

# Circuit Cooking 101

August - December 2025

Make cooking simple, easy, and most importantly, enjoyable. Circuit Cooking Workshops incorporate demonstrations, tastings, lots of practical tips, tricks, and a few laughs.

**2<sup>nd</sup> MONDAY OF THE MONTH, 1.30 – 3.00PM**

(Except if 2<sup>nd</sup> Monday is a Public Holiday, then workshop is on 1<sup>st</sup> Monday)

UNLEY COMMUNITY CENTRE, 18 ARTHUR STREET,  
UNLEY

**Bookings Essential,  
Phone 8372 5128 or see our office staff**

Please note in the interest of giving everyone an equal opportunity in attending, workshops cannot be booked more than one month in advance. Refer to bookings opening date listed against individual workshops.



**UNLEY COMMUNITY CENTRE**

18 Arthur Street, Unley SA 5061

Phone: 8372 5128

[unley.sa.gov.au/ucc](http://unley.sa.gov.au/ucc)

# CIRCUIT COOKING 101

Aug – Dec 2025

**UNLEY COMMUNITY CENTRE**



**Are you looking to ignite, or reignite a passion for Cooking?**

Facilitated by our very own Cook and Circuit Café Coordinator Chloe, these monthly workshops will motivate and inspire you to get into the kitchen. 2nd Monday of every Month, 1.30 – 3pm. Cost: Varies. Bookings essential. Phone 8372 5128.

**CELEBRATING THE OVER FIFTIES WITH LIFE LONG LEARNING**



## Monday 11 August

### No Sugar Desserts

Learn how to make delicious desserts and sweet snacks using sugar alternatives like honey, fresh/dried fruits, stevia, and maple syrup. A healthier way to enjoy sweet treats.

**Cost: \$7**

**Bookings open 28 July**



## Monday 8 September

### Breakfast/ Brunch Inspiration

Breakfast is the most important meal of the day—let's make it more interesting! Discover fresh ideas to start your morning right.

**Cost: \$7**

**Bookings open 25 August**



## Monday 13 October

### Conscious Cooking- KESAB

Join KESAB for a fun, free cooking demo. Learn how to reduce food waste, save energy, and eat well on a budget.

**Cost: Free**

**Bookings open 29 September**

## Monday 10 November

### Ricotta Gnocchi

Back by popular demand! Stella returns to guide us through making gluten-free ricotta gnocchi—no potatoes needed.

**Cost: \$7**

**Bookings open 29 October**



## Monday 8 December

### Bus Trip to Beerenberg Farm

10:00am – 2:30pm

Enjoy a fun day in the Adelaide Hills picking strawberries and exploring the Beerenberg Café's seasonal local menu

**Cost: \$7 (for bus trip)**

**Bookings open 24 November**



*Wishing all Circuit Cooking 101 Participants  
a Merry Christmas and a Happy & Healthy New Year*

*From Unley Community Centre staff & volunteers*



Workshops are 1.30 – 3.00pm **BOOKINGS ESSENTIAL**. Please refer to bookings open date listed against individual workshops above.

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