achēv SENIORS ENGAGE & THRIVE



FIELD TO FORK COOKING PROGRAM FOR SENIORS: IN-PERSON ACTIVITY

In Collaboration with Ecosource

ecosource
Growing a Green Community

Wednesday, November 25, 2026 | 11 a.m. – 1 p.m.

Venue: Ecosource Community Climate Hub
2-5070 Fairwind Drive in Mississauga, L5R 2N4

Discover the joy of cooking with fresh, locally grown ingredients! Learn simple, nutritious vegetarian recipes, explore gardening and harvesting techniques, and enjoy delicious meals with new friends. This engaging program celebrates healthy eating, cultural food traditions, and community connection.

Seats are limited and registration is required to book a spot!
🚌 Transportation is available to take us to the Venue.
Come hungry, leave inspired!

For questions, email:
maltonNIC@achev.ca

REGISTER NOW

Follow Achēv on:

achēv

Ontario