



Seminar I

**The Well-stocked,
Well-organized Kitchen**



Seminar II

A Bright and Peaceful Home



Seminar III

**The Welcoming Home:
Entertaining**

10: 00 Introductory Talk

11:00 Kitchen equipment, physical layout,
stocking a pantry

12:00 Basic Nutrition, menu planning, use
Of left overs

1-1:30 Lunch

1:45 Five quick meal that can be put
together from a properly stocked
pantry

2:30 Slow-cooker and freezer cooking

3:15 Evaluation and assessment

10: 00 Introductory Talk

11:00 Laundry equipment. Products and
their proper use. Laundry charts.

12:00 House cleaning: how to attack a
room. Daily, weekly, seasonal tasks.

1-1:30 Lunch

1:45 Practice mending, sewing buttons,
hemming

2:30 Engaging family members in the
work of the home. Age
appropriate tasks. Chore distribution

3:15 Evaluation and assessment

10: 00 Introductory Talk

11:00 Setting up for a formal dinner and a
buffet

12:00 Making hors d'oeuvres

1-1:30 Lunch

1:45 Gracious hosting: the what,
when and how

2:30 Some wine and beverage knowledge

3:15 Evaluation and assessment



**What are the basic
needs of every
human being?**

**Food . Shelter
Clothing. Health**

**The Living Essentials
Seminars:**

Address this important question

**Simplify the tasks involved in
caring for your family and home**

**Highlight the beauty and dignity
of homemaking as a service to
the human person**

Walnut Grove Cultural Center offers a variety of intellectual and cultural programs that help women strengthen their character, friendships and work and to equip them to be a positive influence wherever they find themselves.

The programs of a spiritual nature are entrusted to Opus Dei a personal Prelature of the Catholic Church, and focus on helping people find God in their everyday lives of work, family, and social relations.

For more information contact:
info@walnutgrovecenter.org



**Walnut Grove Cultural Center
Presents:**

LIVING ESSENTIALS



**Three seminars with classes
and hands-on experience
giving you the skills you
need to take care of your
family with confidence
and artistry**

**For full details about Walnut Grove, including
additional programs & activities, please visit:
www.walnutgrovecenter.org**

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**Culinary Art . Interior Design . Home
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