

2011 Baltimore Vegan Pledge Program Calendar

Schedule of meetings and optional social events!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 VPP Meeting 3-5 @ Cyclops 30 W. North Ave Baltimore, MD	28	1	2 Office Hours ¹ 6-8 @ Sweet Sin Desserts (100% gluten-free cafe) 127 W. 27 th St Baltimore, MD	3 Office Hours ¹ 6-8 @ Sticky Fingers (100% vegan cafe) 1370 Park Rd NW Washington, DC	4	5 Office Hours ¹ 5-7 @ Charmington's 2601 N. Howard St Baltimore, MD
6 VPP Meeting 3-5 @ Cyclops 30 W. North Ave Baltimore, MD	7	8	9 Office Hours ¹ 6-8 @ Sweet Sin Desserts (100% gluten-free cafe) 127 W. 27 th St Baltimore, MD	10 Office Hours ¹ 6-8 @ Sticky Fingers (100% vegan cafe) 1370 Park Rd NW Washington, DC	11	12 Office Hours ¹ 5-7 @ Charmington's 2601 N. Howard St Baltimore, MD
13 VPP Meeting 3-5 @ Cyclops 30 W. North Ave Baltimore, MD	14 Discussion ² Ayurveda/Mindful Eating 6-8 @ Cyclops 30 W. North Ave Baltimore, MD	15	16 Office Hours ¹ 6-8 @ Sweet Sin Desserts (100% gluten-free cafe) 127 W. 27 th St Baltimore, MD	17 Office Hours ¹ 6-8 @ Sticky Fingers (100% vegan cafe) 1370 Park Rd NW Washington, DC	18 Social Dinner ³ 7-9 @ Mr. Chan 1000 Reisterstown Rd Pikesville, MD RSVP: 443.896.7498	19 Discussion ² Ayurveda/Food Vibrations 11-2 @ private residence Call Miles: 443.472.2710 Office Hours ¹ 5-7 @ Charmington's
20 VPP Meeting 2-5:30 @ Poplar Spring Animal Sanctuary 1500 Mt Nebo Road Poolesville, MD (Car pool info available)	21	22	23 Office Hours ¹ 6-8 @ Sweet Sin Desserts (100% gluten-free cafe) 127 W. 27 th St Baltimore, MD	24 Office Hours ¹ 6-8 @ Sticky Fingers (100% vegan cafe) 1370 Park Rd NW Washington, DC	25	26 Office Hours ¹ 5-7 @ Charmington's 2601 N. Howard St Baltimore, MD
27 VPP Meeting 3-6 @ Cyclops 30 W. North Ave Baltimore, MD	28	29	30	31		

¹ Have questions or want to connect outside of VPP meetings? Stop by any time during our designated office hours to talk with Open the Cages Alliance organizers and volunteers.

² Sarah Schwartz, a vegan mentor for the Baltimore Vegan Pledge Program, will host two optional discussions on Ayurveda and vegan eating. The first will begin with an introduction to Ayurveda, which may lead into discussion of the energetic qualities of food, the body's response to foods, and mindful vegan eating. This session is free. The second will include hands-on food preparation, building on the foundation of Ayurveda, and introducing food energetics and balancing your "dosha." \$10.00 suggested donation to cover cost of food. Please contact Sarah with questions, trannquility@gmail.com

³ Join us for a delicious Chinese dinner at one of the city's best vegan-friendly restaurants! This evenings' dinner special is \$16.95 per person, and it includes appetizers (vegan egg roll, steamed dumpling, cold sesame noodles, and spicy cabbage), entrees (orange seitan, yuba with black bean sauce, tofu with mixed greens, and veggie nuggets with cashews), dessert (chocolate mousse or green tea custard), and hot tea. Tip is included as well.