

COMMUNITY WORKSHOPS

NEW WELLNESS PROGRAMS COMING TO CODRINGTON

Farmers' Market Tour

The Codrington Farmers' Market is Brighton's hot spot for fresh food. Join chef and teacher Dorothy Fletcher as she leads you through the Market. The Codrington Farmers' Market is in its third phenomenal year bringing farmers and their freshest products together in a friendly and fun atmosphere. Take a tour of the Market with a chef who knows the products and the people and learn more about both. Along with meeting some of the vendors, we'll be taking some of the best of that day's market into the hall to demonstrate to you ways of preparing and cooking it to bring out its best.

Then you'll have the opportunity to sample everything, including some exclusive products from selected vendors. You'll also receive all the recipes and a market tote bag.

Sunday – September 10, 2017

Sunday – October 15, 2017

10:30am to 12:30pm

Fee: 10.00/class

Location:

Codrington Community Centre

2992 County Rd 30

Codrington, Ontario K0K 1R0

(613) 475-4002



The Big Fat Greek Cooking Class

Greek food is a restaurant favourite for many people yet it is easy to make at home. In this workshop, Dorothy Fletcher will show you how simple it is to work with phyllo pastry and a couple of items you can make with it--yes, including Baklava! You'll learn how to make a real Greek salad and some appetizers to complete a delicious meal. The class includes a sample taste of everything and all the recipes to take home.

Tuesday – October 24, 2017

6-8pm

Fee: \$10.00

Paper Crafting

Enjoy an evening out and learn how to create lovely paper crafts that you will be delighted to share with friends and family. The workshop is designed for any level of crafter with lots of instruction and in-class help from our very talented instructor Christine Bowman.

Tuesday – November 14, 2017

6-8pm

Fee: \$10.00

Acrylic Painting

Please join us and bring out your creativity with this acrylic art project on canvas. Artist and teacher, Rachel Harbour will help you discover and explore your own artistic style. Please bring your own artist brushes if you have any and all other materials are supplied.

Tuesday – November 28, 2017

6-9pm

Fee: \$10.00



Space is limited, please pre-register in person, by phone or e-mail:

In Person Register at the CCN office in Brighton: 46 Prince Edward Street, Unit 13

- By phone: Call CCN's Wellness Programs Project Leader – Gail Ellis 613-475 4190
- By e-mail: g.ellis@commcare.ca (Classes may be cancelled due to low enrollment)

