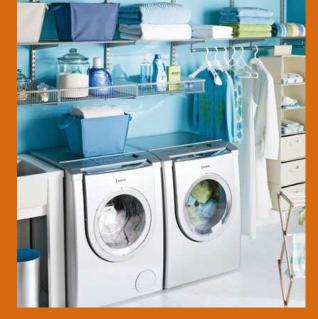


Seminar I

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, stoking 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 8617 East Broadway, San Gabriel, CA 91776 **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

**Culinary Art. Interior Design. Home Health. Fashion. Event Planning**