




# Culinary Calendar

October 2019

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>2</b> <b>Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>3</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	<b>4</b> <b>Meridian Cooks</b> 3:30-5:00pm  	<b>5</b>
<b>6</b>	<b>7</b>  	<b>8</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>9</b> <b>Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>10</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	<b>11</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>12</b>
<b>13</b>	<b>14</b>  <b>No Classes</b>	<b>15</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>16</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>17</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p	<b>18</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>19</b>
<b>20</b>	<b>21</b>  	<b>22</b> <b>Meridian Cooks</b> 3:30-5:00pm  <u><a href="#">Fish Fabrication and Ceviche with Gabriel Concordia</a></u> 7-9pm \$40 for members \$50 for non-members	<b>23</b> <b>Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>24</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <u><a href="#">Vegetarian Comfort Food with Amanda Erickson</a></u> 7-9pm \$30 for members \$40 for non-members	<b>25</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>Meridian Cooks</b> 3:30-5:00pm  <u><a href="#">Fish Fabrication and Ceviche with Gabriel Concordia</a></u> 7-9pm \$40 for members \$50 for non-members	<b>30</b> <b>Pre-K Cooks</b> 10-11a  <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors	<b>31</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  Happy Halloween!  		



# Class Descriptions

October 2019

Classes Open to the Public:

**Vegetarian Comfort Food with Amanda Erickson:** Artichoke dip w/ crackers, nutty lentil salad and cheesy brussels sprouts.

**Fish Fabrication and Ceviche with Gabriel Concordia:** Market fish ceviche inspired by the style of the Yucatan

**Cashew "Cheezy" Sauce & Nachos with Jes Godinez:** Vegan "cheese" sauces for nachos, tacos, dip, dressing

**Quick Breads with Mike Greene :** Pumpkin nut bread, banana bread, carrot bread

**Food for Life: Kickstart Your Health with Grantatta Coleman:** Description and menu coming soon!

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.

- ◆ 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)

Anthony Bowen Teaching Kitchen  
1325 W Street NW, Washington DC 20009



# Culinary Calendar

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
<b>3</b> <a href="#">Bread Baking 101</a> with Mike Greene 2-5pm \$30 for members \$40 for non-members	<b>4</b> <a href="#">Nut Milks</a> with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members	<b>5</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Asian Street Food</a> with Clara Bishop 6:30-8:30pm \$30 for members \$40 for non-members	<b>6</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Main Entree Vegetables</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>7</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">KAMA: Afghan cooking</a> with Shakila 7-9pm \$20 for members \$30 for non-members	<b>8</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Quince for Days</a> with Marianne Tshihamba 6-8pm \$40 for members \$50 for non-members	<b>9</b> No Classes
<b>10</b> No Classes	<b>11</b> No Classes	<b>12</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Vegetable Broth and Beyond</a> with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members	<b>13</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Filipino Food for the Winter</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>14</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">Vegetarian Pasta Making</a> with Amanda Erickson 7-9pm \$30 for members \$40 for non-members	<b>15</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>16</b> <a href="#">Bread Baking 101</a> with Mike Greene 12-3pm \$30 for members \$40 for non-members
<b>17</b> <a href="#">Food For Life: Diabetes Initiative</a> with Granatta 12-2pm \$40 / \$50  Not Your Average Pizza Night for Kids	<b>18</b> <a href="#">Save Your Spoilers Stew</a> with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members  	<b>19</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Italian Piattini</a> with Clara Bishop 7-9pm \$30 for members \$40 for non-members	<b>20</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Ancient Grain Cooking</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>21</b> <b>Meridian Cooks</b> 1:30-3:00p & 3:30-5:00p  <a href="#">From Store Bought to Homemade</a> with Pam Coleman 7-9pm \$30 for members \$40 for non-members	<b>22</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>23</b> <a href="#">Vegan Dishes for the Holidays</a> with Jes Godinez 1-3pm \$30 for members \$40 for non-members
<b>24</b> <a href="#">Food For Life: Cancer Project</a> with Granatta 12-2pm \$40 for members \$50 for non-members	<b>25</b> <a href="#">Raw Vegan Pies</a> with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members  	<b>26</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Holiday Pies</a> with Mike Greene 5-8p \$30 for members \$40 for non-members	<b>27</b> No Classes			<b>30</b> <a href="#">Holiday Pies</a> with Mike Greene 1-4pm \$30 for members \$40 for non-members

Look at all our brand new chefs instructors! Learn more about them on our Instagram!



# Class Descriptions

November 2019

## Classes Open to the Public:

**Bread Baking 101** with Mike Greene: Learn the basics of how to make bread.

**Raw Vegan Snaxx** with Jes Godinez

**Asian Street Food** with Clara Bishop

**Main Entree Vegetables** with Gabriel Concordia: Market vegetable steak with three different sauces.

**KAMA: Afghan cooking** with Shakila. 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.

**Quince for Days** with Marianne Tshihamba

**Vegetable Broth and Beyond** with Jes Godinez

**Filipino Food for the Winter** with Gabriel Concordia: Filipino chicken adobo and white rice.

**Vegetarian Pasta Making** with Amanda Erickson: Favioli with several fillings, including ricotta, pumpkin and kale and pine nut.

