



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SOMETHING'S COOKING**

## **JANUARY 2012 SCHEDULE**

### **YMCA of Metropolitan Milwaukee**

***Something's Cooking*** provides a fun and entertaining skill building experience for adults and families that will encourage and support healthy eating and healthy cooking that is practical and doable for everyday families. It is a great way to re-invigorate families around their own kitchens and family meals; demonstrating that healthy cooking can be convenient, fast, easy, fun, and good for you. A cooking session will be held once each month on a regular schedule so it's easy to remember and gain participation over time.

**Program Number: 01409**

**Price: \$5 for members**

**\$8 for Community Participants**

**\$8 same day registration for all**

**Please pre register by calling your local Y's front desk.**

| <b>Time</b>  | <b>Center</b> | <b>Date</b> | <b>Chef/Dish</b>  |
|--------------|---------------|-------------|---|
| 12:00-1:00pm | Southwest     | 1/15/12     | Margaret Krahe, Pampered Chef<br>Microwave White Chicken Chili  |
| 1:00-2:00pm  | Tri-County    | 1/25/12     | Patti Baldwin, YMCA Corporate Wellness<br>Shrimp Jambalaya New Orleans' Style &<br>Classic Grilled Caesar Salad |
| 12:15-1:15pm | West Suburban | 1/26/12     | Roni-Ann Deming, Pampered Chef<br>Vegetarian Harvest Pasta Skillet  |

Sponsored by: NARI, National Association of the Remodeling Industry,  
Milwaukee Chapter and Milwaukee NARI Foundation , INC.

Call Stephanie 414-274-0832 or Megan 414-357-2820 with Questions