



Nepean, Rideau and Osgoode  
Community Resource Centre  
NROCRC

## A COMMUNITY KITCHEN FOR

### Seniors/Adults

- Learn to cook low cost nutritious foods
- Gain food budgeting and shopping skills
  - Have Fun and meet new people

**Parkwood Presbyterian church  
10 Chesterton Drive**

**Dates: Twice a month & Time: 09:30AM-01:00PM**  
**Feb 20<sup>th</sup>, March 06, March 20<sup>th</sup>, April 3<sup>rd</sup>,**  
**April 17<sup>th</sup>, May 1<sup>st</sup>, May 15<sup>th</sup>, May 29<sup>th</sup>, 2009**

*Community Kitchen is a group of people who come together to cook, eat, or bring food home to share with families. Participants learn new recipes and are introduced to new foods which contribute to a more balanced diet. Please call Nouria for registration @ 613-596-5626 Ex 255*