

# December – The Heat of the Kitchen

## Cooking Demo



**Date:** Wednesday, December 10th

**Time:** 5:00-9:00PM

**Location:** Lakewood Country Club

**Practice & Play** - Personal updates and skills to improve how you listen and respond.

**Activity** -A Chef-led cooking demonstration to learn techniques and the art of creating.

**Social** - Relaxed conversation, good food, and connection.