












# Culinary Calendar

September 2019

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
 <p>We are PROUD to be celebrating Welcoming Week in partnership with KAMA DC. Join us for a Thai cooking class on Thursday, September 19th!</p>			<b>4</b> <b>Pre-School in the Kitchen</b> 10:00-11:00am  <b>Seniors in the Kitchen</b> 12-1pm FREE for Fit & Well Seniors 	<b>5</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00pm	<b>6</b> <b>Pre-School in the Kitchen</b> 1:00-2:00pm  	<b>7</b>
<b>8</b>	<b>9</b>  	<b>10</b> <b>Meridian in the Kitchen</b> 3:30-5:00pm	<b>11</b> <b>Pre-School in the Kitchen</b> 10:00-11:00am  <b>Seniors in the Kitchen</b> 12-1pm FREE for Fit & Well Seniors 	<b>12</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00pm	<b>13</b> <b>Pre-School in the Kitchen</b> 1:00-2:00pm	<b>14</b>
<b>15</b>	<b>16</b>  	<b>17</b> <b>Meridian in the Kitchen</b> 3:30-5:00pm	<b>18</b> <b>Pre-School in the Kitchen</b> 10:00-11:00am  <b>Seniors in the Kitchen</b> 12-1pm FREE for Fit & Well Seniors 	<b>19</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00pm  <u><b>KAMA in the Kitchen:</b></u> <u><b>Thai Desserts with Bess</b></u> 7-9pm \$20 for members \$30 for non-members	<b>20</b> <b>Pre-School in the Kitchen</b> 1:00-2:00pm	<b>21</b>
<b>22</b>	<b>23</b>  	<b>24</b> <b>Meridian in the Kitchen</b> 3:30-5:00pm	<b>25</b> <b>Pre-School in the Kitchen</b> 10:00-11:00am  <b>Seniors in the Kitchen</b> 12-1pm FREE for Fit & Well Seniors	<b>26</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00pm	<b>27</b> <b>Pre-School in the Kitchen</b> 1:00-2:00pm	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> <b>Meridian in the Kitchen</b> 3:30-5:00pm				

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All proceeds from these classes support the YMCA feeding program which serves over 150,000 meals annually.



# Class Descriptions

## September 2019

Classes Open to the Public:

**KAMA in the Kitchen: Thai Desserts with Bess:** Feeling down now that summer is coming to a close? Looking for something to fulfill your sweet tooth on a fall night? Look no further than KAMA DC's next cooking class, introducing Thai Sweets with Bess! Bess was born and raised in Thailand, but really embraced cooking while living in China to keep the comforts of home alive. Bess moved to the US in 2018 and is a graphic designer. Look forward to a night learning to make Bua Loy, a traditional recipe from Pandan, Thailand that is similar to bubble tea, pumpkin rice balls, and purple sweet potato rice balls!

This class is in partnership with [KAMA DC](#), an organization that brings together diverse groups of people and immigrants to learn from one another in fun, interactive classes geared toward creating inclusive communities.

Classes for our Y Programs:

**Meridian Afterschool Kids in the Kitchen:** Welcome to the kids of our after school site, Meridian PCS!

**Pre-School in the kitchen:** Welcome pre-schoolers to the kitchen!

**Seniors in the Kitchen:** Join the Fit and Well seniors for an hour long cooking demo each Wednesday!



Wondering where we are? Any date with this symbol denotes a class at the National's Youth Baseball Academy. Join us for classes at 3675 Ely Place SE.



We believe our communities are stronger when everyone feels welcome and we work together for the common good. Created by YMCA of the USA's national partner Welcoming America, **Welcoming Week**, which takes place each year in September, celebrates the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. It's a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community!

- ◆ Registration closes 2 business days before class.
- ◆ No walk-ins allowed.
- ◆ All payments are final and non-refundable. However, if you cannot attend we would be happy to transfer your spot to someone else.
- ◆ Classes may be cancelled based on low enrollment. In this case you will be contacted in advance and reimbursed.
- ◆ Please bring Tupperware and a reusable bag to pack leftover food.

Proceeds from these classes support the YMCA feeding program which provides over 150,000 meals annually.

Register for all classes at the front desk or online at [ymcadc.org](http://ymcadc.org)

Questions? Contact [Kristy.McCarron@ymcadc.org](mailto:Kristy.McCarron@ymcadc.org) or [Tessa.Mork@ymcadc.org](mailto:Tessa.Mork@ymcadc.org)