

COOKING CLUB



Monday, April 29th, 2019

5:00 PM

Gilford Middle School

RSVP by April 22nd, 2019

RSVPs are required to ensure we have enough food

Cooking Club is an evening activity for adults 18 and over, who receive disability related services from Lakes Region Community Services, and their family members.

Participants receive instruction and assistance in preparing a healthy meal, then enjoy dining together! This month the menu includes: Pork Tenderloin and Roasted Veggies!

The cost is \$5 per person. If you would like to participate, contact Kaitlin Levesque at 581-1558 or Kaitlin.levesque@lrcs.org. Space is limited so sign up today!

