# **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 – 3.00<sub>PM</sub>

(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

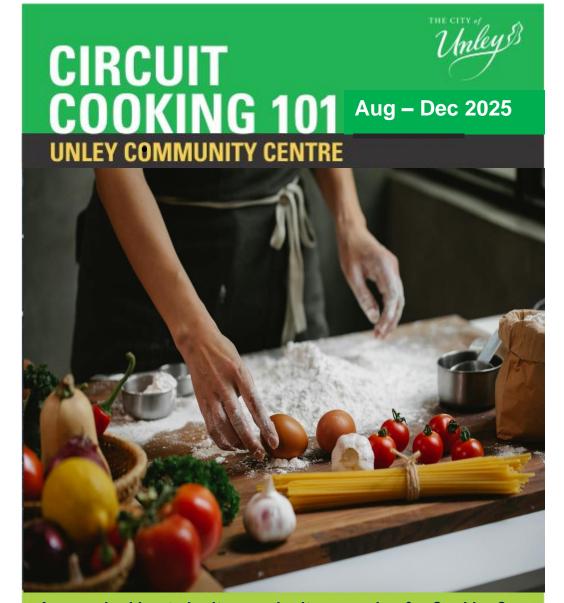
# Bookings Essential, Phone 8372 5128 or see our office staff

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



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** 



### 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 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 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





# **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** 



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

Unley Community Centre 18 Arthur Street, Unley SA 5061