

Rockland County Seniors JOIN US!



Spring into Summer Four-Part Cooking Series

Clarkstown/Pearl River Senior Activity Center

121 West Nyack Road

Nanuet

845-624-6334

Deanna Lauer, Manager

RSVP IS REQUIRED FOR ATTENDANCE!

RSVP dates noted below program descriptions

All programs will be held at 10:30AM

Part 1: Thursday, May 30

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 Friday, May 24

Part 2: Friday, June 7

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 Friday, May 31

Part 3: Thursday, June 13

Hydrating Through Foods

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

RSVP by Friday, June 7

Part 4: Monday, June 24

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 Wednesday, June 19



Meals On Wheels

Meals are just our first course!

www.mowrockland.org