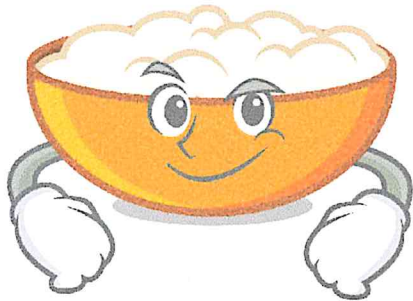


FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410
201-796-1191 srcenter@fairlawn.org

CURDS & CULTURE:



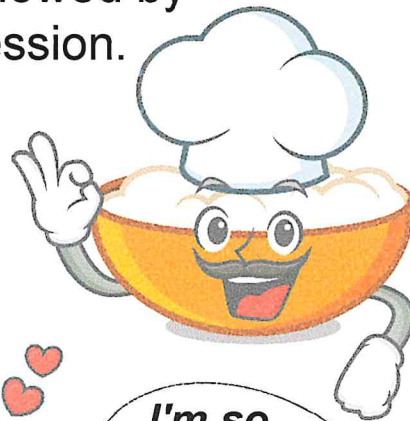
Exploring the Art and Science
of Cottage Cheese
A Lecture and Tasting Journey

Join us for an engaging program that delves into the history, production techniques, nutritional benefits, and culinary versatility of cottage cheese, followed by a guided tasting session.

PRESENTED BY
KRISTIANA RUFO, RD



DON'T FORGET!
National Cottage
Cheese Day
December 30th



*I'm so
good for you,
you can
CELEBRATE
everyday!*

THURSDAY, DECEMBER 5, 2024 @ 10:30 A.M.

Advance registration necessary for this program. Limited seating.

The Senior Center offers a Noon lunch (\$1.25 suggested donation)
and reservations should be made at least 24 hours in advance.