achēv SENIORS ENGAGE & THRIVE

COOKING & CONNECTION CIRCLE FOR SENIORS: IN-PERSON ACTIVITY

In Collaboration with
SEVA Food Bank

seva food bank
an initiative of Sikhs Serving Canada

Tuesday, October 20, 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

REGISTER NOW

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