







Good Food Club Events for February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Kitchen Table Talk 11am-12pm ONLINE ZOOM EVENT Good Food Box Order deadline 11am	3 Valentine's Day Registration Deadline by NOON	4 Snoball Winter Carnival 12-4pm 185 Young St 
5	6 Social Distancing Club: Broadway Seniors Resource Council 1:30-2:30pm ONLINE ZOOM EVENT	7 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT 	8 Good Food Box & LITE ALTERNATIVE HAMPER Pick up 222 Furby St, 3:00-5:00pm (MUST REGISTER)	9 Tales in Winter: The Start of Seeds 8pm-9pm ONLINE ZOOM EVENT	10 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	11
12	13 GFC Office Closed for event prep	14 Valentine's Day Self Care Event 10am-noon OR noon-2pm BNC Gym, 185 Young MUST REGISTER	15 Kitchen Table Talk 11am-12pm ONLINE ZOOM EVENT Tales in Winter: How the Seed got over the Mountain 8pm-9pm ONLINE ZOOM EVENT	16 Good Food Box Order deadline 11am	17 GFC Office Closed	18
19	20 Louis Riel Day Office Closed	21 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	22 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	23 Social Distancing Club: Tax Talk with Community Financial Counselling Services 1:30-2:30pm ONLINE ZOOM EVENT	24	25
26	27 Nutrition Workshop: Intro to Canada's Food Guide 1:30-3:00pm ONLINE ZOOM EVENT	28 GFC Winter Wellness Workshop Series: Cornish Library Tour & Seed Library Info Session 1:30-2:30pm CORNISH LIBRARY				

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