE

Happy New Year to all of you. Hope your holidays were terrific! Sadly, holidays are followed by January, when looking out on your garden and yard can be particularly disheartening. What’s a gardener to do besides enjoy hot chocolate and browse through gardening magazines? If that’s not enough for you, check out these ideas that will keep your “green thumb” from turning brown. Feel free to email me pictures of anything you do to ward off those winter gardening blues. I’d love to include them in future newsletters.

PAMPER YOUR EXISTING HOUSEPLANTS

• Water less frequently: plants adapt to colder weather by growing at a slower rate, thus require less water.
• In winter, plants need more humidity as many of our homes become dry. Turn on your humidifier or create a makeshift one by setting shallow trays with water near your plants.
• Plants crave sunlight during the darker winter months: consider moving your plants to sunnier spots in your home. Do keep in mind the sunlight preferences of each plant variety.
• Avoid drafty spots as plants prefer a stable temperature
• Keep the heat on if you are going away for a week as houseplants do not do well at temperatures below 50 to 60°
• If your windows are especially drafty, move your plants away from the window or on a plant stand near the window rather than on the windowsill.

SET UP A SUCCULENT TERRARIUM

All you need is a glass bowl, potting mix, succulents, and other small accents like colored stones or shells. This beautiful living addition to your home will require little maintenance as minimal watering is needed (once a week at most).

BRING LEAFY PLANTERS INSIDE

Create an indoor paradise by bringing planters inside. Place them throughout your house or create a special garden room. Many plants thrive indoors with little need for sunlight (English ivy, snake plant, staghorn and maidenhair ferns, and philodendron). If you prefer sun loving varieties, simply place them near a window.

CREATE A MINIATURE DISH GARDEN

Create a dish garden to keep your planting and pruning skills in tip top shape. Let your imaginations run wild by choosing the perfect containers*, plants, accessories (figurines, houses, etc.), and designs for your indoor garden wonderlands. These gardens need to be maintained to prevent overgrowth.

* I have found that the saucers sold with ceramic planters work well – simply add potting soil and take it from there.

REGROW YOUR SCRAPs

Become the ultimate recycler by re-growing vegetable and herb scraps. Onions, celery, romaine lettuce, cabbage, leeks, basil, mint, and cilantro can be completely regrown and reused by simply placing them in a glass of water. Consult the internet for more detailed instructions.

START AN HERB GARDEN

If you’ve got a large kitchen window, place a few mason jars filled with soil and seedlings of your favorite cooking herbs on the sill.

TRY A FEW SIMPLE DIY PLANT PROJECTS

Take an old ladder (or buy an inexpensive one) to make a tiered indoor garden. On each step, create a shelf with planks of wood. Paint the whole ladder, let it dry, and then add small potted-plants on each shelf.

Create a vertical garden on any wall by applying clear, removable hooks to the wall, poking small holes on the side of plastic plant pots, and then hanging the pots from the hooks. Personalize the pots with spray paint.

GIVE ORCHIDS A TRY

Orchids are excellent indoor plants, but you will need to keep them out of direct sunlight, keep them at moderate temperatures, and mist them weekly. During the winter months orchids need extra humidity so either turn on your humidifier or create a makeshift one. You will be rewarded with colorful flowers throughout much of the year.

Happy indoor gardening and enjoy the serenity of this quieter time of year. Remember that spring is just a few months away!

Joan Kober
Chair of the Guides

Sources:
6 Ways to Help Your Houseplants Survive (and Thrive) This Winter by Katie Holdefehr, February 1, 2019, realsimple.com
10 Indoor Garden Ideas to Cure the Winter Blues by Sarah Yang, January 26, 2016, realsimple.com
Announcements

Volunteer February Workshops

February 5 and 19 | 8:30 a.m. | Widener Upper Gallery

Save these dates to reconnect with volunteers and enjoy a full day of presenters! More details to come in next month’s issue. For questions, please email Pam Olshefski at pamela@upenn.edu. Open to all volunteers!

