

food

Yummy

#3001 A

Transitioning To "Living Food" Cuisine

NEW

So you've investigated live foods and its benefits. You'd love to begin your personal transition, however you're not sure what is the healthiest way to start. You will learn some of the basics to get started with whole living foods. We'll demonstrate seven easy recipes to get you going. All you need is a blender and a food processor. We'll discuss the facts so that you can determine whether or not 100% "live food" is for you. Recipes and additional resources will also be provided. Bring material fee of \$25.00 to the session or call the convener to pay material fee via credit card.

CONVENER: Kimsé Fard (913-371-4251 home)

E-mail: kimse@livingrightinc.org

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 23; 2:00 PM - 4:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfwy North 7th St. Trfwy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#3002 A

Making Baby Food

There are many ways to make baby food and we will discuss three of them. The discussion will include: the benefits of home-prepared foods, how and when to introduce solid foods, your babies' dietary needs, making baby foods and more! Food preparation techniques will be demonstrated and we will taste! Session includes handouts, recipe cards, nutritional informational, and baby development information. Bring material fee of \$20.00 to the session or call the convener to pay material fee via credit card.

CONVENER: Kimsé Fard (913-371-4251 home)

E-mail: kimse@livingrightinc.org

CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 12; 11:00 AM - 1:00 PM; The Natural Path, 641 Freeman Court, KCK (see class #3001 A for directions); LIMIT: 15

Ethnic

#3101 A

An Italian Dinner with Pepè

Join Don Pepè for a delightful romp through Italy right here in Kansas City. We'll feature Brogolone (beef, proscuitto, eggs, bread crumbs and herbs), linguini with aleo, oleo, and an Italian salad. Don Pepè will cook right in front of you and hand out recipes. We'll have a great eating together. Please bring tip money to class for the servers.

CONVENER: Don Pepè

CLASS FEE: \$9

Sec. A: 1 session; Friday, April 18; 6:00 PM - 7:00 PM; Johnny Cascone's Italian Restaurant, 6863 West 91st Street, OPKS; LIMIT: 25

#3102 A

Pieces of Sushi

Learn the ins and outs of making Sushi at home from cooking and seasoning the rice to slicing the finished rolls. We'll include Sashimi (sliced raw fish) for the not so squeamish and vegan options. Discover all the special accoutrements that make sushi memorable. Of course we'll eat the results. Recipes provided. 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, April 23; 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

#3103 A

Hungarian Ethnic Cooking

It's the way Hungarian food is prepared that makes it so distinctive. The convener will demonstrate how to prepare Hungarian Goulash, dumplings, fantastic cucumber salad, and Hungarian dessert (palachinta). Come prepared to feast!

CONVENER: George Detsios (913-268-6091)

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Wednesday, March 26; 5:00 PM - 7:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO (see class #3102 A for directions); LIMIT: 12

#3104 A

Thai Voyager

The exploration of Thailand's amazing flavors continues as we prepare a delicious fruit salad where exotic meets West, including: how to make a vegan fish sauce, Tom Kha Tofu, Coconut Milk soup with lemon grass and cilantro, and Phat Thong Phat Het, vegetarian stir fried squash and mushrooms served with fresh jasmine rice. Of course we'll eat the creations. Recipes provided. 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, March 26; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO (see class #3102 A for directions); LIMIT: 12

#3105 A

Midwest Mexican Cooking: Holy Mole!

Mole is a savory chile-based gravy traditionally served over chicken and accompanied by a side of steaming sopa de arroz (Mexican-style rice) and fresh tortillas. We're offering this class again because of a special request, so, bring along your favorite recipe so we can share and compare. We have never seen the same recipe twice for this festive entree. Christina and Anna are mother and daughter and team up to demonstrate the preparation of their adapted traditional family recipes with 20+ years of experience in food service.

CONVENER: Christina Gallegos & Anna Walker

E-mail: a_walker2001@yahoo.com

CLASS FEE: \$9 + \$12 material fee = \$21

Sec. A: 1 session; Thursday, March 6; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO (see class #3102 A for directions); LIMIT: 12

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Vegetarian

#3201 A

Vegetarian Cooking Made Easy

If you want to eat less or no meat, but need tips in how to cook vegetarian dishes, this practical class is for you. You'll learn what things to stock in your kitchen, how to use various meat substitutes, ways to use spices for great flavor, which recipe books are best, how to gradually introduce your family to non-meat meals, and get copies of favorite vegetarian recipes. Come get answers to all your questions about vegetarian cooking and get on a healthier path for you and your family! Carol Meyer, an educator and massage therapist, has been a vegetarian and natural health advocate for years. Bring \$5 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; Tuesday, March 25; 7:00 PM - 8:30 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 10

Drink

#3301 A

Coffee Connoisseur's Conscience

Explore and expand into an uncharted coffee experiences. Taste, not just dream, your ultimate cup, and enjoy it with the passion of Righteousness. Find connections to the best coffees and the people who produce them. Explore environmental impact on lands and migratory birds caused by various coffees and growing methods. Also learn how your choice of "Joe" affects the farmers. Convener is the local Human Being of the Human Bean Company. Material fee covers coffee and Mexican sweet-breads.

