

## October 2017 / Octubre 2017

Classes are free and open to the Community/ Clases son gratis y están disponibles a la comunidad

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 11:00 am Cooking Demo Stephanie  3:00 pm Cooking Demo Elizabeth	5 10:30am Cooking Demo Ariana  4:00 pm Cooking Demo Joanna	6 11:30am Cooking Demo Shannon  3:00 pm Cooking Demo Melissa
9	10 10:30am Cooking Demo Vanessa	11 11:30 am Cooking Demo Stephanie and Shannon  3:00 pm Cooking Demo Elizabeth	12 10:30am Cooking Demo Ariana  3:00 pm Cooking Demo Temple Akiba	13 3:00 pm Cooking Demo Melissa
16 3:30 pm Cooking Demo Patty	17	18 11:00 am Cooking Demo Stephanie	19 10:30am Cooking Demo Ariana  3:00 pm Cooking Demo Elizabeth	20 11:30am Cooking Demo Shannon  3:00 pm Cooking Demo Melissa
23 4:00 pm Cooking Demo Jessica	24	25 11:00 am Cooking Demo Stephanie  3:30 pm Cooking Demo Elizabeth	26 10:30am Cooking Demo Ariana  3:00 pm Cooking Demo Temple Akiba	27 10:30 am Cooking Demo Maria  3:00 pm Cooking Demo Melissa
30	31			

**All cooking classes are taught at / Todas las clases de cocinar serán en  
Lou Colen Children's Health & Wellness Center, 4700 Inglewood Blvd., Culver City , CA 90230**

Classes subject to change/Clases son disponibles a cambiar  
For updated schedule/ Para horarios actualizados, favor de llamar al 310-664-7525