Volunteer Walk & Talk: Bloomfield Farm Management

February 20 | 1:00 p.m. | Horticulture Center

Join Bloomfield Farm Horticulturist, Louise Clarke, to learn about the many management practices at Bloomfield Farm. What are the topography challenges and stormwater management principles employed over at the Farm? What is involved in handling the Arboretum’s recycling and composting? Join us on February 20th at 1:00 p.m. for these answers and more.

We’ll meet inside the Magnolia Room at the Horticulture Center briefly, then tour the Farm. No RSVP needed, please join if you can.

CALLING ALL GUIDES!

Invite Your Friends to be Arboretum Tour Guides

Help us recruit the new guide class of 2020! If you have friends or family that share your love of nature and the environment, please tell them about our upcoming training. Likewise, if you are hosting adult tours during the upcoming months, be sure to mention that we are looking for new guides.

Information to share:
- Training class starts March 2020
- Deadline to apply is January 31, 2020
- For applications and more information, visit morrisarb.org/volunteer
Volunteers Needed for Tu B’Shevat

Help children celebrate the New Year of Trees at our annual Tu B’Shevat program! Students will participate in a variety of guided activities in and outside of the Widener Visitor Center to learn about the importance of trees, and also prepare their own tree seedling to take home.

We need volunteers for a variety of activities during the week of Sunday, February 9 – Sunday, February 16, 2020 at the times listed below. Feel free to volunteer for multiple slots! Sign up is available via the TeamUp calendar or contact Lisa Bailey at baileyL@upenn.edu

Tu B’Shevat is the Jewish New Year/“birthday” of trees. This ecological holiday is celebrated by taking time to remember our connection to the earth and our role as caretakers of our environment. On this day, children traditionally go out with their families to plant trees and learn about their importance.

We’re excited to announce that activities have been updated for next year’s program. Please plan to join us for a training session on

Tuesday, January 21st at 10:00 a.m. in the Upper Gallery

for demonstration of the new activities and to get some hands-on practice.

Buddleja davidii ‘Nanho Purple’ new leaves
Volunteer Workshops and Opportunities

Holly Highlights and Winter Greenery Tour

Saturday, January 4 | 11:00 a.m. | Widener Terrace

Bundle up for a unique tour highlighting the Arboretum’s collection of hollies and other broadleaf evergreens that enliven the winter landscape with their lush greenery and provide year-round appeal and an everlasting framework for seasonal plantings. Explore the holly slope area, learn some fun facts, and get new ideas for your own home garden.

Conifers Tour

Saturdays, January 11 & 25 | 1:00 p.m. | Widener Terrace

Curious about conifers? Explore the wide variety of conifers – both evergreen and deciduous – on display at Morris Arboretum. From cones to needles, weeping and upright, you’ll learn more about these tremendous trees from around the world.

Trip to Wagner Free Institute of Science

Tuesday, January 14 | 10:15 a.m. | Meet at Visitor Center

The Wagner Free Institute of Science is a rare survival—a museum and educational institution that remains nearly unchanged from the nineteenth century in both the arrangement of its specimens and in its educational mission. The exhibit hall houses over 100,000 specimens and this tour will offer a glimpse of some of their stories and where they fit in the vast history of science.

Vans will depart from the Visitor Center at 10:15 a.m., returning to the Arboretum at approximately 1:00 p.m. Please sign up on the TeamUp calendar or email Lisa at baileyL@upenn.edu.
Volunteer Workshops and Opportunities

Book Club

**Beyond Words** By Carl Safina

*January*

Friday, January 10 | 1:00 p.m. | Gates Hall

Please note that this is the second Friday of the month

Weaving decades of field observations with exciting new discoveries about the brain, Carl Safina’s landmark book offers an intimate view of animal behavior to challenge the fixed boundary between humans and nonhuman animals. *Beyond Words* brings forth powerful and illuminating insight into the unique personalities of animals through extraordinary stories of animal joy, grief, jealousy, anger, and love. Wise, passionate, and eye-opening at every turn, *Beyond Words* is ultimately a graceful examination of humanity’s place in the world.

