Live Well Grand Cities
June 2026 Newsletter

Happy June!

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 in the Learning Gardens

Tuesday, June 2nd, 9th, 16th, 23rd, and 30th from 6:30-8pm
GF Community Gardens (2320 N Washington St.)

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 limited. Volunteers who attend regularly to donate their time and energy to growing food with us are welcome to harvest from the garden during the session, with permission from our team.

Eat Well Cooking Class - Pancit

Friday, June 5th from 12-1pm
GF Salvation Army (1600 University Ave.)

Join Chef Agnes on June 5th for this free hands-on class in the Salvation Army Kitchen, and you'll learn how to make Pancit, a classic Filipino recipe. Each month, we'll raffle off one Hugo's gift card for $10, so don't miss your chance! Class is from 12-1 so we can take our time working through the recipe and everyone gets a chance to participate.

Cooking Class with EGF Family Resource Center

Thursday, June 18th from 11-3pm
GF Town Square (1 S 3rd St.)

The LiveGRAND: Health and Wellness Expo is an event put on in downtown Grand Forks, ND. The event is a place to gather service providers and on-site services in one location to support people with low, no, and fixed incomes that are experiencing barriers to health and wellness such as homelessness, mental health concerns, substance use disorders, and other disabilities. We strive to provide as many on-site services as possible on the day of the event as well as education about services available in the community.

LEARN MORE AT
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grand cities

Cooking Class with EGF Family Resource Center

Thursday, June 18th from 5-6pm

EGF Family Resource Center (1505 Central Ave NW)

Join us for a family and parents' cooking class and learn to make savory oatmeal. All ages are welcome!

Cooking Class with Christus Rex

Friday, June 26th from 4-7pm

Christus Rex Campus Center (3012 University Ave.)

Join us for a free cooking class and learn how to make Chinese dumplings.