

FALL 2012

CCSF

NUTRITION & HEALTH

at Golden Gate Park Senior Center



CLASS HIGHLIGHTS

INSTRUCTOR: LISA YAMASHIRO, RD

**City College of San Francisco
Consumer Education Department**

"Nutrition & Health" class every Monday at 1:30

Special Events

Monday, September 17



**Lunch Bunch
Outing to
SoMa StrEat Food
Park**

[StrEat Food Park](#) San Francisco's first permanent food truck lot located at 428 11th Street (across from Costco), open 7 days a week for both lunch and dinner, so come treat yourself to some of the best food trucks the Bay Area has to offer. We'll enjoy an outdoor patio picnic - there is a covered seating pavilion, clean restroom facilities, music, and good eats. Bring your own water bottle.

Monday, December 17



**Lunch Bunch Outing to
Green Chile Kitchen**
End-of-semester luncheon
at [Green Chile Kitchen](#),

1801 McAllister (@Baker) serving New Mexican inspired food focusing on the distinctive flavors and traditions of this unique region. Signature dishes include green chile stew, blue corn flat enchiladas, rotisserie chicken. Featured on "[Check Please! Bay Area](#)". For dessert and coffee we can walk down the street to Chile Pies & Ice Cream!

Holidays - no class

Monday, September 3 - Labor Day
Monday, October 8 - no class
Monday, November 12 - Veteran's Day

CLASS HIGHLIGHTS

Welcome! The "Nutrition & Health" class at Golden Gate Park Senior Center, 6101 Fulton (near 37th Avenue) in San Francisco meets every Monday at 1:30 p.m. starting on August 20 through December 17, 2012. This class is a free, non-credit course offered by City College of San Francisco, facilitated by Lisa Yamashiro, Registered Dietitian. Open enrollment - join by registering anytime during the semester. \$0.50 food tasting donation each session.

Learn practical information, effective strategies, and skills to practice good nutrition,

manage personal health, and maintain an active, healthy lifestyle.

Every session features a topic-of-the-week on health/nutrition, videos, gentle exercise, cooking demo and tasting, recipes, and more! We also have scheduled two Lunch Bunch Outings this fall! Come join the fun, learn something new, enjoy good eats, and be a part of our fun, energetic, friendly group on Mondays this fall!

For more info contact:
lisa.yamashiro@mail.ccsf.edu

Nutrition & Health

Golden Gate Park Senior Center, 6101 Fulton St.

Instructor: Lisa Yamashiro, MEd, RD

Mondays 1:30

(\$0.50 food tasting donation each session)

Semester Highlights:

Recipes and tasting! Lunch Bunch Outings!
“Nourish” and “Weight of the Nation” films and topics

DATE	TOPIC
Monday, August 20	Take Back the Tap!
Monday, August 27	Nourish: Farm to Fork
Monday, September 3	Holiday –Labor Day
Monday, September 10	Nourish: Cooking & Eating
Monday, September 17	Lunch Bunch Outing – SoMa StrEat Food Park
Monday, September 24	Nourish: Food & Community
Monday, October 1	Nourish: Edible Education
Monday, October 8	Holiday –no class
Monday, October 15	Weight of the Nation
Monday, October 22	Weight of the Nation
Monday, October 29	Weight of the Nation
Monday, November 5	Weight of the Nation
Monday, November 12	Holiday –Veteran’s Day
Monday, November 19	Cooking Under Pressure
Monday, November 26	Healthy Holidays
Monday, December 3	Meatless Mondays
Monday, December 10	Mindful Eating
Monday, December 17	Lunch Bunch Outing – Green Chili Kitchen