



Rideau Community
Health Services

SOCIAL KITCHEN

FALL 2026

Join us for a fun afternoon in our community kitchen! Each week, we will be showcasing an easy meal with a different health-focused theme. 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 SITE

TUESDAYS
12:00 – 2:00 PM

Sept 29 **Budget-Friendly Meals**

Oct 6 **Heart-Healthy Eating**

Oct 13 **Foods for Healthy Bones**

Oct 20 **Gut-Friendly Eating**

Oct 27 **Plant-Based Meals**

Nov 3 **Healthier Baking**

CALL 613-269-3400 FOR MORE INFORMATION
AND TO REGISTER