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Regency Palms Long Beach Hosts Free Senior Cooking Workshops Led by Executive Chef Alex Ayala

Long Beach, CA – Meridian Senior Living’s [Regency Palms Long Beach Assisted Living and Memory Care](#) (RPLB) will feature senior cooking workshops led by their Executive Chef Alex Ayala. The workshops are followed by a complimentary lunch such as homemade crab and spinach ravioli and a chance to win one of the raffle prizes including a custom wine basket. These workshops will be held on March 13, 2019 and April 10, 2019 at RPLB located at 117 E. 8th Street, Long Beach, CA 90813.

As people age, nutrition needs evolve and motivation to eat may decrease as taste buds change. With these challenges for seniors in mind, RPLB has initiated these workshops to educate seniors about the importance of using fresh ingredients, techniques for scratch cooking, introduction of simple meal ideas, and provide social opportunities for seniors.

"We are excited about hosting these incredible free workshops to highlight fresh seasonal ingredients, scratch cooking approach and simplicity among our residents and seniors in our community," states Regency Palms Long Beach Dining Services Director Alex Ayala. "We hope seniors take away multiple learnings from these events, enjoy delicious food, and have fun too."

Since there are limited spaces in these workshops, seniors should call 562-432-9260 to R.S.V.P.. For more information about RPLB, visit: <http://regencypalmslongbeach.com> or call 562-469-5908.

About Meridian Senior Living:

Meridian Senior Living, LLC, a privately held company, owns and operates senior housing communities across the United States. With more than 7,000 beds, Meridian is currently the eighteenth largest senior housing operator in the United States. Meridian prides itself on providing the highest quality care and affordable living options to residents in their own communities. Although large in scale, Meridian focuses its growth effort on building state-of-the-art properties in cities outside major markets. For more information on Meridian Senior Living, visit us online at www.meridiansenior.com.

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