










# Good Food Club Events for August 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>  <b>Terry Fox Day</b> Office Closed	<b>2</b>	<b>3</b>  185 YoungSt Rink 2-4pm  <b>Order Deadline for Aug 10</b>	<b>4</b>	<b>5</b>  GFC Office Closed	<b>6</b> Tea Harvesting & Garden Party <b>12-2pm</b> Deer Sprit Garden 545 Broadway
<b>7</b>	<b>8</b> GFC Garden Party: <b>Too Hot to Cook Workshop</b> <b>1:00-3:00pm</b> ONLINE ZOOM EVENT	<b>9</b> Chair Yoga & Meditation Class <b>11:00am-12:00pm</b> ONLINE ZOOM EVENT	<b>10</b>  185 YoungSt Rink 2-4pm  <b>Order Deadline for Aug 17</b>	<b>11</b>	<b>12</b>  GFC Office Closed	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>  185 YoungSt Rink 2-4pm  <b>Order Deadline for Aug 24</b>	<b>18</b>	<b>19</b> Fit Friday: Strength Training Class <b>11:00-11:30am</b> ONLINE ZOOM EVENT	<b>20</b>
<b>21</b>	<b>22</b> GFC Garden Party: <b>Check in with your Garden</b> <b>1:00-2:00pm</b> ONLINE ZOOM EVENT	<b>23</b> Chair Yoga & Meditation Class <b>11:00am-12:00pm</b> ONLINE ZOOM EVENT	<b>24</b>  185 YoungSt Rink 2-4pm  <b>Order Deadline for Aug 31</b>	<b>25</b>	<b>26</b>  GFC Office Closed	<b>27</b>
<b>29</b>	<b>29</b>	<b>30</b>	<b>31</b>  185 YoungSt Rink 2-4pm  <b>Order Deadline for Sept 7</b>			

For more info visit: <https://westbroadway.mb.ca/programs/good-food-club> call: (204) 774-7201 ext 6  
 Facebook: <https://www.facebook.com/goodfoodclubwpg/> email: [goodfoodclub@westbroadway.mb.ca](mailto:goodfoodclub@westbroadway.mb.ca)