



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE IT A PLAY DATE

WHOLE FOODS MARKET 5% DAY
SUPPORTS YMCA HEALTHY FUTURES INITIATIVE

DATE: Monday, December 5TH

TIME: 8 AM - 9 PM (ALL DAY!)

EVENTS FOR YOUTH & FAMILIES!

**FREE sneak peak into
YMCA Winter Programs**

- . 10 AM: Art, Book, Cook ages 2-5**
- . 10:30 AM: Itty Bitty Chef ages 2 - 4**
- . 11:00 AM: Munchkin Craft ages 2 - 5**
- . 11:30 AM: Mommy & Me Music ages 1 - 4**

Sign up necessary - Space is limited.

Email LaurenM@hockymca.org to reserve a spot.



Book Signing

meet... **MING TSAI 6:30 - 8PM**
MONDAY, DECEMBER 5

Chef and Owner of *Blue Ginger*



This James Beard Award-winning Chef and Owner of *Blue Ginger* in Wellesley, MA. also hosts and is Executive Producer of the Emmy nominated *Simply Ming*, now in its ninth season.

Ming is the author of four cookbooks: *Blue Ginger: East Meets West*, *Cooking with Ming Tsai*, *Simply Ming*, *Ming's Master Recipes* and *Simply Ming One-Pot Meal* which was released in the Fall of 2010.



For more information on Ming, visit www.ming.com

WHERE Whole Foods Market - Bellingham
255 Hartford Ave. Bellingham, MA.
02019 • 508 966 3331





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWN FOR A PURPOSE



**LEADERS CLUB SELLS CHRISTMAS TREES AT
WHOLE FOODS TO SUPPORT TEEN PROGRAMS**

**YMCA Leaders Club empowers teens to be
positive role models among their peers.**

WHERE: Whole Foods Market, Bellingham

WHEN: Friday, November 25th – until SOLD OUT!

COST: \$50 with 10% Supporting Teens!

PREORDER TODAY: Email Rodney.Poles@WholeFoods.com

ADDED BENEFITS: Bottomley Farms plants two trees for every tree cut down and Fraser Fir has been voted the #1 tree by the Christmas Tree Association .