

# Forest Men's Kitchen



The Forest Men's Kitchen welcomes new 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?

At each session a two course meal is prepared by the group to share.

## **Come and learn how to cook delicious meals!**

Forest Men's Kitchen 11am – 2pm

2nd Wednesday, 3rd Thursday and last Friday each month  
at Forestville Youth Centre, Forestville

AND

3rd Wednesday each month at Ted Blackwood Centre,  
Warriewood

For more information or to book in, call Peter Watson 0411 476 532  
For more information look up our website: [fmk.org.au](http://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