

Waterfront Neighbourhood Centre



GOURMET GRANNIES

Join this FREE 8 week program featuring:

- * Healthy Meal Options
- * Cooking Tips & Tastings
- * Nutrition Updates & More!

**2019 SATURDAYS: 12-2 PM
COMMUNITY KITCHEN**

SESSION 1: APRIL 27 - JUNE 15

SESSION 2: JULY 6 - SEPT 14

SESSION 3: SEPT 21 - NOV 16

SESSION 4: NOV 23 - FEB 1

SESSION 5: FEB 8 - MARCH 28

** Space is limited to 10 NEW registered Seniors per session*

For more information & to register contact:

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