

Men's Kitchen



The Men's Kitchen welcomes men to join our monthly cooking sessions.

- Are you an older man looking to increase your confidence in the kitchen and learn more about cooking delicious meals?
- Have you had to take over the role of preparing meals due to being recently widowed or your wife is no longer able to cook for you?
- Would you like to help share the meal preparation duties but have no clue about cooking?
- Would you like to join a group of men who enjoy each other's company while preparing a meal?

We conduct regular cooking sessions on several days each month which run from 11am to 2.00pm. At each session a two-course meal is prepared by the group to share and around 8-10 older men share the duties to prepare the meal which we then sit and enjoy as a group

Come and learn how to cook delicious meals!



Men's Kitchen - Curl Curl

Curl Curl Youth & Community Centre, Curl Curl

Men's Kitchen – Forestville

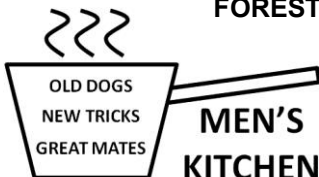
Forestville Youth Centre, Forestville

Men's Kitchen – Warriewood

Ted Blackwood Centre, Warriewood

For more information or to book in call Peter Watson 0411 476 532 or email: info@fmk.org.au or check out our website: fmk.org.au

FOREST MEN'S KITCHEN ASSOCIATION INCORPORATED



Sponsored by the Forestville RSL Club, Minuteman Press Pittwater, Northern Beaches Council, and Frenchs Forest Rotary
Endorsed by Northern Beaches LifeLine