



# Cooking Fun Nights at Loblaws

**"Let's Build an Inclusive Community – Together we are ONE"**



## Socialization and Life Skills

Heep Chi has organized a cooking fun night for our children. Kids can sharpen their life skills and have interactive learning experience through the cooking class. Loblaws provides trained instructors with proper techniques and seasonal ingredients for this hands on cooking class. Kids truly learn through participation.

Please note that the instructors are there to explain and demonstrate the cooking steps only. They are not in a position to force the participants to follow their instructions.

**Date:** January 18, 2012 & February 15, 2012 (Wednesdays)  
**Time:** 7:00 pm – 8:30 pm  
**Venue:** Loblaws, 301 Hightech Road, Richmond Hill (Bayview & HWY 7)  
**Age:** Ages 10 and up  
**Fee:** \$41 (includes cooking material and tax)  
 (Cooking fee is subject to change as cooking ingredients vary each time)  
**Seats:** Limited to 12 participants  
**Sign up:** Please contact Brenda Tang at 905 508 2262  
 or e-mail [tang\\_edmund@hotmail.com](mailto:tang_edmund@hotmail.com) by January 12, 2012.  
 Please send cheque to Heep Chi Association - P.O.Box before January 16, 2012

**\*\*Parents/Caregiver must be at the premises to assist with participant\*\***

Waivers must be signed by parents/guardians for each of the participants.

**\*\*Please note that NO on-site respite/child care services will be provided. Organizers cannot be held responsible for the safety of the participants. The foods provided in the Cooking Fun Night are NOT peanut or allergy free. \*\***

**\*\*Pictures and/or video of participants might be taken during event for promotional purpose\*\***

**\*\*No Refund\*\* Loblaws prepares cooking material prior to the class.**