

FUN & FRIENDSHIP

Garden to Plate

Join a social group to share healthy ageing eating choices, recipes and managing your weekly menu and shopping. Dietician tips to improve your whole health and wellbeing.

Cook up a storm with a fun group of Community House members, sit down for lunch and dine together.

Fun and enthusiastic cooking instructors will lead the group and they will utilize some fresh ingredients right from our very own Community Garden!

Cost: \$5 per class (+ \$20 Annual Membership)

Wednesdays 12 – 1.30pm

