

April 7, 2021

Press Release: Spring Special! Gardening in Small Spaces on We're All In This Together, the Web Series for Seniors

Make friends with plants & discover your green thumb during this one-hour Spring Special episode on **Gardening in Small Spaces with Graham**, which **launches on Friday, April 9 at 6pm!** Using a few basic supplies, Graham shows how anyone can make a self watering, aerated pot with living soil, so many of your favourite plants and herbs will magically thrive – even while staying in the same container!

We're All in This Together is a web series designed especially for seniors. Each **bi-weekly** episode of the 18 episode web series, directed by Montreal-based, award-winning filmmaker Bobbi Jo Hart, features entertainment, activities and conversations **designed to connect with those in need of support and empathy... with a gentle reminder that we are, indeed, all in this together.** Episodes released so far can easily be found on [YouTube](#) (Search keys words "We're All In This Together Senior Web Series") and [Facebook](#) (Search "WereAllInThisTogetherQuebec"), and are available for anyone to enjoy.

This is also a great opportunity to take a moment to assure that the seniors around you are able to access the internet, so that they are able to take advantage of all the online resources available to them.

CONTACT

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ABOUT

Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

The English Language Arts Network (ELAN) is a meeting place for English-language artists and cultural workers of all disciplines from every region of Quebec, where they can share expertise and resources, build audiences and alliances, seek support, advocate for their interests, and make common cause with the Francophone arts community.

We acknowledge the financial support of the Government of Canada and the Government of Quebec.