**What a Plant Knows: A Field Guide to the Senses** By Daniel Chamovitz

*February*

Friday, February 7 | 1:00 p.m. | Gates Hall

How does a Venus flytrap know when to snap shut? Can an orchid get jet lag? And does your favorite fern care whether you play Bach or the Beatles? Combining cutting-edge research with lively storytelling, biologist Daniel Chamovitz explores how plants experience our shared Earth through sight, smell, touch, hearing, memory, and even awareness. Whether you are a green thumb, a science buff, a vegetarian, or simply a nature lover, this rare inside look at the life of plants will surprise and delight. *What a Plant Knows* offers us a greater understanding of botany, science, and our place in nature.

The Book Club is open to all Arboretum volunteers and staff and meets the first Friday of each month. All are welcome to attend any session and you do not have to attend every month.

2020 BOOK CLUB SCHEDULE

*1/10: Beyond Words by Carl Safina
2/7: What a Plant Knows by Daniel Chamovitz
3/6: The Weather Makers by Tim Flannery
4/3: Bringing Nature Home by Douglas W. Tallamy
5/1: My First Summer in the Sierra by John Muir
6/5: The Triumph of Seeds by Thor Hanson
9/11: Eating on the Wild Side by Jo Robinson
10/2: The Weather Detective by Peter Wohlleben
11/6: America Eden by Victoria Johnson
12/4: Among the Bears by Benjamin Kilham

★On the second Friday of the month
Continuing Education

Keep an eye out for your spring 2020 course brochure, coming to your mailbox soon!

Here’s a sneak peak to what’s coming up:

Garden Design for Homeowners 101
Valerie Solitrin, Landscape Designer
Six Tuesdays: February 4, 11, 18, 25
March 3, 10 | 7:00-9:00 p.m.
Plan your outdoor spaces strategically! In this class, you will learn about design principles, hardscape choices, outdoor lighting, tools, trees, perennials, lawns, soil, and more.

Fire Cider for Health and Vitality
Dorothy Bauer, Weavers Way Co-op Neighborhood Nutrition Team and Raw Food Chef
Thursday, February 13 | 6:30-8:30 p.m.
Fire cider is an energizing herbal folk remedy. Come learn how to make your own tangy apple cider vinegar tonic that will be a perfect addition to your daily wellness routine. This simple yet effective brew will boost your immu- nity and keep you warm in the remaining cold winter months.

Grow Your Own Vegetables and Annuals from Seed
Shelley Dillard, Plant Propagator, Morris Arboretum
Saturday, February 22 | 10:00 a.m. - 12:00 noon
Buying vegetables and annuals as small plants can be expensive, and it can be hard to find the exact varieties you want. This class will teach you how to grow seeds so you can get a jump start on spring. Simple strategies that will increase success will be demonstrated, as well as timing sowing dates, and sources for seed. It is SOW easy! Class size is limited so sign up early.

Volunteers who have worked over 30 hours during the past year may take Morris Arboretum classes at a discounted price. Please refer to the Volunteer Price Spreadsheet in the Education Office for a complete list of volunteer class pricing. To sign up for a class please call (215) 247-5777 ext. 125, or sign up online using the code “ELM” for discounted classes.
This past summer, I had the honor of conducting research at Muséum nationale d’Histoire naturelle (MNHN) in Paris. I was there to study my favorite plants, the dombeyoids (or, more formally, subfamily Dombeyoideae of Malvaceae, the Cotton Family). During this time in Paris, I was able to further my lab training in molecular systematics and study the evolution of form in these fascinating, and ecologically important, plants. For more about this scientific research, please see my contribution in the Summer 2020 issue of Seasons.

Here I want to share some of the wonder that is working in Paris. The main site of the MNHN is at the Jardin des Plantes in the fifth arrondissement, or neighborhood, of the city. Like so much of Paris, The Jardin and MNHN are steeped in history, often in a magical way that allows one to see tangible evidence of it on a daily basis. Simply walking into The Jardin set the stage for this recurring “Then & Now” contrast I saw everywhere on my trip, as I looked from a statue of Lamarck down a long axis to the Grande Galerie de l’Évolution (pictured above) – a line from some of the first thoughts about evolution to some of the most modern interpretation of it.

