Live Well Grand Cities
April 2026 Newsletter

Happy April!

We hope you're enjoying spring and the warmer weather. Please check out Live Well Grand Cities' upcoming events this month and learn more by visiting our digital calendar.

Eat Well Cooking Class - Egg Rolls
Wednesday, April 8th from 1-3pm
The Link Community Room (300 Cherry St.)
Do you want to cook more food at home, but aren't sure where to start on meal-planning? Are you looking to have fun with fellow residents? Join this FREE hands-on class, meet other locals, and learn to make a new dish that feels good even on a budget.

Eat Well Cooking Class - Ramen
Friday, April 10th from 12-1pm
The Grand Forks Salvation Army Kitchen (1600 University Ave.)
Trying to avoid take-out? We've got you. With this class, you will be able to meet your cravings by making dish faster than Door Dash could deliver it. Join us for this FREE hands-on class where you'll impress yourself with how quickly you can pull this dish together, building very deep flavors fast.

Taco 'Bout Delicious - Middle School Cooking Class!
Monday, April 13th from 3:30-4:30pm
Central Middle School (1827 Bygland Rd. SE)
Get ready to chop, mix, and sizzle in this fun, hands-on middle school cooking class! In this session, students will learn how to make a delicious bean taco meal from scratch—including fresh tortillas, flavorful fillings, and homemade salsa. By the end of class, everyone will build their own bean tacos and enjoy the meal they created. It's a great way to learn new skills, try new flavors, and have fun in the kitchen! Cost: $18/participant.

The Art of Ramen - Adult Cooking Class
Monday, April 20th from 6-7pm
Central Middle School (1827 Bygland Rd. SE)
Are you ready to level up your kitchen skills? Join our hands-on adult cooking class and discover that YOU can make your own restaurant-quality ramen from scratch! Food lovers, home cooks and anyone looking for a fun and interactive experience are encouraged to attend. Cost: $18/participant.

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"Takeout" Egg Rolls - Adult Cooking Class

Monday, April 27th from 6-7pm
Central Middle School (1827 Bygland Rd. SE)

Have you ever wished you could recreate your favorite takeout at home? Now's your chance! Join us and make your own "Takeout" Egg Rolls in this cooking class where you'll learn how to roll, fill, and fry crispy, delicious egg rolls whenever you want. This class is perfect for beginners, food lovers, and anyone tired of soggy delivery! Bring your appetite — and leave with skills to impress your friends and family (and a plate full of your own handmade egg rolls). Cost: $18/participant.

Learn to Cook: TEAM RAVIOLI VS. TEAM CARBONARA

Tuesday, April 28th from 6-7:30pm
Augustana Lutheran Kitchen (520 University Ave.)

Are you Team Ravioli vs. Team Carbonara? Join the Greater Grand Forks Young Professionals for a delicious evening of cooking fun with Chef shilo from Live Well Grand Cities. This is your chance to learn how to cook some amazing pasta dishes with the Young Professionals! Free for GGFYP Members or $10 for Non-Members.