



Rideau Community
Health Services

SOCIAL KITCHEN

SPRING/SUMMER 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

June 9 **Budget-Friendly Meals**

June 16 **Heart-Healthy Eating**

June 23 **Foods for Healthy Bones**

June 30 **Gut-Friendly Eating**

July 7 **Plant-Based Meals**

July 14 **Healthier Baking**

CALL RCHS AT 613-269-3400 FOR MORE INFORMATION