

## Good Food Club Events for July 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GFC Office Closed	2	185 Young St WEST BROADWAY Field FARMERS MARKET 3-6pm	Yoga in the Garden 12:00-1:00pm Good Food Garden (185 Young St)	<b>5</b> GFC Office Closed	6Garden Work & Pizza Party with Audrey @ Spirit Park 10:30am-Noon
7	8	9 Farm Trip: Berry Picking Makeup Trip 9am- 1pm MUST REGISTER	10 WEST BROADWAY FIEld FARMERS MARKET  185 Young St Field Field 3-6pm	Yoga in the Garden 12:00-1:00pm Good Food Garden (185 Young St)	GFC Office Closed	Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
14	15	16 Social Distancing Club: Meet the WBCO Gardens Team 11:00am-12:00pm ONLINE ZOOM EVENT	17 Family Day @  WEST BROADWAY FARMERS HARKET Field 3-6pm	18Yoga in the Garden 12:00-1:00pm Good Food Garden (185 Young St) Healthy Eating on a Budget Workshop: Versatile Chicken 2:00-3:00pm 748 Broadway	GFC Office Closed	Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
21	22	23 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE  Farm Trip: Berry Picking Makeup Trip 9am-1pm MUST REGISTER	24 WEST BROADDWAY FIELD FIELD STRONG ST FIELD STRONG ST FIELD STRONG ST FIELD STRONG ST FIELD STRONG	25 Yoga in the Garden 12:00-1:00pm Good Food Garden (185 Young St) Healthy Eating on a Budget Workshop: Get Creative with Proteins 2:00-3:00pm 748 Broadway	26 Fitness Class: Back to Balance 11:00-11:30am ONLINE ZOOM EVENT	Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
28	29	30 Farm Trip 9am-1pm MUST REGISTER	31 WEST BROADWAY FARMERS Field MARKET 3-6pm  Yoga at the Market  4:30-5:30pm			West Broadway COMMUNITY ORGANIZATION

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