



Seniors Day Out

TEXAS A&M
AGRI LIFE
EXTENSION

COOKING WELL
WITH FRIENDS

Cooking Well with Friends **Mason County**

Cooking Well with Friends is a cooking class that provides you with the knowledge and skills required to safely and effectively plan, prepare, freeze and cook healthy meals. This class is for seniors to encourage fellowship and take home some delicious food.

Lesson- Meal Planning and Preparing Freezer Cooking

Where: **River of Life Gymnasium**

Time: **July 26th from 2-4 p.m.**

Registration Fee: **FREE** thanks to a generous donor

The hands-on activities provide you the opportunity to make dishes as well as take some home to freeze.

Please RSVP so the correct amount of food can be purchased.

To register or for questions
Please contact **Jessica Holbrook 325-347-6459**
or **Terri Reardon 325-294-4418**

