

## **AAA Programs offered at Silver Springs this Winter** **403-288-2616**

### **Cooking Workshops** – Catherine Cartmill 6 workshops

Dates: Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17

Maximum 12, Minimum 6

Day and time: Wednesdays 10am - noon

Fee: \$25 per workshop for AAA members / \$30 for non-members

Catherine Cartmill is the owner of Nature and Nurture Concierge Ltd. and a Certified Senior Advisor. Catherine is passionate about food and nutrition issues for seniors and volunteers at the Kerby Centre as well as providing services that fill the gaps in care for her clients. Her workshop series provides an opportunity to share ideas about nutrition and meal planning while preparing whole food dishes to take home and enjoy. Participants will be able to customize their dishes to suit their own taste and dietary requirements.

Jan. 13: No cook meal solutions - how to eat well on those days when you just don't feel like cooking. The participants discuss their own strategies as well as leaving with some meals to stash in the fridge for the next no cook meal.

Jan. 20: Eating well on a budget - easy to prepare food that doesn't scrimp on taste. We will discuss low cost food sources and leave with some dishes that are ready to cook.

Jan. 27: Heart friendly cooking - low salt and low fat does not need to be bland. We will discuss how to adapt your favorite recipes as well as making up some salad dressings and meals to finish up at home.

Feb. 3: Cooking for one or two - Sometimes it seems that cooking for one or two can be more challenging than feeding a big household. Participants will learn how adapt their cooking style and favorite recipes to meet this challenge. Dishes that are prepared during the workshop will be shared with the participants.

Feb 10: 5 ingredient meals - keep it simple! Fewer ingredients means less items to buy at the grocery store and less preparation time. This workshop will use whole foods, not prepared items in order to control salt and fat content. Each participant will leave with some dishes to enjoy at home.

Feb 17: Diabetic cooking - while the doctor tells you what you can't eat this workshop will focus on foods you can eat! Diet plays an important role in controlling diabetes and this workshop will provide some strategies for improving your diet and your health. Participants will have dishes to bring home at the end of the workshop.

### **Quilting for Beginners** – Bev Howell

Start date: Jan 12

Maximum: 12, Minimum 6

Day and time: Tues. 9:30 – 11:30

Fee: \$80 for 8 week session for AAA members / \$90 for non-members

Learn the basics of quilting whilst you make a Rail Fence table runner. You will learn how to rotary cut, strip piece, set borders, machine quilt and bind your quilt in this beginner quilting class. You will require a sewing machine in good working order and basic quilting supplies. Pattern supplied.

Bev has been quilting for 20 years. She is an active member of two quilting guilds in Calgary and publishes a bi-monthly newsletter for one of the guilds. She loves to design and has her own quilting web page. You can check it out at: <http://members.shaw.ca/BeverlysQuiltingPage/>

### **Beginner Mandarin**-Lydia Lee

Start date: January 11

Day and time: Mondays: 9:30 – 11:30am

Fee: \$60 for the 8 week session for AAA members/ \$70 nonmembers

Come and learn the language of one of the fastest developing nations in the world. You will learn Chinese character structures, daily greetings and some basic conversation skills. You will also be introduced to Chinese geography and the culture and history of different areas. Everyone will be a beginner so you can help one another out!

### **Other AAA Programs being offered**

*Please call the community centre hosting the program to register and for more information.*

Edgemont Community Assn. (239-1211): International Cooking  
Line Dancing  
Conversational English

Dalhousie CA (286-2555): Scrapbooking and More  
Bollywood Dancing  
Self - Defence for Men and Women  
Cribbage (drop-in)

Montgomery CA (247-3116): Photography  
Coffee, Laugh and Learn

Scenic Acres CA (547-9589): Cards  
Ladies Social Club

Varsity Community Association (288-9001): Newcomer Coffee Time

Senior Fitness  
Sit and be Fit  
Ladies Contract Bridge Club  
Senior Card Club  
Canasta and Bridge  
Scrabble Club