

Village of Croton-on-Hudson Recreation & Parks Department

In Partnership with Feeding Westchester

WINTER 2024 / ADULT 60+

HEALTHY & FUN COOKING

- Dates:** Mondays
- January 22
 - February 12
 - March 11
 - April 15

Time: 12:30PM - 1:30PM

Location: Municipal Building, Community Room

Fee: Free! Pre-Registration Appreciated
Walk-Ins Are Welcome

Instructor: Alyssa Advincula, Nutritionist



Join nutritionist Alyssa Advincula for FREE cooking demonstrations & nutrition tips. Sample delicious recipes & enjoy fun giveaways. This program will take place right after the Chair Yoga class.

Questions? Call (914) 271-5804 or visit www.crotononhudson-ny.gov/seniors

WINTER 2024 * HEALTHY & FUN COOKING * ACT # 3056

Register online at www.crotononhudson-ny.gov/seniors OR
Drop form in blue official drop box in front of the Municipal Building OR
Mail to: Croton Recreation Dept., One Van Wyck St., Croton NY 10520

Name: _____ Phone: _____

Please circle all desired program date(s): Jan 22 (3A) Feb 12 (3B) Mar 11 (3C) Apr 15 (3D)

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby grant the Village of Croton on Hudson permission to use my likeness in photograph(s) in any publications or publicity materials (including but not limited to books, newsletters, videos and internet use), in perpetuity. If I do not want pictures or videos to be used as described above, check here:

I hereby recognize that there are inherent risks involved with participation in this program, and agree to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____ Date: _____