



**Six months of nourishment in Ashland Cherryland for 2012!!!
Join the fun! Raffles, guest speakers, gifts, field trips and much more!**

Call 510-690-4448 to register or for more information.

<p>COMMUNITY FOOD PANTRY Pick up healthy food items for your home pantry, along with recipes and tips for preparing quick healthy meals at home. LEBRA WATTS MERCY HOUSING</p>	<p>1ST AND 3RD MONDAYS CONTACT: 510-278-2822</p>
<p>GARENDERS OF EDEN- GARDEN DAYS Home-grown food is healthy food. Lower your grocery bill, learn gardening skills for life, and increase your family's intake of garden-fresh produce. SHANALE ALLEN</p>	<p>WED'S @ 4PM STARTS JAN 18TH CONTACT: 510-690-4448</p>
<p>YOGA De-stress and detoxify your body and mind with simple but powerful yoga sessions for all ages and abilities. DEBANIQUE KEMP</p>	<p>FRIDAY'S @ 12 NOON STARTS JAN 27TH CONTACT: 510-258-6260</p>
<p>NOURISH: FOOD + COMMUNITY Share a healthy meal prepared by student-chef Marcus McGlothlin while we tap into knowledge about our food system and our role in keeping it local. Guest speakers, field trips, and videos keep the learning fun! SHANALE ALLEN & MARCUS MCGLOTHLIN</p>	<p>2ND SATURDAY'S 11-1PM CONTACT: 510-690-4448</p>
<p>THI CHI Deepen your connection to your body with this ancient form of martial arts for all ages and abilities. D. OMEGA</p>	<p>SUNDAY'S AND 2ND SATURDAY'S @ 10AM STARTS JAN 8TH CONTACT: 510-363-9986</p>

All workshops and classes will be held at 1601 165th Ave, San Leandro

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SCHEDULE of ACTIVITIES 2012

Community Food Pantry: Mondays all day

January 16th
February 6th, 20th
March 5th, 19th

April 9th, 23rd
May 7th, 21st
June 4th, 18th

Gardeners of Eden Garden Days: Wednesdays @ Noon

January 18th, 25th
February 8th, 15th, 22nd, 29th
March 7th, 14th, 21st, 28th

April 4th, 11th, 18th, 25th
May 2nd, 9th, 16th, 23rd, 30th
June 6th, 13th, 20th, 27th

Nourish: Food + Community: 2nd Saturdays @ 11am

January 15th
February 12th
March 11th

April 14th
May 12th
June 9th

Tai Chi: 2nd Saturdays @ 11am; Every Sunday

January 14th – 8th, 15, 22nd, 29th
February 11th – 5th, 12th, 19th, 26th
March 10th – 4th, 11th, 18th, 25th

April 14th – 8th, 15th, 22nd, 29th
May 12th – 6th, 13th, 20th, 27th
June 9th – 3rd, 10th, 17th, 24th

