









Good Food Club Events for July 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  GFC Office Closed	2	3  185 Young St Field 3-6pm	4 Yoga in the Garden 12:00-1:00pm Good Food Garden (185 Young St)	5 GFC Office Closed	6 Garden Work & Pizza Party with Audrey @ Spirit Park 10:30am-Noon
7	8	9 Farm Trip: Berry Picking Makeup Trip 9am-1pm MUST REGISTER	10  185 Young St Field 3-6pm	11 Yoga in the Garden 12:00-1:00pm Good Food Garden (185 Young St)	12 GFC Office Closed	13 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 @  185 Young St Field 3-6pm	18 Yoga 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	19 GFC Office Closed	20 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  185 Young St Field 3-6pm Workshop at the Market: Small Space Gardening 4:00-5:30pm	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	27 Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
28	29	30 Farm Trip 9am-1pm MUST REGISTER	31  185 Young St Field 3-6pm Yoga at the Market 4:30-5:30pm		