



**Spectrum Society** Celebrating!  
FOR COMMUNITY LIVING 30 YEARS



Do you like to eat?  
Do you want to learn to cook?



Come join Spectrum's  
LET'S LEARN TO COOK



This is a hands-on Cooking Class where  
you will learn useful skills to use at  
home!



**Dates:**

Sunday February 24, 2019 at 2pm-3pm

Sunday March 3, 2019 at 2pm-4pm

Sunday March 10, 2019 at 2pm-4pm

Sunday March 17, 2019 at 2pm-4pm

Sunday March 24, 2019 at 2pm-4pm



**Location:**

At Spectrum 3231 Kingsway,

Vancouver, BC V5R 5K3

To sign up please contact

[judy@spectrumsociety.org](mailto:judy@spectrumsociety.org) or [hsuleanne@gmail.com](mailto:hsuleanne@gmail.com) (Leanne)