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kitch'inn

POP UP SUPPERS - PARTIES - EVENTS

take. eat. easy.

AND BOOK YOURS HERE AT THE KITCH!

HOUSE CONCERTS

A full Winter Series of house concerts with talented musicians from here and away! Call or email to reserve your seat!

ART CLASSES (PRICES VARY)

From beach glass windows to paint nights and print making...the offering is different each month! This time around (by popular demand) get your creative on w/ Kerry Hobbs and paint a reusable tote, apron or wine bag!

STITCH'INN & BITCH'INN (FREE)

Every Wednesday from 9:30-12... knit, hook, felt or crochet, bring a project...or drop by for a coffee and a yarn. (See what we did there?)

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!

YOGA & YOGA NIDRA (NEW)

Join us on the mat for our new Nidra or "yogic sleep"! Zzzzz...

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 FOLLOW US ON FACEBOOK AND INSTAGRAM FOR CONTESTS, INFO AND MORE!	26	27 STITCH'INN & BITCH'INN 9:30-12	28	1 FEEL GOOD FRIDAY MAKING BATH PRODUCTS 10:30AM DROP IN SUGGESTED DONATION \$5 (BRING A SMALL JAR)	2	3 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME BRING A FRIEND FOR FREE
4	5	6 STITCH'INN & BITCH'INN 9:30-12	7	8 FEEL GOOD FRIDAY BREWING KOMBUCHA 10:30AM DROP IN SUGGESTED DONATION \$5	9	10 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME YOGA NIDRA w/ JOANNE 7PM DROP IN
11	12	13 STITCH'INN & BITCH'INN 9:30-12	14	15 FEEL GOOD FRIDAY REIKI w/ MIRANDA 10:30AM DROP IN SUGGESTED DONATION \$5	16	17 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME YOGA NIDRA w/ JOANNE 7PM DROP IN
18	19	20 STITCH'INN & BITCH'INN 9:30-12	21	22 FEEL GOOD FRIDAY MEDITATION w/ PATHWAYS TO PRESENCE 10:30AM DROP IN SUGGESTED DONATION \$5	23 ART CLASS FABRIC TOTE, WINE BAG OR APRON PAINTING w/ KERRY HOBBS \$35 - MATERIALS INCLUDED	24 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME YOGA NIDRA w/ JOANNE 7PM DROP IN
25	26 COME CELEBRATE BETTY MEREDITH'S MAHONE BAY STAMP 5-7PM COCKTAIL PARTY PRINTS AVAILABLE	27 STITCH'INN & BITCH'INN 9:30-12	28	29 FEEL GOOD FRIDAY HEALING HYPNOSIS (QHHT) w/ HEATHER HOLM 10:30AM DROP IN SUGGESTED DONATION \$5	30 UFO QUILT'INN UN-FINISHED-OBJECTS w/ VALERIE LEVY DIG OUT AN OLD PROJECT AND ASPIRE TO A FINISH! PRIZES FOR OLDEST / BEST UFO SIGHTING	31 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME YOGA NIDRA w/ JOANNE 7PM DROP IN
1	2	3 STITCH'INN & BITCH'INN 9:30-12	4	5 FEEL GOOD FRIDAY TCM & ACUPUNCTURE 10:30AM DROP IN SUGGESTED DONATION \$5	6 WANDERING WARDROBE GALLERY TAKEOVER 12-4PM NEW SPRING COLLECTION	7 YOGA w/ KENDRA 10:30AM DROP IN ALL LEVELS WELCOME YOGA NIDRA w/ JOANNE 7PM DROP IN