









Good Food Club Events for August 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Yoga in the Garden 12:00-1:00pm BNC Field (185 Young St)	2 GFC Office Closed	3 Planting Ojibwe: Language & Knowledge Sharing @ Spirit Park 10:30am-Noon
4	5 Terry Fox Day Office Closed	6 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	 185 Young St Field 3-6pm Workshop at the Market: Tea Gardening 4:00-5:00pm	8 Yoga in the Garden 12:00-1:00pm BNC Field (185 Young St)	9 GFC Office Closed	10 Planting Ojibwe: Language & Knowledge Sharing @ Spirit Park 10:30am-Noon
11	12	13 Farm Trip 9am-2pm MUST REGISTER	 185 Young St Field 3-6pm Workshop at the Market: Introductory Sauerkraut Making 4:00-5:00pm	15 Yoga in the Garden 12:00-1:00pm BNC Field (185 Young St)	16 Fitness Class: Back to Balance 11:00-11:30am ONLINE ZOOM	17 Planting Ojibwe: Language & Knowledge Sharing @ Spirit Park 10:30am-Noon
18	19	20 Farm Trip 9am-2pm MUST REGISTER	 185 Young St Field 3-6pm Workshop at the Market: Mushroom Cultivation 3:30-5:00pm	22 Yoga in the Garden 12:00-1:00pm BNC Field West Broadway Garden Tour 5:00pm – meet at WBCO office for 4:45pm (748 Broadway)	23 GFC Office Closed	24 Planting Ojibwe: Language & Knowledge Sharing @ Spirit Park 10:30am-Noon
25	26	27 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	 185 Young St Field 3-6pm Workshop at the Market: Preserving your Garden Harvest with Audrey 3:30-4:30pm Yoga at the Market 4:30-5:30pm	29 Yoga in the Garden 12:00-1:00pm BNC Field (185 Young St)	30 GFC Office Closed	31 Garden Hangout with Audrey @ Spirit Park 10:30am-Noon

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