

## **“HANDS in the Kitchen” Workshops**

Chef Robin Burnett, HANDS (Helping and Nurturing Diverse Seniors), and Heineberg Senior Community Center are pleased to announce a free “HANDS in the Kitchen” workshop series. Topics covered will include: shopping on a budget, one-pot meals, healthy snacks, cooking with herbs, food through the decades made healthier, and more. “I’d love feedback from seniors about what other topics they’d like to see covered,” Chef Robin said. The series will be offered every Thursday from February 1- March 8 at 9:30 am at Heineberg Senior Community Center, 14 Heineberg Road.

“These will be really fun workshops with a positive spin,” explained Heineberg Senior Community Center Director Beth Hammond. “People are welcome to come to any or all of the series,” she continued. For more information, please call Heineberg Senior Community Center at 863-3982 or go to [www.handsvt.org](http://www.handsvt.org).