



Morning WORKSHOPS

REGISTER in Pleasanton on Sundays
\$10 for lunch + supply
fee per workshop

MAKING PIE CRUSTS

Presented by Lynn Bongiorno \$20

Ever wanted to have a delicious pie for dessert but just didn't know how to make that flaky crust? In this class, you will learn to make that crust. You will receive a pastry mat, a pastry cutter, a pie plate, recipes, and go home with one of those delicious pies.

FINDING SATISFACTION, PEACE & JOY WITH FOOD & YOUR BODY

Presented by Jill Daniels & Elise Greenaway \$10

For Ladies 16 Years Old & Up

Are you struggling with finding the best way to care for the body God created for you? In this workshop, you will learn how to tune into the wisdom of your unique body, and fuel it effectively so you're feeling your best. We'll look at obstacles that can hold you back from a peaceful relationship with food and your body, and how to overcome them. Receive meal and snack ideas and resources to help avoid food burnout. Workshop includes a combination of teaching, discussion, reflection, and creating a fun journal to help you in your food journey. Jill is a nutrition counselor and coach, as well as a certified specialist in sports dietetics.

FELT BALL GARLAND

Presented by Rachel Smith \$8

Learn how to make wool felt balls and string them into a festive garland that can be used for birthdays, holidays, or everyday decor!

STENCILING WITH FREEZER PAPER

Presented by Antonia Olfert \$20

Learn to make your own stencils using freezer paper. Once you learn this simple technique, you can apply it to a myriad of crafts. Each lady will make a 16' x 16" pillow cover and a burlap table runner. Please bring an apron or wear old clothes. Acrylic paints will be used.

"HE IS RISEN" WOOD SIGNS

Presented by Ann Conley \$10

Come and learn how to make a beautiful wood sign for your home. All materials will be provided. The step-by-step process will take you from preparing your wood, staining, vinyl stencil application and painting. No artistic ability is needed, just the desire to have fun and create something meaningful!

SAT MAR 17 *create* **QUESTIONS** CALL CYNTHIA STAFFORD 925-426-0081



Afternoon WORKSHOPS

REGISTER in Pleasanton on Sundays
\$10 for lunch + supply
fee per workshop

HAND LETTERING & CARD MAKING

Presented by Sarah Grebe & Emilee Haddon \$20

Learn how to write in fun scripts and put together crafty cards with instruction & assistance from extraordinary artists, Sarah Grebe & Emilee Haddon.

PAINTING

Presented by Ammorette Johnson Fee: TBD

Develop your skill with a paint brush. Enjoy sitting under the instruction of talented painter, Ammorette Johnson. More details to come.

INDOOR TERRARIUMS

Presented by Becca Howden \$18

Learn to make your very own indoor terrarium with 3-4 small succulents, cacti and indoor plants.

MACRAMÉ

Presented by Laura Johnston \$12

Macramé, the art of knotting rope, is a trendy way to make your own boho-chic inspired plant hangers. It's a trend that's been resurrected from the 70s and it's even better than before. In this class you'll learn how to make a macramé plant hanger using basic knots and patterns and you'll love the way these hangers put your plants on display both indoors and outdoors.

BEAUTIFULLY SIMPLE FLORAL ARRANGEMENTS

Presented by Sharon Collard \$18

Learn floral arranging tips, tricks, and styling and make a beautiful centerpiece in a corrugated zinc vase to take home. If you have a pair of floral scissors, please bring them to the workshop.

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