





Good Food Club Events for January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year!	2 GFC Office Closed	3 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	4	5 Good Food Box Order deadline 11am	6 GFC Winter Wellness Money Management Workshop: Budgeting 1:00-2:30pm ONLINE ZOOM EVENT	7
8	9	10 GFC Winter Wellness Workshop Series: Falls Prevention 11:00am- ONLINE ZOOM EVENT	11 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	12 Tales in Winter: The Might of the Mouse 8pm-9pm ONLINE ZOOM EVENT	13 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT GFC Winter Wellness Money Management Workshop: Financial Services 1:00-2:30pm ONLINE ZOOM EVENT	14
15	16 Kitchen Table Talk 11am-12pm ONLINE ZOOM EVENT	17 GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	18 Winter Wellness Workshop Series: Cinnamon Buns 11:00am-1pm ONLINE ZOOM EVENT Tales in Winter: How the Moose Lasted a Year 8pm-9pm ONLINE ZOOM EVENT	19 Good Food Box Order deadline 11am	20 GFC Winter Wellness Money Management Workshop: Smart Shopping 1:00-2:30pm ONLINE ZOOM EVENT	21
22	23	24 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	25 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	26 Good Food Box Cooking Class 1:00-2:30pm ONLINE ZOOM EVENT	27 GFC Office Closed	28
29	30 Social Distancing Club: Snow Team 1:00-2:00pm ONLINE ZOOM EVENT	31				

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