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Seniors get their gardens back



Photo by Ligia Braidotti

Garden City Collegiate's sustainable energy program students built and installed new garden beds for seniors living at Manosh Manor.

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Gardens a place for socialization at seniors' residence

BY LIGIA BRAIDOTTI
STAFF REPORTER

GARDEN CITY

The youth at Garden City are helping the residents of Monash Manor have fun with one of their favourite hobbies.

On June 13, Coun. Devi Sharma (Old Kildonan) gathered with Garden City Collegiate's sustainable energy program's students and Monash Manor staff and residents to unveil new raised garden beds. The project was spearheaded by the councillor in partnership with Garden City Collegiate and SAM Management, the company that manages the housing complex at 865 Sinclair St.

A few years ago, Sharma attended an event at Monash Manor and noticed that their garden beds were at ground level, making it difficult for seniors to cultivate their vegetables since they had to bend and kneel down to plant and weed. After speaking with Tony Kreml, GCC's principal, students began designing and building the four-by-eight-foot garden beds located in the complex's greenspace.

The new raised garden beds are accessible

for seniors, allowing them to stand while gardening. Residents Sheila Levine and Lydia Richards said they were pleased with the students' work.

"I use a walker and love gardening. I was hesitant if I was going to garden this year, but with the raised garden beds I can," Levine said.

Richards said she's happy the new cedar wood garden beds will last for years since she missed gardening last year.

"I find gardening very therapeutic," she commented. "People come out, and we garden together. We all work together and watch out for each other's garden. This is something that will keep me busy as long as I live here."

Sharma said this project is an example of what the community can achieve when they come together to support their neighbourhood.

"Students of the sustainable energy program...did an outstanding job building these raised garden beds. It's great to see students learning trade skills while giving back to their community."

The program's student Markus Federkevic, 20, agrees with Sharma's statement.

"I think when we all give each other



Photo by Ligia Braidotti

Seniors residents of Monash Manor, Garden City Collegiate students and staff and Coun. Devi Sharma (Old Kildonan) at the official launch of the raised garden beds.

a helping hand it makes everyone a lot stronger and if we can help each other out with certain weaknesses, some people are better at building, some people are better at talking, whatever it is, and everyone can help out and do their part," he said.

Seniors at Monash Manor began working at the garden beds right after the official unveiling. The students had already started growing tomatoes, beans, dill, basil and butternut squash, which they transported to the garden beds.

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