CONVENER: Peter Stauffacher (816-242-1033)
CLASS FEE: \$9 + \$7 material fee = \$16

Sec. A: 1 session; Thursday, February 28; 10:00 AM - 12:00 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: 10

#3302 A

Home Beer Brewing

Learn about two subjects--beer and how to brew beer. We will begin by brewing beer and then go onto discuss the parts, styles and history of beer and how each part affects the final product. Each student will participate in brewing twice and be able to take home the product. Each session will involve sampling some commercial and homebrews. Convener has been president of ZZHops Home Brewing Club of Kansas City MO twice, a home brewer for 16 years and is a certified beer judge. Must be 21 to attend. Please bring \$10 to class for materials. (Please be aware, bees may be present at the location.)

CONVENER: Andrew Bales (816-210-3512)
E-mail: trackdays@yahoo.com
CLASS FEE: \$14

Sec. A: 2 sessions; Saturdays, beginning February 2; 12:00 PM - 5:00 PM; Convener will call with location; LIMIT: 10

#3303 A

Spring Training for Beer Lovers

NEW

Get ready for St. Patrick's Day and Springtime with this surprisingly educational class and beer tasting session. Waldo Pizza always has new brews. Opinionated Irishman, "Beer Jockey" Jim Quinn will guide you through some history of the noble beverage as well as the latest offerings. (Jim, who previously worked for large and craft breweries, conducts in home beer tastings and KC beer bus tours).

CONVENER: Jim Quinn (414-520-7265) E-mail: BeerJockeyJim@yahoo.com; Web site: BeerJockey.blogspot.com
CLASS FEE: \$9 + \$14 material fee = \$23
Sec. A: 1 session; Saturday, March 1; 3:00 PM - 5:00 PM; Waldo Pizza, 7433 Broadway @ Wornall 64114; LIMIT: 20

#3304 A

Kombucha Brewing

NEW

Kombucha is commonly called a mushroom but is positively NOT a mushroom. It is actually a complex symbiosis of friendly bacteria and beneficial yeasts. You don't eat the Kombucha mushroom (culture). You drink the tart tasting fermented tea it produces. During this session we will cover: health and the modern lifestyle, what is Kombucha, brewing basics, the no-no's in brewing, and bottling the brew. Bring material fee of \$20.00 to the session or call the convener to pay the material fee via credit card

CONVENER: Kimsé Fard (913-371-4251 home)
E-mail: kimsse@livingrightinc.org
CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 8; 11:00 AM - 1:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfwy North 7th St. Trfwy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#3305 A or B

Authentic Masala Chai

Do you enjoy drinking "chai"? Did you know that REAL Masala Chai doesn't come out of a box of concentrate? 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 (816-531-5147)
E-mail: keithb@templeslug.com
CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, March 5;
Sec. B: 1 session; Wednesday, May 7;
MEETS: 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: 10

#3306 A or B

Real Drinking Chocolate

NEW

The best hot chocolate is rich, thick, 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 North America, and experiment with different ways of making this heavenly beverage. We'll also learn how to make Crème de Chocolate--a cross between chocolate mousse and pudding--that is made by simply cooking hot chocolate then chilling it. 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 (816-531-5147)
E-mail: keithb@templeslug.com
CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Tuesday, February 12; 6:00 PM - 8:00 PM;
Sec. B: 1 session; Wednesday, April 9; 6:00 PM - 8:00 PM;
MEETS: Westport Roanoke Community Center, 3601 Roanoke, KCMO; LIMIT: 10

#3307 A

Wines of the South of France

NEW

Take a cruise through the sunny vineyards of the South of France. Join Kansas City Artist, Linister, in his studio as he describes some of his favorite wines from the South of France. Cheese and fruit round out the evening in this midtown art studio.

CONVENER: Linister (816-753-2183)
CLASS FEE: \$9 + \$21.5 material fee = \$30.5

Sec. A: 1 session; Saturday, February 23; 6:00 PM - 8:30 PM;
Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line)
KCMO; LIMIT: 12

#3308 A

Wine Tasting for Beginners

Join Kansas City's legendary Artiste Extraordinaire, Linister, for a sampling of some tasty, yet inexpensive wines. Relax in a comfortable, authentic artist's studio while you snack on cheese and fruit and learn what makes a wine good. Linister has been in 12 museum shows including The Nelson-Atkins and The Albrecht-Kemper Museum in St. Joseph, MO.

CONVENER: Linister (816-753-2183)
CLASS FEE: \$9 + \$16.5 material fee = \$25.5

Sec. A: 1 session; Saturday, March 15; 6:00 PM - 8:30 PM;
Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line)
KCMO; LIMIT: 15

#3309 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 compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)
CLASS FEE: \$9 + \$21 material fee = \$30

Sec. A: 1 session; Saturday, March 8; 6:00 PM - 8:30 PM;
Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line)
KCMO; LIMIT: 15

Indulgences

#3401 A or B

Wine & Chocolate Tasting and Truffle Making

Join us as we pair wines with chocolates and chocolate desserts. Following the tasting and sampling we will have a hands-on session covering how to make chocolate truffles at home. Each guest will make and take home their own box of truffles. This is a wonderful session to attend with a friend. Guest will also receive a wine tasting booklet including the wine. This session requires full participation. Bring material fee of \$30 to the session or call convener to pay material fee via credit card.

