

food

The Pantry

#3001 A

Northern Italian Cooking



Want to make a classic marinara sauce? Maybe even one that freezes well and can be made vegetarian? Learn how you can cook traditional Northern Italian cuisine just like a Nonna would make, because it is exactly what a Nonna made! Finish the class off with learning how to make savoiardi, or an Italian ladyfinger, that can be served with espresso or to used in tiramisu. Nicole was born and raised in San Francisco and was taught how to cook by her Italian immigrant grandmother who had her own cooking program on television.

CONVENER: Nicole Hoffman; E-mail: nicole5958@aol.com
CLASS FEE: \$9 + \$11 material fee = \$20

Sec. A: 1 session; Tuesday, September 21; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

#3002 A or B

Parsley, Sage, Rosemary and Thyme: Cultivating and Cooking with Fresh Herbs

Prepare for an afternoon of learning! First we will tour the yard and learn how easy it is to cultivate fresh herbs for use in your kitchen. After discussing planting options and cultivation, we will head inside for a luncheon that includes fresh herb-infused teas, fresh sage and prosciutto wrapped tilapia filets, and much, much more! Participants will return home with their own starter plant, a full stomach and plenty of recipe ideas. Christine Shuck is an author, professional organizer and business owner in Kansas City.

CONVENER: Christine Shuck (816-331-5502)
E-mail: christineshuck@kc.rr.com

Web site: www.25thhourorganizing.com
CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Saturday, October 9;
Sec. B: 1 session; Saturday, October 23;
MEETS: 11:00 AM - 2:00 PM; 16204 Hight Ave, Belton, MO 64012; LIMIT: 12

#3003 A

Eggrolls

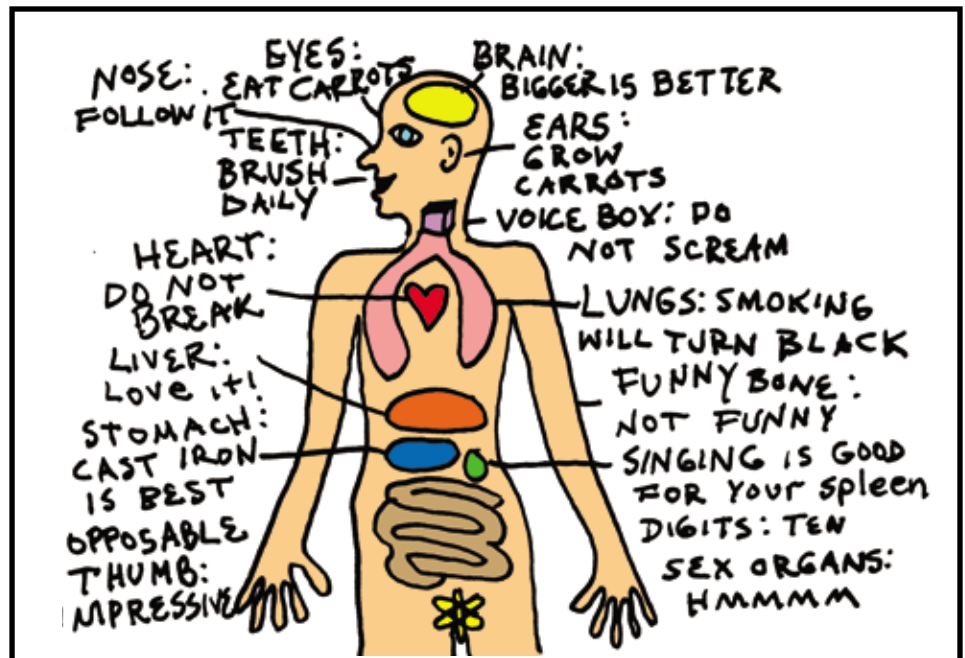


Do you love to eat eggrolls but always wondered how they were made? Learn how to make your own eggrolls and customize it for your own personal, unique taste. At your next get-together, wow your friends with your own home-made eggrolls! There are many different kinds of eggrolls. We'll be making Hmong eggrolls, which are one of a kind. It has chicken, vegetables and vermicelli noodles. Sweet and sour sauce and rice will also be provided. Come learn, eat, have fun and enjoy!