The lab work I did was at the Service de Systématique Moléculaire (SSM), a part of MNHN, with my colleague and collaborator Timothée Le Péchon, a botanist at Meise Botanic Garden in Belgium. The facility where the SSM is based was once a marine biology research space and so it has inherited some charming features, such as a large specimen of whale baleen in the lunch room and a giant whale vertebra that is now used as a doorstop (pictured). Just down the street from the SSM lies the laboratory of Marie Curie (pictured). The humble appearance of this laboratory re-invigorated my hope that good work can be done in science, no matter what the facilities!

It was always a privilege to work in the Herbarium of MNHN, France’s herbarium of roughly 8 million plant specimens with beginnings dating back to 1635. It is now a pleasure to work there as well since large-scale renovations took place in the last decade. These renovations included the reworking of the centuries-old Galerie de Botanique du Muséum into modern facilities with pest-free, climate-controlled main collection rooms, with compactor storage for specimens. Additionally, a substantial backlog of dried and pressed plant collections were mounted, and every specimen was imaged and databased with basic information. Imaging an herbarium collection of that size was unprecedented, and it entailed hundreds of thousands of specimens being processed monthly with a conveyor belt imaging system.

My colleagues and I are currently working on a publication about the research completed during this trip. What a fantastic opportunity it was!
From the Archives

A Picture Worth 300 Words

by Joyce H. Munro

In late October, 1889, John and Lydia Morris embarked on a trip around the world with their travel companion, Louise Kellner. They set a brisk pace through Europe and Egypt, then after a few weeks’ stay in India, they sped east to their ultimate destination—Japan.

For the next three months, they explored the main island of Honshu at their leisure, consulting English-language guidebooks and employing English-speaking guides for tours and side trips. One of their excursions was particularly noteworthy because of its difficulty. For eight days, they traveled the ancient Nakasendo road between Kyoto and Tokyo via rickshaw and spent each night in a different roadside tea house. By the time they reached Tokyo, they had seen a variety of tea houses, including the diminutive houses at the Horikiri iris gardens.

In Tokyo, John began negotiating with a construction company for a tea house for their new Chestnut Hill estate and during the following weeks, he and Lydia shopped for furnishings for the house. Everything they purchased was “true Japanese style,” Louise wrote in her diary—from square tea-box to hanging scroll. They celebrated the Fourth of July in Yokohama by packing their purchases and shipping everything home. Meanwhile, the completed tea house, a mortise and tenon structure, was dismantled and shipped to Compton, where it was reconstructed by Japanese builders the following winter.

Although the architect is unknown, his artisanship is apparent in the simple, rustic setting for a traditional Japanese tea ceremony. The interior contains elements that reference nature, like the tree trunk serving as support pillar and the brass candlestick shaped as a crane perched atop a turtle. Other furnishings, like tatami mats and cylindrical lamp, help create the ideal place for a serene and respectful tea ritual.

View more Japanese tea house pictures here.
Garden Highlights

**Chamaecyparis obtusa**
Hinoki falsecypress
near Pennock Garden

**Ilex verticillata**
‘Winter Gold’
Common winterberry
near Swan Pond

**Corylus fargesii**
Farges filbert
catkins
near Swan Pond

**Zelkova schneideriana**
Schneider zelkova
near Swan Pond

**Yucca filamentosa**
Adam’s needle
Widener Walkway

*Cardinalis cardinalis* in *Taxus baccata*
cardinal eating English yew berries
Mercury Loggia
### Upcoming Events

#### January 2020

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**Weekly Volunteer Events**

**Saturdays:** Wellness Walks 10:30 a.m. – 11:30 a.m. | Regular Tour 1:00 - 2:00 p.m.
**Sundays:** Regular Tour 1:00 - 2:00 p.m. | Wellness Walks 1:00 - 2:00 p.m.
### Upcoming Events

#### February 2020

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### Weekly Volunteer Events

**Saturdays:** Wellness Walks 10:30 a.m. – 11:30 a.m. | Regular Tour 1:00 - 2:00 p.m.

**Sundays:** Regular Tour 1:00 - 2:00 p.m. | Wellness Walks 1:00 - 2:00 p.m.