



SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK

FREE IN-PERSON COOKING CLASSES FOR SENIORS



In Collaboration with
SEVA Food Bank



Monday, December 8, 2025 | 11:00 a.m. – 1:00 p.m.

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

Join us in person to meet with other seniors (55+) to learn new recipes and cooking techniques from an expert chef. Let us cook together and eat together!



Seats are limited and registration is required to book a spot!

Register by phone or email:
(905) 677-0007 Ext. 5233
MaltonNIC@achev.ca

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