

Week 1

4 February 2021

Welcome 2021

For our first session of 2021 we will discuss what we will do for the term and have a peak at the 2020 cookbook that was created.



WEEK 3

18 February 2021

Meal Prep Ideas

We will discuss some hints and tips to help you prepare meals in advance.

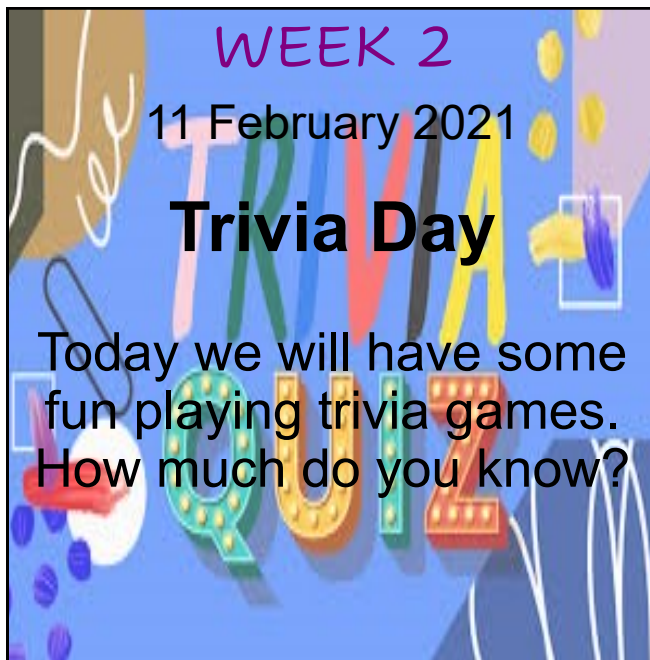


WEEK 5

4 March 2021

Diet Differences

Come along and learn with us the difference between the many eating styles out there.



WEEK 2

11 February 2021

Trivia Day

Today we will have some fun playing trivia games. How much do you know?



WEEK 4

25 February 2021

Web Surfing

This session we will use the computers here at the centre to look up whatever interests you.



WEEK 6

11 March 2021

History of Peter & Mychelle

Peter and Mychelle will come along and share some of their history.



WEEK 7
8 March 2021

Plan a Meal

Today we will plan a meal that is coeliac and diabetes friendly ready for us to cook and eat next week.

WEEK 9
1 April 2021

Music Quiz

How much do you know about music? Come along today and test your knowledge.



WEEK 8
25 March 2021

Cook a Meal

We will cook and taste the meal that was planned in the last session.

Other Programs

Art and Craft
Friday 10am to 12pm

Singing with Sharon
Thursday 2pm to 3pm

And much, much more!!

Find us on Facebook to stay up to date. 



Term 1 2021

Commencing 4 February 2021
Thursday 12.00pm to 2.00pm

\$5 per session

South Shepparton Community Centre
11 Service Street, Shepparton
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