

# November 2024



Sign up for classes by scanning the QR code

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p><b>Homemade Calzones</b></p> <p><i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p>National Calzone Day</p>
<p><b>4</b></p> <p><b>Mediterranean Seared Tuna with Marinated Peppers &amp; Artichokes</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>5</b></p> <p><b>Orange Beef Stir Fry</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p> <p>National Chinese Take Out Day</p>	<p><b>6</b></p> <p><a href="#">Wellness Wednesday Collab</a></p> <p><b>Lemon Poached Salmon &amp; Charred Broccolini</b></p> <p>11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p>Diabetes Awareness Month</p>	<p><b>7</b></p> <p><b>Fusion Style Penne alla Vodka</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>8</b></p> <p><b>Classic American Bakes: Snickerdoodle Cookies &amp; Cake!</b></p> <p><i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p>
<p><b>11</b></p> <p><b>New Orleans Gumbo</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>12</b></p> <p><b>Bugogli Steak Sandwich with Kimchi Mayo</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>13</b></p> <p><b>Coconut Lemongrass Chickn &amp; Chickpea Stew</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>14</b></p> <p><b>Trout with Wild Rice, Hazelnuts, &amp; Dried Cherries</b></p> <p>11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p>National Native American Heritage Month</p>	<p><b>15</b></p> <p><b>Homemade Stocks &amp; Soup</b></p> <p><i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p>National Clean Out the Fridge Day</p>
<p><b>18</b></p> <p><b>Za'atar Chicken with Warm Lemon Feta Sauce</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>19</b></p> <p><b>Thanksgiving Turkey Burger with Apple Mustard &amp; Mushrooms</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>20</b></p> <p><a href="#">Wellness Wednesday Collab</a></p> <p><b>Hearty Mushroom Stew with Tomatoes, Garlic, &amp; Herbs</b></p> <p>11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>21</b></p> <p><b>Apple Cider Pork Chops with Ginger &amp; Rosemary</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>22</b></p> <p><b>Ultimate Thanksgiving Dessert: Sticky Pumpkin Gingerbread</b></p> <p><i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p>Technique Series: Holiday Prep</p>
<p><b>25</b></p> <p><b>Thanksgiving sides: Apple Bacon Brussels Sprouts Maple Spice Carrots</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>26</b></p> <p><b>Thanksgiving for 2: Stuffing Braised Chicken</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>27</b></p> <p><b>Easy Thanksgiving Dessert: Berry Mascarpone Trifles</b></p> <p>11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>28</b></p> <p><i>Closed for Holiday</i></p>	<p><b>29</b></p> <p><b>Thanksgiving Leftovers: Turkey (or Chicken) Enchiladas</b></p> <p><i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p>