

# Cooking Classes



Come experience a cooking class in our kitchen. Enjoy cooking new and interesting foods then try them for yourself. What could be better than cooking, eating and No Clean Up! Bring friends and family to experience the joy of food!

Come join food blogger and cooking instructor Patricia Reitz as she teaches how to cook delicious budget-friendly meals from scratch that your family and friends will love.

## Southern Comfort Cooking (Ages 16+)

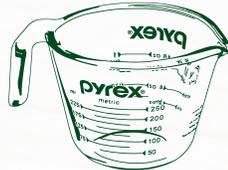
Activity #: 617115-18  
Date: Thursday (1/21)  
Time: 6:00-8:00pm  
Fee: \$27 R \$30 NR  
Location: Kitchen  
Register by: 1/14



In this class you will learn to make some wonderful southern buttermilk biscuits with sausage gravy.

## Mother/Daughter Cooking Class (Ages 8-12)

Activity #: 617115-19  
Date: Thursday (2/11)  
Time: 6:00-8:00pm  
Fee: \$32 R \$35 NR  
Location: Kitchen  
Register by: 2/4



During this class learn to make some wonderful homemade chicken fingers, roasted vegetables, and chocolate whoopie pies while enjoying precious time with your daughter!

## Fast Food Favorites (Ages 16+)

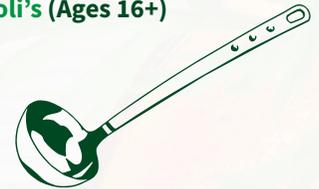
Activity #: 617115-20  
Date: Thursday (3/10)  
Time: 6:00-8:00pm  
Fee: \$27 R \$30 NR  
Location: Kitchen  
Register by: 3/3



In this class you will learn to make meals just like your favorite fast food restaurant!

## Homemade Pizza and Stromboli's (Ages 16+)

Activity #: 617115-21  
Date: Thursday (4/21)  
Time: 6:00-8:00pm  
Fee: \$27 R \$30 NR  
Location: Kitchen  
Register by: 4/14



During this class learn to make some wonderful homemade pizza and stromboli's from scratch with your favorite toppings and fillings!

## Teens in the Kitchen (Ages 12-18)

Activity #: 617115-23  
Date: Saturday (1/30)  
Time: 9:00a -12:00p  
Fee: \$13 R \$16 NR  
Location: Kitchen  
Register by: 1/23



Learning to cook healthy meals is something every teen should know. This class is a hands-on learning opportunity for young people to learn how to cook some favorite teen recipes with a healthy twist. Participants will learn basic cooking skills and prepare several dishes that have been updated to feature healthier ingredients. 3 hour class  
Instructor: Rebecca Davis



*Bon Appétit*



# Environment

These classes are geared toward nutrition or the environment. Come join WPRD to learn how to get fit, be nutritional or how to help the earth.

## **Tower Garden/Juice Plus Seminar (Ages 18+)**

Activity #: 617247-13  
Date: Thursday (1/28)  
Time: 6:00-7:30p  
Fee: FREE  
Location: Jim Barnett Park  
Site: Pool Lobby  
Register by: (1/21)

Come learn about a tower garden and see if it is a fit for your lifestyle. A Tower Garden is a state of the art vertical aeroponic growing system. It's perfect for rooftops, patios, balconies or any relatively sunny place outside. It grows vegetables, herbs, flowers, and many fruits in less time than it takes soil. The tower can grow indoors with grow lights and you will have fresh produce all year. Also learn about Juice Plus that provides added nutrition from fruits, vegetables, and grains in a capsule or chew.

## **Friendly Foods Seminar (Ages 18+)**

Activity #: 617247-14  
Date: Saturday (1/23)  
Time: 9:30-11:00a  
Fee: FREE  
Location: Arts & Crafts Room  
Register by: 1/16

A free course and discussion on the nutrition and the history of longevity as it has related to the human diet. Come learn about raw foods, nutrition and fasting as a way of restoring your health. Come learn with Bill Cowley the advantages of this food diet.

## **Rain Barrel Workshop (Ages 18+)**

Activity #: 617247-15  
Date: Saturday (3/12)  
Time: 10:00a -12:00p  
Fee: \$37 R \$40 NR  
Location: Arts & Crafts Room  
Register by: 3/5

Have you ever wanted a rain barrel for your home? Now is your chance! We are offering a Rain Barrel Workshop where you will be able to build your own rain barrel to take home.  
Instructor: Kelly Henshaw

## **Cast Iron Chef (Ages 16+)**

Activity #: 617115-22  
Date: Saturday (4/16)  
Time: 10:00am-12:00pm  
Fee: \$27 R \$30 NR  
Location: Rotary Pavilion  
Register by: 4/9

Come learn to make some wonderful homemade food using cast iron cookware outside over an open fire pit.  
Instructor: Kevin Hoskin

## **Abrams Creek Nature Walks**

Learn more about unique plant species and migrating birds on this two hour nature walk with Jim Smith at Abrams Creek Wetlands Preserve. Bring your binoculars, camera, scopes, and water. Please call Jim Smith at 540-303-3983 for further information on these walks and other Audubon walks in the region. Walks may be cancelled due to inclement weather. Saturdays on March 26, April 9 and April 23, and May 7. All starting at 8:30 am from the trail in front of Children of America on Jubal Early Drive.