



HEALTHY LIVING KITCHEN

PROGRAM SCHEDULE

MAY 1 – 31

Revised April 26, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Dinner on the Fly Cooking Demo 5:30-6:30pm \$10 members; \$15 non-members	4
7 Afternoon Snack & Member Social 4:00-5:00pm Free for members	8	9 Kids in the Kitchen 3:30-4:45pm \$10 members; \$15 non-members	10 Dinner on the Fly Cooking Demo 5:30-6:30pm \$10 members; \$15 non-members	11 Family Kitchen 6:00-7:30pm \$25 per family for members
14	15	16 Member Potluck 12:00-1:00pm Free for members	17 Member Social & Cookbook Exchange: 8:30-10:00pm; Free for members Seasonal Cooking Demo: 10:15-11:15am; \$10 members; \$15 non-members	18
21 Afternoon Snack & Member Social 4:00-5:00pm Free for members Power of Sleep Workshop 6:30-7:30pm; Free for members	22	23 Kids in the Kitchen 3:30-4:45pm \$10 members; \$15 non-members	24	25
28	29	30	31	

PROGRAM DESCRIPTIONS

- Dinner on the Fly Cooking Demo:** Tips & tricks for quick and healthy dinners.
- Family Kitchen:** Learn to cook together as a family. Menu: Sopas, sofrito black beans & rhubarb salsa.
- Kids in the Kitchen:** Ages 7-11 years; Hands-on class learning fundamental kitchen skills and team work.
- Member Social & Cookbook Exchange:** Everyone’s invited for coffee, conversation and cookbook swapping!
- Member Potluck:** Bring a savory dish to share; we’ll provide coffee and dessert.
- Seasonal Cooking Demo:** Interactive kitchen conversation and how-to demo.
- Power of Sleep Workshop:** Discover the power of sleep on athletic performance and weight management.
- Register at the front desk or online at seattlemca.org** 24-Hour Cancellation Policy for fee based classes.
- Questions?** Contact Chef Kim O’Donnel kodonnel@seattlemca.org