



SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK

FREE IN-PERSON COOKING CLASS FOR 55+

In Collaboration with
SEVA Food Bank



Thursday, August 28, 2025 | 11:30 a.m. – 1:30 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 confirmation required to participate.

For more information, please email:
becnic@achev.ca

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