

FINNISH LUNCHEON

Friday, February 24, 12:30 – 2:30 pm \$11.00

Finnish recipes combine flavours from Eastern and Western food cultures. Being close to the nature can be tasted in the food. Traditional recipes include pies, roasts and stews. In a modern Finnish kitchen, wraps, noodles and light fresh dishes are prepared to suit an international taste. We will be serving a combination of traditional and modern Finnish food with appetizers, main dishes, salad and special Finnish desserts. Come and enjoy a special afternoon with Bingo and prizes.

AFGHANISTAN PRESENTATION

Wednesday, March 7, 1:30 -2:30 pm \$2.00

Afghanistan is an Islamic country with a long and fascinating history. It is known for making beautiful rugs. The main source of income in the country is the export of corn, rice, wheat, vegetables, fruits, and nuts along with cotton, tobacco and sugar beets. Come learn about this ancient culture and its struggle for freedom with food, music, and Afghan stories. There will be a display of the typical items from Afghanistan. Snacks will include fresh fruit and nuts.

AFGHAN CRAFTS

Susan will be displaying some of the crafts of this unfamiliar region. We will create an item to take home as a memento to this culture. Bead and stone jewelry is often worn. Snacks will savories from special spreads on Naan to sweets containing fruits and nuts.

AFGHAN COOKING

Wednesday, March 21, 1:30 –2:30 pm \$3.00

Afghan food is tasteful fusion of the regions that neighbor Afghanistan. Influence of India is obvious in the use of spices like saffron, coriander, cardamom and black pepper. The Afghans prefer cuisine which is neither too spicy nor hot. Afghan food is essentially a variety of Persian food, with influences from the non-Iranian ethnic groups. It centers on palows, kabobs, chalows, and dumpling-like dishes introduced by the Altaic peoples from the north. A palow is a rice dish in which the rice has been cooked with other ingredients and is therefore colored and flavored by those ingredients. The rice is usually cooked with meat juices, but sometimes only vegetables are used. We will be learning to make a rice pilaf and having this as our snack with tea.

AFGHAN LUNCHEON

Friday, March 30, 12:30 –2:30 pm \$11.00

Along with help from our local Afghanistan community, our Senior chefs will be creating a typical meal with a meat stew, rice pilaf, vegetables, typical Naan bread, Salads and Persian desserts. Chai (tea) will be served along with a yogurt drink(Dogh)

SENIOR'S MULTICULTURAL PROGRAMS

JANUARY TO APRIL

2012

VIETNAM, FINLAND & AFGHANISTAN



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VIETNAM PRESENTATION

Wednesday, January 11

1:30 -2:30 pm \$2.00

Most travelers to Vietnam are attracted by the country's wonderful natural beauty: From green rice fields dotted with the conical hats of workers in Vietnam's north stretching to the fascinating bustle of the Mekong Delta in the south. Vancouver is home to many Vietnamese and Anh and Tim Nguyen along with Kim Van Lee will be telling us about this culture in pictures and stories of their lives as children and their journey to Canada where they continue to make valuable contribute to our multicultural community. Come and learn about this unique country who has added to our multicultural mosaic with more than 150,000 immigrants since the 1980's. Snacks will be a delicious Vietnamese sandwich.



VIETNAM COOKING CLASS

Wednesday, January 18

1:30 -2:30 pm \$3.00

While the Vietnamese cuisine relies on fresh vegetables, subtle seasonings and rice, Vietnamese cooking also reflects its Chinese and French influences and it has numerous regional differences; in the south, look for plentiful fresh seafood and in the colder north, you'll find slightly heartier meals with beef. Anh Nguyen will be showing and explaining the many exotic fruit and vegetables of both the north and south. Our cooking class will participate in the making and sharing of Fresh Spring Rolls (Goi Guon). Unique fruits will be served, too.



VIETNAMESE LUNCHEON / CHINESE NEW YEARS CELEBRATION

Friday, January 27 12:30-to 2:20 pm \$11.00

This year we will be celebrating Chinese New Year's with a traditional Chinese/Vietnamese meal. Under the direction of Anh and Kim, our Senior Chefs will be preparing a special buffet including main entrees, a salad and desserts to honor the Year of the Dragon. Come join us for this delicious way to begin the Lunar New Year. Games and prizes will add to our event.

FINLAND PRESENTATION

Wednesday February 1 1:30-2:30 pm \$2.00

Finland, called Land of the Midnight Sun is a country in Northern Europe bordering on Russia, Sweden and Norway. It is famous for its scenic landscapes, dense forests and lovely lakes. Favourite pastimes are ice hockey, ski jumping, going to the cottage and using the sauna. It is a modern democratic country with excellent health and welfare services. Our local Finnish community will be presenting their cultural heritage with pictures, stories and food from their homeland. More than 10,000 people of Finnish descent call British Columbia home.

Come and learn about this Northern European country who boasts some great hockey players like Sami Salo, Jrki Lummi and Jarrko Ruutu of the Vancouver Canucks.

FINLAND CRAFT CLASS

Wednesday, February 8 1:30 -2:30 pm \$3.00

When it comes to the natural look of beads it is no wonder wooden beads have become a staple in the world of fashion. We will be making necklaces or bracelets from a wide array of wooden beads and large dried seeds from the Northern hemisphere. Finland snacks will be served as we create unique jewelry.

FINLAND COOKING CLASS

Wednesday, February 18, 1:30 -2:30 pm \$3.00

Crepes (pannukakku) are very traditional little pancakes in Finland and the rest of Scandinavia. We will be making these delicious pancakes to serve with Blueberry Sauce. The typical Finnish favorites will be discussed along with a lesson on making open faced sandwiches.

