

DELTA SUPPER CLUB

The Delta Supper Club is a FREE program for older adults that will provide the skills to prepare food and cook a selection of meals, with time to socialize with others in the program. In small groups, gain skills to enhance your ability to create healthy meals, leading to better overall health and greater independence at home. Please note that you may only register for one class per month. Open to everyone 50 years of age and older.

September: Cozy Comfort
Make a roux, work with pastry and get freezing tips for home-cooked meals.

October: A Taste of the British Isles
Cook seafood in a cream sauce, mash potatoes and finish in the oven.

November: Harvest Table
Roast pork, make pan gravy, time a complete meal and make a caramel sauce.

December: Holiday Entertaining
Learn pastry handling, savoury pie assembly and holiday entertaining tips.

Registration opens on the third Wednesday of the month for the following month.

Kennedy Seniors Recreation Centre
11760 88 Avenue
Delta, BC V4C 3C5
604-594-2717

McKee Seniors Recreation Centre
5155 47 Avenue
Delta, BC V4K 0A2
604-946-1411

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Canada

For more information and registration, visit **delta.ca/Rec50**, or call 604-952-3000.

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