



FEAR NOT YOUR INSTANT POT.....HELP IS ON THE WAY!!!

Be honest....is this you? You've received or purchased an Instant Pot and it's never been out of the box? Maybe the instructions are a bit overwhelming? Or like many of us you're just scared to use it for fear you'll do something wrong, like blow up your kitchen maybe? All kidding aside, you are not alone! If you answered yes to any of those questions, or you just want to learn something new, then it's Sandown Recreation to the rescue for you!

Join us on Friday evening, Nov. 5th from 6:30-8:30 p.m. at the Edward Garvey Recreation Facility at 25 Pheasant Run Drive for tips, tricks and helpful basic instructions on how to get started or how to start using your Instant Pot Cooker more.

You don't need to own this appliance as you will not be bringing one with you. Our volunteer instructor will be demonstrating and you'll be sampling, several dishes that you should feel comfortable to try making at home by the time you leave. This is an adult only class. Youth ages 16 and older may attend if accompanied by an adult. The class is free, space is limited, and pre-registration is required. No walk-ins the day of the program. Avoid disappointment and register now. The last time this was offered in 2020 the class was full.

To register: Send an E-mail to recreation@sandown.us and include your name, address, and best phone number and e-mail to reach you. It's as simple as that! Or, call the recreation office at 887-1872 and leave the information mentioned above, plus your e-mail address. *We do not share email addresses.* Registration deadline is Tuesday, November 2nd. Registration for non-residents will open on 10/28. Now let's get cooking!

