










Good Food Club Events for August 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2  185 YoungSt Field 3-6pm	3	4 Crafting at Crossways 10am-12pm 222 FURBY ST (bring your own project)	5 Garden Hangout with Audrey @ Spirit Park 11am (bring your own lunch)
6	7 Terry Fox Day Office Closed	8 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	9  185 YoungSt Field 3-6pm	10	11 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	12 Garden Hangout with Audrey @ Spirit Park 11am (bring your own lunch)
13	14	15	16  185 YoungSt Field 3-6pm Garden Teachings with Audrey @ Spirit Park 10:30am-12pm	17	18 GFC Office Closed	19 Spirit Park Renewal Party with Audrey 11am lunch provided (see poster for details)
20	21	22 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	23  185 YoungSt Field 3-6pm Garden Teachings with Audrey @ Spirit Park 10:30am-12pm	24	25 GFC Office Closed	26 Garden Hangout with Audrey @ Spirit Park 11am (bring your own lunch)
27	28	29	30  185 YoungSt Field 3-6pm	31 West Broadway Garden Tour 5:30pm – meet at WBCO office (222 Furby) (snacks provided)		

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