

## FREE IN-PERSON COOKING CLASS FOR 55+



In Collaboration with  
SEVA Food Bank



**Thursday, October 23, 2025 | 11:30 a.m. - 1:30 p.m.**

Step into a world of culinary delight and join us in person for an unforgettable experience tailored specifically for seniors 55+. This event connects seniors in a warm and inviting atmosphere, where the joy of learning meets the pleasure of preparing delicious meals from an expert chef.



**Seats are limited and available on a first-come, first-served basis.**

Registration confirmation required to participate.

For more information, please email:  
[becnic@achev.ca](mailto:becnic@achev.ca)

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