

FRIENDS & FLAVOURS



FREE Monthly Luncheon and Speaker Series

Join us each month for a warm and welcoming luncheon featuring a guest speaker on health and wellness topics that matter to you. Bring a friend or neighbour, make new friends, share your memorable stories and recipes and get to know your community services.

When: Last Tuesday of the Month, beginning September 30, 2025
Arrive at 11:30am, Lunch at noon, Presentation at 1pm

Where: 39 Cameron Street W., Cannington
If you need transportation assistance, please inquire at time of registration.

Registration is required. Please call Loretta at 705.432.3322, ext. 106.