Live Well Grand Cities
August 2026 Newsletter

Happy August!

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

Gardening Skills Conversation
Tuesday, August 4th, 11th, 18th, & 25th from 6:30-8pm
GF Community Gardens (2320 N Washington St. in GF)
Every Tuesday, throughout summer, we'll meet for an hour and a half in the community garden plot for: drop-in "office hours" with a gardener, showing you hands-on how to tend the learning garden and why we use certain methods on which plants. All produce will be donated to neighbors in need. All ages welcome!

Please wear comfortable shoes that you don't mind getting dirty. If possible, please bring a water bottle and gloves. We will try to provide these items for those who do not have them, but supplies are very limited.

If you'd like to donate supplies or funds to this effort, please reach out directly to Shilo by replying to this email.

FRC Parent-led Group: Cooking Class! - Uncrustable Sandwiches
Thursday, August 6th from 12-1pm
EGF Family Resource Center (1505 Central Ave. NW in EGF)
Want to learn how to make a childhood favorite? Join us and learn how to make classic uncrustable sandwiches at home with your family. This is a dish everyone in the family will love to make and eat.

Town Square Farmers Market: Cooking Demonstration
Saturday, August 8th from 11-12pm
Town Square Farmers Market (1 S 3rd St. in GF)
Join us for FREE cooking demos during the Town Square Farmers Market. A vegetable from the market will be highlighted each week in the demo. This week we'll feature green beans with sesame and garlic. Plus, enjoy the market! Free will donations accepted.

Listen Center Drop-In: Healthy Choices Class
Thursday, August 13th from 4:30-5:15pm
The Listen Center (2100 S Washington St. in GF)
We'll be joining the Listen Center's "Healthy Choices" Drop-In session for conversation and activities.

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DarnIT! Greater Grand Forks Mending Club & Fundraiser

Friday, August 14th from 4-8pm
Panera Bread (2515 32nd Ave. S in GF)
Join us anytime to participate in our mending club and support LWGC's programs, including our community mending club initiative, by enjoying a delicious meal at Panera. A volunteer will be there to help with bicycle maintenance. We will continue to have sewing and darning supplies available, as well. Send an email if you want to make sure the kitchen tool sharpener is available for you.

Panera will donate 25% of qualifying sales from 4-8pm to our effort if you SHOW THE EVENT FLYER at the checkout counter WHEN YOU PLACE YOUR ORDER or use the promo code FUND4U for drive-thru, pick-up, and delivery orders.

Town Square Farmers Market: Cooking Demonstration

Saturday, August 15th from 11-12pm
Town Square Farmers Market (1 S 3rd St. in GF)
Join us for FREE cooking demos during the Town Square Farmers Market. A vegetable from the market will be highlighted each week in the demo. This week we'll feature bell peppers in the dish muhammara. Plus, enjoy the market! Free will donations accepted.

Learn to Make: RAMEN! with the EGF Community Education Program

Monday, August 17th from 6-7pm
Central Middle School (1827 Bygland Rd SE in EGF)

To register, please click here.

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! What you'll learn:

- How to prepare rich, flavorful broths
- Perfectly cooked noodles every time
- Tips and techniques to customize your own signature bowl

Food lovers, home cooks and anyone looking for a fun and interactive experience are encouraged to attend.

Questions? Email Laura Thorvilson - lthorvilson@egf.k12.mn.us

World Cuisine Masterclass - Bangladesh

Friday, August 28th from 5-7pm

Christus Rex Campus Center (3012 University Ave. in GF)
Join us for a FREE cooking class and learn how to make a Bangladeshi dish. Park for free in the lot behind Christus Rex. This event is a partnership with Kori Art and the UND International Center.

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