

CULINARY



CUISINES OF THE WORLD WORKSHOPS

with Steve Cortez, who has appeared in several media events along with offering culinary classes in different Bay Area venues, including our wonderful City and Sur La Table.

Join us in the Cuisines of the World with Chef Steve! All classes are hand-on with an emphasis on culinary fundamentals and techniques. Students are welcome to bring an apron and their knife set.

To contact Chef Steve for further inquiries please visit www.gourmandland.com and leave a message. On some occasions there may be take home items prepared by the class, please bring your own containers.

NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.

All Culinary Classes are on Tuesdays from 6:30 pm to 9:00 pm at the Veterans Memorial Senior Center.

Cost per student is \$49 plus a \$10 materials fee paid to instructor on the day of class.



PARTY TIME! APPETIZERS AND HORS D'OEUVRES

Let's create finger food favorites such as blue ribbon salsa, grilled polenta, spicy chicken wings, and smoked salmon potato pancakes. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.401 Tu 6:30-9pm 9/6

INTRO TO THAI COOKING

Come and make the Thai classics such as Pad Thai, fish cakes, and Massaman curry with confidence. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.402 Tu 6:30-9pm 9/20

ITALIAN STARTERS AND DESSERTS

Join the fun in making garlic, sausage mini pizzas, goat cheese risotto balls, and eggplant bruschetta all finished with hazelnut tiramisu. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.403 Tu 6:30-9pm 10/4

STREET FOODS OF SOUTHEAST ASIA

Roll up your sleeves and create fried chicken skewers, lumpia, and Singapore spring rolls. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.404 Tu 6:30-9pm 10/18

SPANISH TAPAS

Habla tapas? Let go with shrimp fritters, BBQ riblettes, and seafood empanadas. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.405 Tu 6:30-9pm 11/1

RISOTTO AND PASTA WORKSHOP

Create classic risottos variations and some traditional homemade pasta sauces. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.406 Tu 6:30-9pm 11/15

THE FLAVORS OF VIETNAM

Take the mystery out of Vietnamese cooking and create for your family traditional fresh spring rolls, savory crepes, and sugar cane shrimp. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.407 Tu 6:30-9pm 11/29

CLASSIC FOODS OF GREECE

Take a trip to the Greek Islands and make little spinach and cheese pies, grape leaf dolmas, and yogurt lamb kebobs. **Food fee to instructor: \$10**

\$49 / \$58 NR • 1 class
28.408 Tu 6:30-9pm 12/13

adults

Civic Engagement Opportunities at the Veterans Memorial Senior Center

Help your community while embracing challenging, exciting project based volunteer opportunities! We need your skills and expertise to make our Senior Center the best that it can be. See below for our current needs and please call (650) 780-7270 for more information.

CURRENT NEEDS:

- Instructors: Teach a group in your area of expertise!
- Gift Shop: Sales Associate
- Bingo Volunteer: Collaborate with other volunteers in overseeing of our Big Game Bingo to help insure a smooth and successful program. This commitment is either Sunday afternoons or the 1st & 3rd Wednesday evenings.
- Snack Shop Volunteer



COOKING FOR A FAMILY **NEW**

with *Petite Village* instructor, Amy Vig. Amy is a natural food chef who is eager to show everyone that health food can be simple, easy, and most importantly, delicious. With a passion for flavorful food made from whole, real ingredients, she is committed to introducing students to new recipes that can support their health goals and please their palates.

EASY WEEKNIGHT BASICS & PANTRY STAPLES

Putting a healthy meal on the table for you and your family doesn't have to be complicated or expensive. In this workshop, we'll talk about choosing recipes that will suit your busy schedule and meet your family's needs, including a well-stocked pantry from dry goods to freezer and refrigerator staples, and more. We'll also highlight several quick, easy, and healthy recipes that will be a great addition to your go-to menu. **NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: VMSC

\$40 /\$47 • 1 class

28.420 Sa 1:30-3pm 9/10

GLUTEN FREE

Cooking for special diets, especially gluten free can sometimes seem to make everything more challenging, but it doesn't have to be that way! In this class, we'll talk about simple changes that you can make to your favorite recipes to help them become gluten-free as well as the best gluten-free products on the market to stock your pantry with. We'll also discuss resources, books, and recipes to make your gluten-free cooking simple and delicious. **NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: VMSC

\$40 /\$47 • 1 class

28.421 Sa 1:30-3pm 10/22

EAT YOUR FRUITS AND VEGGIES

Learn fun and different ways to incorporate fruits and veggies into your family's meals. Green smoothies, fruit sweetened desserts, and delicious veggie mains will be covered in this class. Topics covered will include vegan entrees as well as reconfiguring your plate while still including nutrient dense picks like dark leafy greens. Recipes and samples will be provided in class. We'll also talk about some of the ways you can use these tips to make the holidays (and any time of year) a little bit healthier! **NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: VMSC

\$40 /\$47 • 1 class

21.422 Sa 1:30-3pm 11/5



HEALTHY NUTRITION AND SUPPLEMENTS FOR PREGNANT & NURSING WOMEN **NEW**

with Jacquelyn DeGrendele

Eating healthy, nutritious foods during pregnancy is one of the best things you can do for yourself and your baby. Are prenatal supplements necessary if I eat a healthy diet? We all know that eating a healthy and nutritious diet is important during pregnancy, but sometimes even when you eat a well-balanced diet, you may still need supplements to fill in the gaps. After all, your baby's only source of nutrition is from the food you eat.



In this workshop, you will learn:

- What the "Top 10 Power Foods" are to help you to make smart choices
- Benefits of pregnancy supplements
- How prenatal vitamins are different from other daily vitamins
- Reasons for choosing organic food
- Nutrients that need your special attention
- Facts about fish and seafood
- What foods to avoid during pregnancy

All participants will receive essential information on pregnancy nutrition and supplements to help you get started on a healthy, wholesome, and natural motherhood. **NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: Whole Foods Market, Redwood City

1250 Jefferson Ave (corner of El Camino & Jefferson Ave)

\$20 • 1 class

28.415 W 6-7:15pm 9/28

28.416 W 6-7:15pm 11/2

JOIN YOUR NEIGHBORHOOD ONLINE!

GoGoVerde is a new, free online tool that connects you to your neighborhood. Use **GoGoVerde** to talk, buy, sell, share and announce events to your neighbors.

Join your Neighborhood @ www.gogoverde.com
Enter **Redwood City** to find your neighborhood

Don't know your neighborhood?

View a map at www.redwoodcity.org/neighborhoodassociations



Provided in cooperation with the City of Redwood City