Kelsey-Seybold for Seniors

LIVE COOKING DEMONSTRATION

A TASTE OF HOLIDAY COMFORT



A Cozy Soup & Festive Sandwich for the Season

A Chefs For Seniors Culinary Wellness Demonstration

featuring Foodies Over 50®

Creamy Pumpkin & Lentil Soup
A rich, seasonal soup with a savory twist

Holiday Sandwich Pairing
A delicious, easy-to-make sandwich for the season



Chef Shonah Jefferson

Owner, Chefs For Seniors – North & Southeast Houston Metro

Founder, Foodies Over 50®

DATE
December 2, 2026

TIME
11:00 am

LOCATION
Kelsey-Seybold Rosenberg Clinic

Join Chef Shonah Jefferson for a festive, hands-on cooking demonstration filled with seasonal flavors, practical tips, and delicious inspiration for easy, nourishing meals at home. Learn how to build rich flavor, create creamy texture without heavy cream, and turn simple ingredients into a comforting holiday meal.

FEATURED DISH

- Creamy Pumpkin & Lentil Soup
- Festive Holiday Sandwich

WHAT YOU'LL LEARN

- Simple techniques for big flavor
- Ways to make seasonal meals easy and nutritious
- Practical cooking tips you can use at home

WHAT'S INCLUDED

- Live chef demonstration
- Handout with recipes and tips
- Practical cooking tips
- Q&A with Chef Shonah

CHEFS FOR SENIORS®

FOODIES OVER 50®
KITCHEN WISDOM FOR EVERY GENERATION

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