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SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK

FREE IN-PERSON COOKING CLASS FOR 55+

In Collaboration with
SEVA Food Bank

seva food bank
an initiative of Sikhs Serving Canada

Thursday, March 13, 2025 | 11:30 a.m. - 1:00 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 deadline - March 11, 2025 at 12 p.m.

Registration confirmation required to participate.

For registration, please email:
becnic@achev.ca

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