achēv SENIORS ENGAGE & THRIVE

COMMUNITY KITCHEN IN-PERSON CLASS FOR NEWCOMERS & 55+

In Collaboration with SEVA Food Bank

seva food bank
an initiative of Sikhs Serving Canada

Thursday, October 22, 2026 | 11:30 a.m. - 1:30 p.m.

60 West Drive, Brampton, L6T 3T6

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

Eligibility - Permanent Residents and Convention Refugees

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

Registration confirmation is required to participate.

REGISTER NOW

Follow Achēv on:

achēv

Ontario