



Hampton AM Activity Center

presents

July Wellness Cooking hosted by Caretel Inns of Tri-Cities

Hampton AM Activity Center will be joining Chef Dean as he continues his cooking class which will include Grilled Summer Vegetables with a Balsamic Drizzle. Also, included is shopping tips and ingredient selection for finishing other dishes. Samples are free.

Stay for lunch.

Class is limited. Get your reservations in early.

This invitation is extended to the 60 plus population

Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Thursday, July 19, 2018

Time:

10:30 —11:45 p.m. Program
Lunch to follow

Suggested donation for Lunch:
\$2.50 (60 years & better)

Menu: Choice of Entrée, Salad or Sandwich:

Call Irma for meal choices or visit our webpage also in the Wonderful Times

Call Irma for any transportation requests and reservations at
895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at
895-4100 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/
Like us on Facebook: [facebook.com/Bay County Division on Aging](https://www.facebook.com/BayCountyDivisiononAging/)

Name:	_____	Phone #:	_____
Address:	_____	Amt. Paid:	_____
Indicate menu request:	Entrée: _____	Salad: _____	Sandwich: _____
Eligible (60 yrs. & better)	_____	Non Eligible (59 yrs. & under)	_____

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event.

Hampton AM wellness cooking 2018