**Food For Life: Diabetes Initiative** with Granatta

**Save Your Spoilers Stew** with Jes Godinez

**Italian Piattini** with Clara Bishop

**Ancient Grain Cooking** with Gabriel Concordia: Farro risotto, mushrooms, pickles

**From Store Bought to Homemade** with Pam Coleman

**Holiday Pies** with Mike Greene. Pumpkin, pecan, and apple.

## 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!



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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)



# Culinary Calendar

## December 2019

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat	
<b>1</b> <a href="#">Food For Life: Kick-Start Your Health with Granetta Coleman</a> 12-2pm \$40 for members \$50 for non-members	<b>2</b> 	<b>3</b> <b>Meridian Cooks</b> 3:30-5:00pm <a href="#">Sprout your Seeds and Eat 'Em</a> with Jes Godinez 6:30-8:30pm \$30 for members \$40 for non-members	<b>4</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors <a href="#">Amazing Events on a Budget</a> with Pam Coleman 6:30-8:30pm \$30 for members \$40 for non-members	<b>5</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00p	<b>6</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Biscuits and Scones</a> with Mike Greene 6-8pm \$30 for members \$40 for non-members	<b>7</b>  <a href="#">Cheesemaking with Three Shephards Farm</a> 9:30-3:30pm \$180 for members \$210 for non-members	
<b>8</b> <a href="#">Cheesemaking and Pasta with Three Shephards Farm</a> 9:30-3:30pm \$180 for members \$210 for non-members	<b>9</b> 	<b>10</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Feast of 7 Fishes</a> with Clara Bishop 7-9pm \$30 for members \$40 for non-members	<b>11</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors <a href="#">Fish Fabrication and Poached Fish</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>12</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00p <a href="#">Vegetarian Turkish Cooking</a> with Amanda Erickson 7-9pm \$30 for members \$40 for non-members	<b>13</b> <b>Meridian Cooks</b> 3:30-5:00pm <a href="#">Sausages from Tunisia, Spain and China</a> with Marianne Tshihamba 6-8pm \$40 for members \$50 for non-members	<b>14</b> <a href="#">Green Things Work</a> with Kendra Hazel 12-2pm \$30 for members \$40 for non-members	
<b>15</b> <a href="#">Food for Life: Cancer Project</a> with Granetta Coleman 2-5pm \$40 for members \$50 for non-members	<b>16</b>	<b>17</b> <b>Meridian Cooks</b> 3:30-5:00pm  <a href="#">Mediterranean Diet 101</a> with Avi Harouch 6:30-8:30pm \$50 for members \$60 for non-members	<b>18</b> <b>Pre-K Cooks</b> 10-11a <b>Seniors Cook</b> 12-1p FREE for Fit & Well Seniors  <a href="#">Filipino Food for the Holidays</a> with Gabriel Concordia 7-9pm \$40 for members \$50 for non-members	<b>19</b> <b>Meridian in the Kitchen</b> 1:30-3:00p & 3:30-5:00p  <a href="#">Holiday Cookies</a> with Clara Bishop 6:30-8:30pm \$30 for members \$40 for non-members	<b>20</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>21</b> <a href="#">Green Things Work</a> with Kendra Hazel 12-2pm \$30 for members \$40 for non-members	
<b>22</b> <a href="#">Muffins</a> with Mike Greene 1-3pm \$30 for members \$40 for non-members	<b>23</b>	<b>24</b> <b>No classes</b>	<b>25</b> <b>No Classes</b>	<b>26</b> <b>No Classes</b>	<b>27</b> <b>Meridian Cooks</b> 3:30-5:00pm	<b>28</b> <a href="#">Quick Breads</a> with Mike Greene 10am-12pm \$30 for members \$40 for non-members	
<b>29</b>	<b>30</b> <a href="#">Muffins</a> with Mike Greene 6-8pm \$30 for members \$40 for non-members	<b>31</b> <b>No Classes</b>	 <p>We hope you are enjoying our new variety of classes! If there's something you'd like but aren't seeing, let us know!</p>				



# Class Descriptions

December 2019

Classes Open to the Public:

**Food For Life: KickStart Your Health** with Granetta Coleman

**Sprout your Seeds and Eat 'Em** with Jes Godinez

**Amazing Events** with Pam Coleman

**Biscuits and Scones** with Mike Greene

**Cheesemaking** with Three Shephards Farm

**Cheesemaking and Pasta** with Three Shephards Farm

**Feast of 7 Fishes** with Clara Bishop

**Fish Fabrication and Poached Fish** with Gabriel Concordia

**Vegetarian Turkish Cooking** with Amanda Erickson Spinach gozleme, Stuffed eggplants, and Braised swiss chard

**Sausages from Tunisia, Spain and China** with Marianne Tshihamba

**Green Things Work** with Kendra Hazel

**Food for Life: Cancer Project** with Granetta Coleman

**Filipino Food for the Holidays** with Gabriel Concordia

**Holiday Cookies** with Clara Bishop

**Green Things Work** with Kendra Hazel

**Muffins** with Mike Greene

**Quick Breads** with Mike Greene

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