

DELICIOUS SENIORS COMMUNITY COOKING EVENT



VICTORIA LESBIAN SENIOR CARE SOCIETY (VLSCS.ca) invites you to enjoy the “fruits” of our cooking lessons - by joining us for Lunch! (No Cost)

Mark your Calendars!
January 27th, 12 noon
Rainbow Kitchen, 500 Admirals Rd.

Want to:

- Eat gluten and dairy free?
- Enjoy lunch with friends new and old?
- Pick up health and recipe tips?

17 senior lesbians took 3 cooking lessons over the Fall to learn how to cook easy, healthy meals that are easy to digest and fight inflammation and blood sugar spikes.

COMMUNITY COOKING EVENT - Come join us for lunch, space is limited to 75.

We will be located at 500 Admirals Rd., Rainbow Kitchen, 12 - 2 pm on Saturday, January 27th to share what we learned by sharing food with you.

Please RSVP to Joyce Rankin: dishes@vlscs.ca. (ASAP)
Also please come at noon sharp!

With the gracious support of our funder:

