SOUP MAKING FRIDAYS

USING RECIPES FROM LITE LUNCH COOKBOOK!

&

GAMES

10am -3pm @ Community Connect

Friday November 1, 2024

Oh-So-Easy Creamy Tomato Soup

Friday November 15, 2024

Taco Soup

Friday November 29, 2024

Chicken Vegetable Soup

$15.00 for Soup bun and smoothie!

Space is limited, please sign up with

Kelly Norlock at [knorlock@mvacl.ca](mailto:knorlock@mvacl.ca) or call 613-756-6644