



September Cooking Fun Night at Loblaws

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



Socialization and Life Skills

Heep Chi Association has organized cooking fun nights in May and June 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.

Date: September 15, 2010 (Wednesday)
Time: 7:00 pm – 8:30 pm
Venue: Loblaws, 301 Hightech Road, Richmond Hill (Bayview & HWY 7)
Age: Ages 11 and up
Fee: \$13.56 / session (includes cooking material and tax)
 (Cooking fee is subject to change as cooking ingredients vary each time)
Seats: Limited to 20 participants
Payment: Please send cheque to Heep Chi Association - P.O.Box before **Sept 13, 2010**
****Parents/Caregiver must be at the premises to assist with participant****

Sign up: Please contact Brenda Tang E-mail at tang_edmund@hotmail.com or call **905 508 2262** to reserve your seats by **September 10, 2010**.

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.