

## COOKING & CONNECTION CIRCLE FOR SENIORS: IN-PERSON ACTIVITY



In Collaboration with  
SEVA Food Bank



**Monday, November 16, 2026 | 11:00 a.m. – 1:00 p.m.**

**Venue: Seva Food Bank, 2832 Slough Street  
Mississauga (Malton) L4T 1G3**

Join us in person for a warm, welcoming experience where food brings us together! Learn new recipes and cooking techniques, connect with others, and share in the joy of creating a delicious meal. Let's cook together, eat together, and build community – one dish at a time.

Limited spots available.

Registration is required to attend this event.

For questions, email:  
[maltonNIC@achev.ca](mailto:maltonNIC@achev.ca)

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