

The Green House Bistro and Bakery 866-1936
FREE COOKING CLASSES

 GreenHouseBistro

*Food for thought
eat well to age well*



October 5 3-4:30pm
Traditional New Mexico Foods
Calabacitas and Tortillas

Executive Chef: Ann Sesler
Chef Assistants: Sophie Romero and Sylvia Gutierrez

Great fun for the whole family!

November 16 3-4:30
Traditional Holiday Foods
Gravad Lax—Cured Salmon the Swedish Way



Robert Smon—Food Critic and Past Food Writer for
the Albuquerque Monthly

*Learn a unique technique that will
WOW! Your Friends*

**COOKING CLASSES ARE FREE,
PLEASE RSVPTO 866-1936 SO WE CAN ENSURE
ADEQUATE SPACE AND FOOD SAMPLES**

5 Thomas Road, Los Lunas, NM
On the Campus of the Center for Ageless Living
3216 Hwy 47 South
1.5 miles south of
North El Cerro Loop
Just north of
South El Cerro Loop

Classes are held in the Education/training Bldg,
5 Thomas Road, Los Lunas
on the
Campus of the Center for Ageless Living
3216 Hwy 47 South, Los Lunas

