

# Community Kitchens in New Westminster Fall 2013

Prepare tasty meals using fresh whole foods.

Meet new people.

Learn to budget, plan meals, save time and money.

Have fun in the kitchen!



- Shiloh 6th Avenue United Church - 1111 6th Avenue  
Parents of children under 12 years  
Tuesday mornings beginning October 1 for 6 weeks  
A partnership with NW Family Place & Canadian Diabetes Association



- Queensborough Community Centre - 920 Ewan Avenue  
Parents of children under 12 years  
Every second Thursday morning beginning September 19  
  
Seniors  
Every second Thursday afternoon beginning September 19



- Century House - 620 Eighth Street  
Seniors  
Wednesday mornings beginning October 9 for 6 weeks  
A partnership with Canadian Diabetes Association

To register for the programs:

**Contact Patricia Davison at  
604 525 9144 or**

**[communitykitchens@fsgv.ca](mailto:communitykitchens@fsgv.ca)**

