



MERRICKVILLE SOCIAL KITCHEN

WINTER 2026

Join us for a fun afternoon in our community kitchen! We'll be showcasing easy meals with a different theme each week. Whether you want to join in on the cooking or simply relax with a cup of coffee or tea, we'd love to have you there!

MERRICKVILLE COMMUNITY
HEALTH CENTRE

TUESDAYS
12:00 – 2:00 PM

Jan. 20 **Budget-Friendly Meals**

Jan. 27 **Heart-Healthy Eating**

Feb. 3 **Foods for Healthy Bones**

Feb. 10 **Feeding Your Gut**

Feb. 17 **Plant-Based Meals**

Feb. 24 **Healthier Baking**

CALL RCHS AT 613-269-3400 FOR MORE INFORMATION