

# Stirling - General Interest Courses

## How to Use Stock for Soups and Stews

*Karin Champion*

- Date: **Wednesday, October 5, 2022**
- Time: **6:30-9:00 pm**
- Location: **Stirling FCSS**
- Fee per registrant: **\$80**

Don't throw away your veggie scraps! Instead, use them to create delicious stock to make soups and stews. In this class, you will make your own and take them home!



## Getting to Know Your Bicycle

*Mathew Hellawell (Mat's Bike Repair)*

- Date: **Saturday, October 29, 2022**
- Time: **4:00-6:00 pm**
- Location: **Stirling FCSS**
- Fee per registrant: **\$56**

Get to know your bicycle through a bike technician's eyes by going through the inspection process yourself. This interactive course includes a Question and Answer period and you will go home with a cleaning tool and a cloth.

## Laughter Matters

*Cindy Lauwen and Renee White (FCSS)*

- Date: **Tuesday, November 15, 2022**
- Time: **2:00-3:00 pm**
- Location: **Stirling FCSS**
- Fee per registrant: **FREE!**

This session will teach you how to incorporate laughter in your lives and the importance of finding the humour in every day situations.

## Making Holiday Appetizers

*Amy Omelusik (Red Seal Chef)*

- Date: **Tuesday, December 6, 2022**
- Time: **6:30-9:00 pm**
- Location: **Stirling FCSS**
- Fee per registrant: **\$100**

Learn how to make 5 crowd pleasing holiday appetizers, including stuffed mushrooms, asparagus ham rolls, and sausage rolls. This course is taught by a Red Seal Chef who has been teaching classes for over 10 years.

To find a complete list of all the available courses and to register/pay online, visit:

<https://bit.ly/3R4PPaZ>

To register/pay over the phone, call Kaitlynn Weaver at **(403) 795-4627**.

*Please note that all course fees are set by the instructor. All courses must be pre-registered and pre-paid. No payment will be taken at the door.*