CONVENER: Bao Her

CLASS FEE: \$9 + \$8 material fee = \$17

Sec. A: 1 session; Saturday, November 20; 10:00 AM - 12:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO (See class # 3001 A for directions); LIMIT: 10



In Fall 1974 Communiversity offered "Shop Manual for Homosapiens."

#3004 A or B

Herbalicious Holiday Meals

Make the holidays special with one or more of the following recipes: chicken with mushroom sage sauce, prosciutto wrapped sweet potatoes, savory bay rice, bread stuffing, and sweet sage cookies. Bring your appetite. You will get to sample these dishes that will change how you cook Thanksgiving and Christmas dinner. If weather permits, we will also tour the gardens to gather the fresh herbs for our meal. Christine Shuck is a professional organizer, writer, and community education instructor.

CONVENER: Christine Shuck (816-331-5502)

E-mail: christineshuck@kc.rr.com

Web site: www.25thhourorganizing.com

CLASS FEE: \$14 + \$20 material fee = \$34

Sec. A: 1 session; Saturday, October 2;

Sec. B: 1 session; Saturday, November 13;
MEETS: 11:00 AM - 3:00 PM; 16204 Hight Ave, Belton, MO 64012; LIMIT: 12

#3005 A

Gluten Free for the Holidays



Pasta, baking, and home-made croutons oh my! You'll learn how to use alternatives to wheat flour to create tasty, healthier dishes you and your family will love. You'll go home with recipes and lots more comfort in gluten-free preparation. Vegetarian friendly. Sherree is a certified holistic health coach through the Institute for Integrative Nutrition and accredited through the American Association of Drugless Practitioners. She is also a Reiki/Seichim master/teacher, EFT-ADV practitioner and herbalist.

CONVENER: Sherree Ross (816-808-6606)

E-mail: sherree@sherreeeross.com

Web site: www.sherreeeross.com

CLASS FEE: \$9 + \$18 material fee = \$27

Sec. A: 1 session; Saturday, November 6; 1:00 PM - 4:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

#3006 A

Lacto-Fermentation



Preservation of vegetables and fruits by the process of lacto-fermentation has numerous advantages beyond those of simple preservation. The proliferation of lactobacilli in fermented foods enhances their digestibility and increases vitamin levels. Healthy flora is promoted in the intestines. Whey is used in this process. Vegetarian friendly! Sherree is a certified holistic health coach through the Institute for Integrative Nutrition and accredited through the American Association of Drugless Practitioners. She is also a Reiki/Seichim master/teacher, EFT-ADV practitioner and herbalist.

CONVENER: Sherree Ross (816-808-6606)

E-mail: sherree@sherreeeross.com

Web site: www.sherreeeross.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, October 23; 1:00 PM - 4:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO (See class # 3005 A for directions); LIMIT: 12

Ethnic

#3101 A or B

Midwest Mexican Cooking: The Two-Hour Tamale

Yes! The most popular cooking class in Communiversity history! They say it can't be done, but we're here to break the dreaded "all-day long" myth of tamale making. Be ready to learn with hands-on preparation. A delectable variety of fillings include traditional red pork chili, spicy chicken and cheesy jalapeno that are sure to please any palate. We'll even have time to sneak in sweet tamales you won't soon forget!

CONVENER: Anna Walker and Christina Gallegos

E-mail: a_walker2001@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Thursday, October 14; 6:00 PM - 8:00 PM;
Sec. B: 1 session; Thursday, October 21; 6:00 PM - 8:00 PM;
MEETS: Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3005 A for directions); LIMIT: 10

#3102 A

Thai Voyager

Let's delve into yet another dimension of Thai Cuisine as we prepare an Exotic Meets West Fruit Salad with two Dressings: Indonesian Rujak (Hot, Sour and Sweet) and Thai Yom Polomai (Garlicy Good, Lime Delicious!) and Phat Thong Het (Squash, Shitakes and Basil) served with fragrant rice. Recipes provided and dining on the Deliciousness! Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, October 13; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Vegetarian

#3201 A

Cooking Those O' So Glorious Greens

Here's your chance to learn about (and sample) some of nature's tastiest, most nutrient-dense foods, high in calcium, magnesium, iron, potassium, zinc and vitamins A, C, E and K. Kale, collards, chard and more—GREENS (recipes included). Vegan friendly! Sherree is a certified holistic health coach through the Institute for Integrative Nutrition and accredited through the American Association of Drugless Practitioners. She is a Reiki/Seichim master/teacher, EFT-ADV practitioner and herbalist.

