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**LOBSTER SUPPERS - PARTIES - EVENTS**  
 take. eat. easy.  
 AND BOOK YOURS HERE AT THE KITCH!

**HOUSE CONCERTS – THE JAM SESSIONS \$20**

A full series of house concerts with talented musicians from here and away! Giveaways and tasty treats w/ Ma Bell's Country Condiments. RSVP – 3<sup>rd</sup> Saturday of every month

**ART CLASSES (PRICES VARY)**

From beach glass windows to paint nights and print making...the offering is different each month! This time around get your creative on w/ Mary Ann Donovan and learn the art of modern weaving. See website for details!

**LOBSTER SUPPER SOCIABLES**

Join Chef Matt Krizan and I for the FULL EAST COAST EXPERIENCE! Seafood dinners with the freshest locally-sourced ingredients. Featuring live Celtic music, incredible food, local libations and fabulous pairings. RSVP only

**SUMMER YOGA AT THE KITCH**

Join us for our new Wednesday morning classes with Tracy Murdoch at 8:45 and 10:30. Thursday nights with Wenda Housego start up again on July 18<sup>th</sup>, and Sunday mornings with Kendra Breen runs all summer! There is a class for every "body" so get bendy with a drop in or a full class pass!



**JULY 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 HAPPY CANADA DAY, EH!	2	3 YOGA w/ TRACEY 8:45 AM + 10:30AM LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY	4	5	6	7 YOGA w/ KENDRA 10:30AM DROP IN LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY
8 FOLLOW US ON FACEBOOK AND INSTAGRAM FOR CONTESTS, INFO AND MORE!	9	10 YOGA w/ TRACEY 8:45 AM + 10:30AM LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY	11	12	13	14 YOGA w/ KENDRA 10:30AM DROP IN LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY
15	16	17 YOGA w/ TRACEY 8:45 AM + 10:30AM LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY	18 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN	19	20 KITCH'INN PARTY THE JAM SESSIONS SAUNDERS BROTHERS SPONSORED BY MA BELLS COUNTRY CONDIMENTS - 8PM	21 YOGA w/ KENDRA 10:30AM DROP IN LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY
22	23	24 YOGA w/ TRACEY 8:45 AM + 10:30AM LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY	25 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN	26	27	28 YOGA w/ KENDRA 10:30AM DROP IN LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY
29	30	31 YOGA w/ TRACEY 8:45 AM + 10:30AM LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY	1 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN	2	3	4 YOGA w/ KENDRA 10:30AM DROP IN LOBSTER SUPPER GREAT EATS + LIVE MUSIC 5:30PM – RSVP ONLY

HAVE AN IDEA FOR AN EVENT OR CLASS? WOULD YOU LIKE TO HAVE YOUR ART IN OUR GALLERY? WANT TO HOST A KITCH'INN PARTY JAM SESSION? EMAIL US!

**STAY TUNED FOR A KITCH'INN TAKEOVER W/ GUEST CHEF DANY DUGUAY – YOU WON'T WANT TO MISS THE EATS!**