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POP UP 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 – 3rd 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!

POP UP SUPPERS

We're cooking up something delicious for the summer season! Our #popuplobstersup nights were so popular last summer, we're doing them weekly starting in June!

FEEL GOOD FRIDAY (DROP IN BY DONATION)

Put on by the Holistic Health Collective – it's a group of practitioners and enthusiasts looking to learn, teach and share their practices. Utilizing a variety of therapeutic approaches to well-being, new topics every week!

HATHA YOGA & YOGA FOR ALL BODIES (NEW)

Join us for our new Restorative Wednesday class!

MAY 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|--|---|
| 13 FOLLOW US ON FACEBOOK AND INSTAGRAM FOR CONTESTS, INFO AND MORE! | 14 | 15 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN | 16 SCENTSY BINGO 10:30AM DROP IN EVERYONE WELCOME | 17 FEEL GOOD FRIDAY CASEY VAASJO – NON VIOLENT COMMUNICATION 10:30AM DROP IN SUGGESTED DONATION \$5 | 18 KITCH'INN PARTY THE JAM SESSIONS PAUL BUCHANAN TRIO SPONSORED BY MA BELLS COUNTRY CONDIMENTS - 8PM | 19 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME |
| 20 VICTORIA DAY | 21 | 22 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN | 23 | 24 FEEL GOOD FRIDAY HERB WALK w/ CHERYL LYCETTE 10:30AM DROP IN SUGGESTED DONATION \$5 | 25 | 26 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME |
| 27 | 28 HOUSE CONCERT BIRDIE WHITE w/ SPECIAL GUESTS 7PM \$20 | 29 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN | 30 | 31 FEEL GOOD FRIDAY PAST LIFE REGRESSION w/ HEATHER HOLM 10:30AM DROP IN SUGGESTED DONATION \$5 | 1 | 2 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME |
| 3 | 4 | 5 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN | 6 | 7 | 8 | 9 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME |
| 10 | 11 | 12 YOGA FOR EVERY BODY w/ WENDA HOUSEGO 5:30PM DROP IN | 13 | 14 | 15 EAST COAST EATS LOBSTER SUPPER 4 COURSES – LIVE MUSIC | 16 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME |

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!
BIRDIE WHITE PLAYS HERE WITH KIRA CURTIS ON MAY 28TH – YOU WON'T WANT TO MISS IT!