CONVENER: Sherree Ross (816-808-6606)

E-mail: sherree@sherreroass.com; Web site: www.sherreroass.com

CLASS FEE: \$9 + \$13 material fee = \$22

Sec. A: 1 session; Saturday, October 2; 1:00 PM - 4:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

#3202 A

Cooking the Great Grains

Have you wondered what quinoa is and what to do with it? Does trying to cook with millet, brown rice, or buckwheat scare you? Are you gluten-free and confused? The great grains you will learn to cook are the type of carbohydrates that are slowly released and give you lots of energy. We'll take the mystery out of the preparation and you'll go home with recipes and lots of ideas for main meals and side dishes. Vegetarian friendly! Sherree is a certified holistic health coach through the Institute for Integrative Nutrition and accredited through the American Association of Drugless Practitioners. She is also a Reiki/Seichim master/teacher, EFT-ADV practitioner and herbalist.

CONVENER: Sherree Ross (816-808-6606)

E-mail: sherree@sherreroass.com; Web site: www.sherreroass.com

CLASS FEE: \$9 + \$13 material fee = \$22

Sec. A: 1 session; Saturday, October 9; 1:00 PM - 4:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Online Catalog!

www.umkc.edu/commu

#3203 A or B

Vegetarian Cooking Made Easy

If you want to move toward a more vegetarian or vegan diet but need cooking tips, this practical class is for you. You'll learn why a plant-based diet is beneficial, how to make the transition, what things to stock in your kitchen, what to cook instead of meat and get copies and samples of great recipes. Come get answers to all your questions about vegetarian/vegan cooking and get on a healthier path for you and your family! Carol, an educator and massage therapist, is a vegan and natural health advocate. Please bring \$10 to class for handouts and food samples.

CONVENER: Carol Meyer (913-677-8672)

E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, October 27;

Sec. B: 1 session; Thursday, October 28;

MEETS: 7:00 PM - 8:45 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 12

#3204 A

Fall in Love with Stew—Vegan

We'll prepare a Savory Soul Satisfying Stew with the bounty of the fall harvest and a lighter spicier Caribbean Stew with Sweet Potato, Cabbage, Chiles and Lime. While we're concocting those delightful dishes, a pan of Aunt Pearl's Southern Cornbread will be baking for our Dining pleasure! Recipes Provided along with helpful information for maintaining radiant health.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, September 29; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Drink

#3301 A or B

Real Drinking Chocolate

The best hot chocolate is rich, thick and very dark. And it doesn't come out of an envelope. Learn how to prepare and enjoy hot chocolate made from scratch using dark chocolate, milk, cream, sugar and spices. We will explore the history of drinking chocolate, sampling recipes from Mexico, Europe and the U.S. and experiment with different ways of making this heavenly beverage. We'll also learn how to make Crème de Chocolate dessert—a cross between chocolate mousse and pudding—that is made by simply cooking hot chocolate then chilling it. Keith is a recovering chocoholic.

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, October 27; 6:30 PM - 8:30 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

Sec. B: 1 session; Saturday, December 18; 10:00 AM - 12:00 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3302 A

Introduction to Champagne

Gain a little knowledge (and have a lot of fun) at this benefit for the Kansas City Art Club. Sampling ranges from the most delicious champagne in the world (in Linister's humble opinion) to a lesser, but enjoyable, Spanish or Australian bubbly. You will learn how to buy and store wines and how to order wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine complement the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$16.5 material fee = \$25.5

Sec. A: 1 session; Saturday, November 6; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#3303 A or B

Coffee Cupping 101

Learn the basics of coffee sensory evaluation as well as the Specialty Coffee Association scoring sheet. We will taste and score coffees from all over the world. This will also include a short tour of our roasting and packaging facilities. Paul Massard is the green coffee buyer for The Roasterie.

