

Parents for Community Living | Community Participation Supports

Join us for Adult Cooking Classes

Wednesday's (July 23, 30, Aug 6, 13, 20 & 27 | Time: 4 pm to 7 pm.



- ✓ Simple recipes, simple ingredients.
- ✓ Interactive skill building
- ✓ Enjoy each meal with your classmates.
- ✓ Leave with the recipe & samples to share.
- ✓ Ratio 5 people to 2 staff

Hosted by Natalia M.
PCL, Direct Support Professional

- ## menu
- Chicken alfredo casserole with garlic green beans.
 - Swedish meatballs with mashed potatoes and redcurrant jam.
 - White bean and tuna salad.
 - Breakfast tacos with chorizo, beans & egg.
 - Stir fry over noodles.



Location:
544 Bridgeport Rd East, Kitchener
Contact [Mary Anne Linka](mailto:maryannel@pclkw.org) to Register
maryannel@pclkw.org

\$250
for 6 Classes