



UCCE San Diego Master Gardener Program Reminiscence Gardening Project

What is Reminiscence Gardening?

- A fun and relaxing one-hour activity that helps support a healthy lifestyle for individuals living with dementia and their care partners.
- “Garden Partners” explore fragrant and colorful plant cuttings, seeds, insects and vintage hand tools. They also participate in tabletop planting activities that stimulate the senses; sight, taste, touch and smell.
- Participants engage in the physical, intellectual, emotional and social benefits of gardening in a safe, judgment-free setting.

Project Goals:

- Stimulate garden memories
- Boost energy levels
- Build confidence
- Maintain existing skills
- Perpetuate a sense of purpose and joy

Current Collaborations in San Diego County:

- Silverado Memory Care Community, Encinitas
- Meadowbrook Village Christian Retirement Community, Escondido
- Lantern Crest Senior Living, Santee
- Alzheimer’s San Diego

For more information about a Reminiscence Gardening project in your area, contact:

Master Gardener Association of San Diego County
HOTLINE: (858) 822-6910 www.MasterGardenerSD.org