CONVENER: Paul Massard (816-931-4000)

E-mail: paul@theroasterie.com; Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 28; 6:00 PM - 8:00 PM; The Roasterie Plant, 1204 W. 27th St., KCMO; LIMIT: 10

Sec. B: 1 session; Tuesday, October 19; 6:00 PM - 8:00 PM; The Roasterie Plant, 1204 W. 27th St., KCMO; LIMIT: 10

#3304 A

Beer Appreciation 101

This class is a basic introduction to the world of beer. It is held at Boulevard Brewing Company and features an educational tour and sampling with Neil Witte, the brewery's field quality manager and certified Cicerone, who is also a former brewer at Boulevard. Included in the class are details on the brewing process and ingredients, beer styles, flavor evaluation and the basics of pairing beer and food. Must be 21 to attend.

CONVENER: Neil Witte Web site: www.boulevard.com

CLASS FEE: \$14 + \$15 material fee = \$29

Sec. A: 2 sessions; , Monday & Wednesday, October 18 & 20; 6:00 PM - 8:00 PM; Boulevard Brewing Co., 2501 Southwest Blvd., KCMO; LIMIT: 20

#3305 A or B

Authentic Masala Chai

Learn how to prepare and enjoy masala chai made from scratch using loose tea, whole spices (e.g. cardamom pods, stick cinnamon, fresh ginger, peppercorns), milk, water and sweetener. We will experiment by making chai and sample the results in class. If you haven't tasted real masala chai before, you will be amazed at how much better it tastes than the premixed concentrate that is served at Starbucks or many other coffeehouses. Keith, the "Chai Wallah," manages Temple Slug, a local retail store and plans to open The Teahouse next door in the Spring which will serve fine teas, signature hot drinks and foods.

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, September 29; 6:30 PM - 8:30 PM;

Sec. B: 1 session; Saturday, November 13; 10:00 AM - 12:00 PM; MEETS: Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3306 A

Tea Cupping 101

Learn how to “cup” tea and evaluate its attributes, from flavor and smell to appearance of the tea leaves. We will sample teas from all over the world and make tasting notes in a cupping log. You will take a home a sample of your favorite to brew at home. Keith is Tea Wallah at the Teahouse & Coffeepot, a new café and tea shop in Midtown.

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, October 16; 10:00 AM - 12:00 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3307 A

Introduction to Tea

Did you know that tea is the second most popular beverage in the world after water? We will prepare, taste and discuss the different types of tea while learning about its history, varieties, cultural backgrounds and rituals, health benefits and different methods of preparation. Keith and his family just opened the Teahouse & Coffeepot, a new cafe in Plaza-Westport. It is next door to Temple Slug. The local retail store founded in 1970 by Bob Gamer, Keith's step dad. Being half British and Chinese, Keith represents two of the world's major tea cultures and has been drinking it all his life (you might say it's in his blood).

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, December 1; 6:30 PM - 8:30 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3308 A

White, Green and Oolong Tea and the Chinese Tea Ceremonies

Learn how to select, prepare and enjoy fine Chinese white, green and oolong tea. While not as elaborate or as spiritual as the Japanese tea ceremony, the Chinese have their own ritual revolving around tea. We will conduct a Chinese Gongfu tea ceremony, with fine loose leaf oolong tea and traditional teaware, as well as learn how to prepare tea in a “Gaiwan,” or covered cup. Join us, and enjoy some of the highest quality and most exclusive tea available in Kansas City. Being half British and Chinese, Keith represents two of the world's major tea cultures and has been drinking it all his life (you might say it's in his blood).

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, November 13; 10:00 AM - 12:00 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3309 A or B

Good Wine at a Good Price

Anyone can spend \$20 and get a decent bottle of wine. The trick lies in spending \$5 or less for a decent bottle of wine. Join artist Linister in his studio where he will share some of his favorite inexpensive wines. Fruit, cheese and bread complete the evening.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, October 23; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

Sec. B: 1 session; Saturday, November 20; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

health

Yoga

#4001 A or B

Pre-Natal Yoga

Pre-natal yoga makes you more comfortable during pregnancy and prepares your body for delivery. You will increase flexibility and strength, release stress and enjoy the camaraderie of other moms-to-be. Visit www.bodyandsoulkc.com for more info.

