



## [www.rlifeskills101.com](http://www.rlifeskills101.com) Upcoming Classes

### **Fresh Milled Flour Bread Making**

**Saturday** April 27 noon-4

\$45.00 per person

Florissant Fire Protection Dept.

Instructor: Joan Maxwell

Learn how to make healthy bread from fresh milled flour. We will be milling the grains, mixing and kneading the bread, baking and eating it!

As a bonus, while the bread is rising, we will also be making Chocolate Chip Blondies with fresh milled flour and real butter, from real cream!

Fresh Milled Flour is whole flour, nothing is removed, so you get all the vitamins, minerals, and fiber that is missing in bread made with pre milled flour.

Looking for a gift for Mom and or Dad?  
Check out our upcoming class  
schedule!

Sunday, May 5th (1:30-4 pm, at FFPD )  
High Altitude Baking with kids  
The perfect fun way to spend a Sunday  
with your little baker! Kids 4-12 free with paid  
adult. We will learn to make fresh pastry  
dough and fill them with sweet and savory  
flavors! Additionally, we will make fresh  
Hibiscus lemonade! No child? That's okay!  
Come join in the fun!

Sunday, May 14th (noon-4pm)  
Fly-Fishing 101 (Local guide Frank Chavez)  
Ever wanted to learn about Fly-Fishing?  
Everything you need to know to get started in  
one class! From equipment and casting to bug  
identification and knot-tying. Join us for an  
informative and enjoyable afternoon, and put  
your new skills to the test with a trip (last hour) to  
Happy Meadows!

Saturday, April 27th (noon-4 pm, at  
FFPD):  
Fresh Milled Flour Class - Learn how to  
make healthy bread from fresh milled  
flour. We will be milling the grains, mixing  
and kneading the bread, baking and  
eating it!

Saturday, May 16th (12:30-4pm, at FFPD :  
Chainsaw Safety  
From understanding the equipment you need  
to maintaining your chainsaw and knowing  
how to safely buck a small tree, this class  
covers it all. Meeting at FFPD for instruction and  
then will move off-site (close by) to show how  
to safely cut a small tree.

See all classes and book  
online at [rlifeskills101.com](http://rlifeskills101.com)