



Good Food Club Events for March 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Upcoming Box Days: Wed, April 9 Wed, April 23				Good Food Box Order deadline 11am		1
2	3 Wellness Workshop: 65+ CRA Benefits 1:00-2:00pm ONLINE ZOOM EVENT	4 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	5 Good Food Box Pickup 3:00-5:30pm 185 Young St	6	7 Good Food Box Cooking Class 11:00am-12:30pm ONLINE ZOOM EVENT	8
9 Daylight Savings Time Begins 	10	11 GFC Healthy Seniors & Friends Group Meeting 11:00-12:30pm GFC Office – 748 Broadway	12 Movie Matinee 1:00-3:00pm 185 YOUNG ST	13 Good Food Box Order deadline 11am	14 Fitness Class: Back to Balance 11:45am-12:15pm ONLINE ZOOM EVENT	15
16	 St Patrick's Day	18 Chair Yoga & Meditation Class 11:00-12:00pm ONLINE ZOOM EVENT	19 Good Food Box Pickup 3:00-5:30pm 185 Young St	20  First Day of Spring!	21	22
23	24	25	26	27 Wellness Workshop: Stroke Prevention 1:00-2:00pm 185 YOUNG ST	28	29
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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