CONVENER: Barbara Anderson (816-363-8282)

Web site: www.bodyandsoul.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, September 29;

Sec. B: 1 session; Wednesday, October 20;

MEETS: 7:45 PM - 9:00 PM; Body & Soul KC, 649 E. 59th, KCMO, 59th & Holmes; LIMIT: 8

#4002 A

Aerial Yoga

Yoga poses are translated into aerial positions and sequences. You can enjoy the benefits of inversion while developing flexibility and strength. The fabric stretches and counteracts the effects of gravity. As your body is supported in the air, you will learn to enjoy the benefits of inversions and backbends with less effort. You will learn at your own pace and interest level. Beginners will focus on proper body position, muscle engagement and basic balances.

CONVENER: Sumya Anani (913-262-2600)

E-mail: sumya_anani@msn.com;

Web site: www.IAmLearning2Fly.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 17; 4:00 PM - 5:00 PM;

Learning2Fly—Aerial Fitness, Circus Arts & Yoga Center, 4711 Lamar, Mission, KS 66202; LIMIT: 20

#4003 A

Facial Yoga

Stress can take a toll on the delicate muscles of the face and neck. Facial muscles benefit from exercise just like any other muscles. This class will flex, tone, stretch and improve circulation, lifting and re-energizing your face. After the facial yoga workout, we will let the cleansing, exfoliation and moisturizing effects of a mask enhance the experience in savasana. Bring clean skin and a hand towel. Leave with a happy, smiling refreshed and pampered face.

CONVENER: Sumya Anani (913-262-2600)

E-mail: sumya_anani@msn.com;

Web site: www.IAmLearning2Fly.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, September 26; 2:30 PM - 3:30 PM;

Learning2Fly—Aerial Fitness, Circus Arts & Yoga Center, 4711 Lamar, Mission, KS 66202; LIMIT: 20



#4004 A or B

Yoga Basics

This session will go over the basics of yoga. Learn about different styles of yoga, discover how to breath, listen to your body and find out what ‘your yoga’ is. Wear comfortable clothes that you can move in and bring a yoga mat if you have one. Catherine has been teaching yoga for over seven years, is certified and registered with Yoga Alliance and is the owner of Northland Yoga Center.

CONVENER: Catherine Martin

E-mail: kcyogamama@yahoo.com

Web site: www.northlandyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, September 20;

Sec. B: 1 session; Monday, October 18;

MEETS: 6:30 PM - 7:30 PM; Northland Yoga, 700 Argosy Pkwy, Riverside, MO 64150; LIMIT: 15

#4005 A

Gentle Yoga for Beginners

Anyone can learn yoga and enjoy its many benefits and you don't have to be a contortionist or even be able to touch your toes! Using a gentle, compassionate approach, this class will explore basic yoga postures, as well as focused breathing and guided deep relaxation. Please wear comfortable, stretchy clothes and be ready to practice in bare feet. Yoga mats are provided. The teacher, Becky Holsen, is a registered yoga teacher (RYT500) who began studying yoga to relieve pain caused by scoliosis.

CONVENER: Becky Holsen (816-200-0654)

E-mail: beckyholsen@beckyyoga.com

Web site: www.BeckyYoga.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 25; 11:00 AM - 12:15 PM; Convener will call with location; LIMIT: 14

#4006 A

Yoga in the Park

Come experience the soothing sounds of nature with yoga in the park. Meet at the shuttlecocks on the south lawn at the Nelson Art Museum. Bring a yoga mat, towel and water. Darryl is a certified yoga instructor with the Yoga Alliance and director of yoga teacher training at KCFitnessLink.

CONVENER: Darryl Olive (816-256-4443)

E-mail: info@kcfitnesslink.com; Web site: www.kcfitnesslink.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 25; 9:00 AM - 10:00 AM;

Nelson Atkin Museum, lawn, 4525 Oak St, KCMO; LIMIT: 30

I started taking Communiversity classes in the late 1970s. ... I have taken so many good classes (and yes, I took some that were not so good), but the one I think I got the most use from was “Yoga for All Ages,” which I took in 2006. I learned a yoga routine that did not require me to go out and buy a bunch of stuff ,, , all I need is a towel. When I took the classes, I noticed that I felt better, so I kept doing the routine—and I'm still doing it six days a week four years later. ~Larry Roth