## Live Well Grand Cities
## May 2026 Newsletter

### Happy May!

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.

Eat Well Cooking Class - Rummaniyeh
Friday, May 1st from 1-2pm
GF Salvation Army (1600 University Ave.)
Do you know what to do with lentils in the kitchen? Now's your chance to learn. Join us, and you'll learn how to make Rummaniyeh a lovely dish with rich flavors and history. Because lentils are one of the three culinary heroes of this dish, we'll also talk briefly about six of the main types of lentils, how to prepare them, and what they're best used for.

Cooking Demonstration - Fresh Corn Tortillas
Wednesday, May 6th from 1-3pm
The Link Community Room (300 Cherry St. in GF)
Are you looking to have fun with fellow residents and learn something new? Join our FREE class and learn to make fresh corn tortillas any time you want them. Corn tortillas are SUPER flavorful, come in every color of the rainbow, AND are made of masa. That's just three ingredients: water, salt, and nixtamalized corn flour.

Eat Well Cooking Class - Vegan Moussaka
Thursday, May 7th from 6-7pm
Augustana Lutheran (520 University Ave. in GF)
Get ready to experiment with us in the kitchen and enjoy this vegan moussaka recipe. Join this FREE hands-on and all-ages class, meet other locals, and learn to make a new dish that feels REALLY great! This recipe traditionally promotes heart health from olive oil and lower saturated fats, while providing essential nutrients like vitamins C, K, potassium, and magnesium.

DarnIT! Greater Grand Forks Mending Club & Fundraiser
Friday, May 8th 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.

Panera will donate 30% of qualifying sales from 4-8pm to our effort if you

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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. We will continue to have kitchen tool maintenance and sewing supplies available, as well.

## Garden Skill Conversation

Tuesday, May 26th 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.