



Rockland County Seniors JOIN US!



Spring into Summer Four-Part Cooking Series

Ramapo Senior Activity Center

Murchison Hall at New Hempstead Presbyterian Church

484 New Hempstead Road

New City

845-356-2244

Janice Paley, Manager

RSVP IS REQUIRED FOR ATTENDANCE!

RSVP dates noted below program descriptions

All programs will be held at 10:30AM

Part 1: Monday, May 20

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 15

Part 2: Friday, May 31

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 Thursday, May 23

Part 3: Wednesday, June 5

Hydrating Through Foods

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

RSVP by Thursday, May 30

Part 4: Wednesday, June 12

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 6



Meals On Wheels

Meals are just our first course!

www.mowrockland.org