

November 2020



Parkview Community Greenhouse
and Learning Kitchen
1716 Beacon Street | Fort Wayne, IN 46805

Registration is required for classes – please visit www.parkview.com/GrowGreen to register, or email Greenhouse.LearningKitchen@parkview.com for details.

All classes will be virtual through Zoom.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 <u>The Right Bites for Diabetes</u> 3:00 – 4:00 PM	10 <u>Yoga and Foods for Bone Health</u> 3:30 – 4:30 PM	11	12 <u>Powered By Plants</u> 6:00 – 7:00 PM	13	14
15	16 <u>30 Minute Meals with Chef Sarah</u> 3:00 – 3:30 PM	17	18 <u>Kids in the Kitchen: Microwave Edition</u> 5:30 – 6:00	19	20	21
22	23 <u>Tips for a Plant-Based Thanksgiving</u> 3:00 – 3:30 PM	24 <u>Salsa Shake and Salsa Make</u> 5:00 – 6:00 PM	25	26 	27	28
29	30 <u>Thanksgiving Encore Meals</u> 3:00 – 3:30 PM	1	2	3	4	5