



Good Food Club Events for January 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Happy New Year!
2	3 GFC Office Closed	4 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	5	6 Good Food Box Order deadline 11am	7 GFC Office Closed	8
9	10	11 GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	12 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	13	14 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	15
16	17	18 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	19	20 Good Food Box Order deadline 11am	21 GFC Winter Wellness Workshop Series : Attitude for Gratitude: Conscious Connecting 2:00-3:00pm ONLINE ZOOM EVENT	22
23	24	25	26 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	27 Good Food Box Cooking Class 1:30-3:00pm ONLINE ZOOM EVENT	28 GFC Office Closed	29
30	31					

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