CONVENER: Kimsé Fard (913-371-4251 home)

E-mail: kimse@livingrightinc.org

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 16;

Sec. B: 1 session; Saturday, April 19;

MEETS: 2:00 PM - 4:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#3402 A

Kolache

This class reveals the Czechoslovakian secrets of how to make the delectable pastry called kolache. Fruit and cheese kolaches will be prepared by a Czech native who will demonstrate how to roll the dough, add the filling and present a real eastern European treat for your next social gathering. Recipes will be provided along with kolaches to eat or take home.

CONVENER: Michael Kalny (913-962-2145)

E-mail: mikekalny@aol.com

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

Sec. A: 1 session; Saturday, February 9; 3:00 PM - 5:00 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

"There are four basic food groups, milk chocolate, dark chocolate, white chocolate, and chocolate truffles."
~ Anon

health

Yoga

#4001 A

Kundalini Yoga for all Levels

It has been said that yoga enhances spiritual awareness and understanding as well as physical performance. Come join us and learn techniques of breath control, physical exercises, as well as mental focusing and meditation. Be sure to wear comfortable clothes. This is a yoga class you can do!

CONVENER: The Yoga Man (816-529-2771)

Web site: www.yogakc.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 16; 1:30 PM - 3:00 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

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#4002 A

Introduction to Kundalini Yoga for Everybody

Learn about the Yoga of Awareness, the source of all Yogas and practice the art of self-rejuvenation. Through gentle movement, stretching and breathing you will learn to balance the glandular, nervous, digestion/elimination, respiratory, and cardiovascular systems. For all levels and abilities. Please bring \$3.00 for Materials to class.

CONVENER: Karta Purkh Khalsa; E-mail:

kpurkakhalsa@kc.rr.com; Web site: www.kckundaliniyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, February 6; 7:00 PM - 8:00 PM; Kundalini Yoga Center, 3525 Walnut St., KCMO; LIMIT: 12

#4003 A

Yoga for Pain & Stress Relief

Ease your pain, tension and stress. This very gentle yoga class includes a series of movements to bring freedom to the joints, as well as restful, restorative yoga postures and breathing techniques to rejuvenate the body, relax the nervous system, and calm the mind. Beneficial for arthritis, fibromyalgia, back pain, chronic fatigue, anxiety, insomnia, etc. Please wear comfortable, stretchy clothes. Yoga mats and all other props are provided. The teacher, Becky Holsen, is a registered yoga teacher (RYT500) who began studying yoga to relieve pain caused by scoliosis. This journey to healing has given her the opportunity to study with renowned yoga masters. She enjoys providing a compassionate space for students to discover their own healing potential.

CONVENER: Becky Holsen; Web site: www.beckyoyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, February 6; 5:45 PM - 7:15 PM; Plaza WellSpring, 4901 Main St., Suite 400, KCMO; LIMIT: 14

#4004 A

Gentle Strength Yoga

Anyone can learn yoga and enjoy its many benefits, including greater strength, vitality, flexibility, reduced tension, and inner calm. Plus, you don't have to be a contortionist or even touch your toes! Using a gentle, compassionate approach, this class will explore a variety of strength-building 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; Web site: www.beckyoyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 9; 2:00 PM - 3:15 PM; Plaza WellSpring, 4901 Main St., Suite 400, KCMO; LIMIT: 14

#4005 A or B

Doga

Learn to relax with your dog! This workshop will give you some techniques to help calm your canine companion, teach him about balance and build a better bond with you. Meditation (deep breathing), and TTouch (gentle body work and focused movement) are incorporated in with the Doga (yoga posturing). Come and learn to unwind and connect with your four-legged friend. Pat is a animal behavior and wellness practitioner certified in Tellington TTouch, Reiki, and Dog Training (CPDT). She is also a member of the International Association of Animal Behavior Consultants and Animal Wellness Association and has worked with a variety of animals and unique cases. Space provided by Pet Connection. Bring \$7 for materials and room rental.

CONVENER: Pat Hennessy (816-522-7005)

E-mail: pat@n2paws.com; Web site: www.n2paws.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 6; 6:00 PM - 7:00 PM;

Sec. B: 1 session; Saturday, March 8; 10:00 AM - 11:00 AM;

MEETS: Pet Connection, 5918 Broadmoor, Mission, KS 66202; LIMIT: 7

Are you sick of having Tom in your top friends? Kick him out and give us his spot!
communiversitumkc.blogspot.com

#4006 A

Ashtanga Yoga

Learn the basic postures and breathing technique used in the primary series of ashtanga yoga. Ashtanga yoga is a 5,000 year old system of yoga, based on deep breathing and continuous flowing movement.

CONVENER: Drew Corrigan; Web site: www.mayayoga.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, January 26; 3:00 PM - 4:30 PM; Maya Yoga, 215 W. 18th St., #250, (Film Row Building) KCMO; LIMIT: 10