



Good Food Club Events for February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Snoball Winter Carnival 12-4pm 185 Young St
2	3	4 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	5 Good Food Box Pickup 3:00-5:30pm 185 Young St	6 Valentine's Day Registration Deadline by NOON	7 Good Food Box Cooking Class 11:00am-12:30pm ONLINE ZOOM EVENT	8 
9	10	11 Wellness Workshop: Checkin for Mind, Body & Spirit with Kayla 2:00-3:00pm ONLINE ZOOM EVENT	12 GFC Office Closed for event prep	13 Valentine's Day Self Care Event 11:00am – 2:00pm BNC Gym, 185 Young MUST REGISTER Good Food Box Order deadline 11am	14 Fitness Class: Back to Balance 11:45am-12:15pm ONLINE ZOOM EVENT 	15
16	17 Louis Riel Day Office Closed	18 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	19 Good Food Box Pickup 3:00-5:30pm 185 Young St	20 GFC Healthy Seniors & Friends Group Meeting 11:00-12:30pm ONLINE ZOOM EVENT	21 GFC Office Closed	22
23	24	25 Wellness Workshop: Happy Gut 1:00-2:00pm ONLINE ZOOM EVENT	26	27 Wellness Workshop: Coping with Hearing Loss 1:00-2:00pm 185 Young St, Back Room Good Food Box Order deadline 11am	28 GFC Office Closed	

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