

# Rockland County Seniors JOIN US!



## Spring into Summer Four-Part Cooking Series

### Nyack Senior Activity Center

90 Depew Avenue

Nyack

845-353-1311

Jo Lore, Manager

### **RSVP IS REQUIRED FOR ATTENDANCE!**

RSVP dates noted below program descriptions

### **All programs will be held at 10:30AM**

Part 1: Tuesday, May 28

#### **Squash Those Winter Blues**

We will prepare a cold stuffed tomato dish and a warm stuffed squash dish. The recipes are easy, healthy and inexpensive.

**RSVP by Wednesday, May 22**

Part 2: Monday, June 3

#### **Foods That Travel Well**

We will prepare a delicious BLT pasta salad and provide tips and tricks on how to travel with foods and keep them at safe temperatures.

**RSVP by Wednesday, May 29**

Part 3: Tuesday, June 11

#### **Hydrating Through Foods**

We will prepare Israeli Salad and Watermelon Granita, delectable dishes containing foods that help with hydration and water intake.

**RSVP by Wednesday, June 5**

Part 4: Wednesday, June 26

#### **Beach Blanket Bingo**

We will be ready for summer with these grilled recipes: a veggie dish and a peach dessert. To add to the fun, we will play Kitchen Bingo, complete with prizes for the winners!

**RSVP by Thursday, June 20**



**Meals On Wheels**

*Meals are just our first course!*

[www.mowrockland.org](http://www.mowrockland.org)