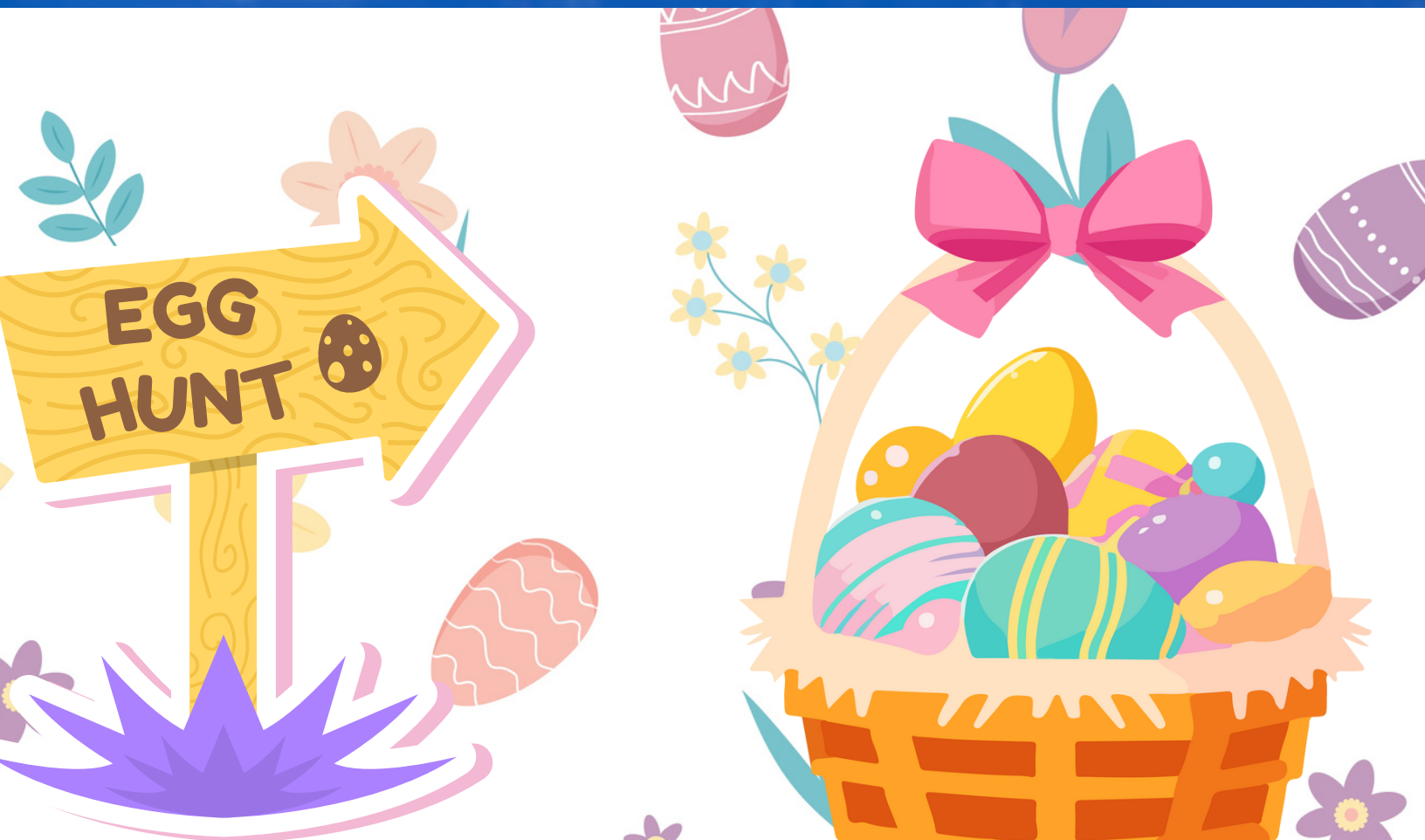


*Hello From the Studios!*

This coming week at the  
Studios  
March 25th-28th





# **SOCIAL REC COOKING**

**WITH**



**March 26th  
Tuesday**

**1- 2 PM at CMHA Studios**



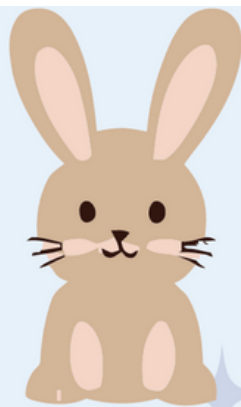
**Sign up required: Please  
call the Studios at 778  
946 0207**

**Only limited spots  
available**

**Lets cook  
together  
every  
last tuesday  
of the  
month**



**Canadian Mental  
Health Association**  
Shuswap-Revelstoke  
*Mental health for all*



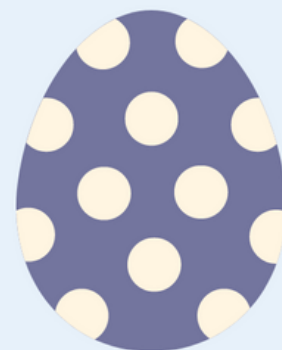
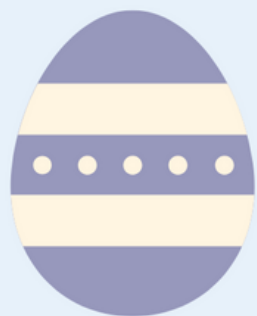
**CMHA OFFICES,  
LEARNING  
STUDIOS, HUDSON THRIFT  
SHOPPE WILL BE**

**CLOSED**

**FRIDAY MARCH 29TH,  
SATURDAY 30TH**

**&**

**MONDAY APRIL 1ST  
FOR EASTER**





# SOCIAL REC COOKING

## KÖFTE NİSK (LENTIL PATTIES)

**1 GLASS OF RED LENTILS,  
1 GLASS OF BULGUR FOR MEATBALLS,  
3 GLASSES OF WATER,  
2 TABLESPOONS OF TOMATO PASTE,  
1 TABLESPOON OF PEPPER PASTE,  
HALF A GLASS OF OLIVE OIL,  
1 ONION,  
1 BUNCH OF GREEN ONIONS,  
1 BUNCH OF PARSLEY,  
1 TEASPOON OF CUMIN,  
1 TEASPOON OF CHILI PEPPER,  
1 TEASPOON OF BLACK PEPPER,  
SALT, LETTUCE, LEMON**





# **ART at** **Miekle** **Studios**

148 Lakeshore DR.NE

**TIME 1PM**  
**COST \$10**



Please meet at CMHA Studios  
at 12:45pm

**Mandatory Sign up required**

Please call 778 946 0207

or email

[mandee.johnson@cmha.bc.ca](mailto:mandee.johnson@cmha.bc.ca)