



Good Food Club Events for March 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Kitchen Table Talk 11am-12pm ONLINE ZOOM EVENT Good Food Box Order deadline 11am	3 GFC Office Closed	4
5	6 Seed Starting Workshop 11am-12pm GFC Office, 222 Furby St	7 GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	8 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	9 Tales in Winter: The 7 Sisters (part 1) 8pm-9pm ONLINE ZOOM EVENT	10 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	11
12 Daylight Savings Time Begins 	13 Kitchen Table Talk 11am-12pm ONLINE ZOOM EVENT	14 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	15 Nutrition Workshop Using Canada's Food Guide Plate Method 1:30-3:00pm ONLINE EVENT Tales in Winter: The 7 Sisters (part 2) 8pm-9pm ONLINE EVENT	16 Social Distancing Club: St Patrick's Day 1:30-2:30pm ONLINE ZOOM EVENT Good Food Box Order deadline 11am	17 Birthday Party Registration Deadline - NOON  GFC Office Closed	18
19	20 Social Distancing Club: Spring has Sprung! 1:30-2:30pm ONLINE ZOOM EVENT 	21	22 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	23 Good Food Box Cooking Class 1:30-3:00pm ONLINE ZOOM EVENT	24	25
26	27	28 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	29 Birthday Party for Everyone! 12:00-2:00pm BNC Gym, 185 Young <u>MUST REGISTER</u>	30	31	

For more info visit: <http://www.westbroadway.mb.ca/programs/good-food-club> call: (204) 774-7201 ext 6

Facebook: <https://www.facebook.com/goodfoodclubwpg/>

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