



Sponsored by: **Family Services**  
of Greater Vancouver

## **Join our Multicultural Cooking Clubs!**



### **Why join a Cooking Club?**

- *Try new recipes*
- *Learn to cook low cost, nutritious meals*
- *Save money and learn food budgeting*
- *Gain nutritional tips*
- *Meet new people*
- *Practice your English*

***For registration, call Mino Javadi @ (778) 885 – 5165***

## Cooking Club Schedule

### September to December 2011

<b>Date / Time</b>	<b>Location</b>	<b>Scheduled Sessions</b>
<p style="text-align: center;"><b>Twice a Month</b> 10:00am – 1:00pm</p>	<p style="text-align: center;"><b>Caring Place</b> <b>RM 340</b> 7000 Minoru Blvd.</p>	<p style="text-align: center;">Sept 29, Oct 12, Oct 19, Nov 10, Nov 21, Dec 7, Dec 14</p>
<p style="text-align: center;"><b>Wednesday</b> <b>Mornings</b> 10:00am – 1:00pm</p>	<p style="text-align: center;"><b>Gilmore Park</b> <b>Church</b> 8060 No. 1 Road</p>	<p style="text-align: center;">Sept 07, Sept 28, Oct 5, Oct 26, Nov 23, Nov 30, Dec 21</p>
<p style="text-align: center;"><b>Tuesday Mornings</b> 10:00am – 1:00pm</p>	<p style="text-align: center;"><b>South Arm</b> <b>Community Centre</b> 8880 Williams Road <b>Child Care available</b></p>	<p style="text-align: center;">Oct 11, Oct 25, Nov 8, Nov 22, Dec 13, Dec 27</p>
<p style="text-align: center;"><b>Monday Afternoons</b> 12:30- 3:30pm</p>	<p style="text-align: center;"><b>East Richmond</b> <b>Community Hall</b> 12360 Cambie Road</p>	<p style="text-align: center;">Sept 19, Oct 3, Oct 17, Nov 7, Nov 21, Dec 5, Dec 19</p>