




Good Food Club Events for May 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	4 Good Food Box & Spring Tea Kit Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	5 Virtual Spring Tea 2:00pm-4:00pm ONLINE ZOOM EVENT	6	7
8 Mother's Day 	9	10 GFC Healthy Seniors & Friends Group Meeting 2:30-4:00pm ONLINE ZOOM EVENT	11	12 Garden Party Registration DEADLINE at NOON	13 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	14
15	16	17 Sharing Group 11am-12pm ONLINE ZOOM EVENT	18 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	19 Good Food Box Cooking Class 2:30-4:00pm ONLINE ZOOM EVENT Good Food Box Order deadline	20 GFC Office Closed	21
22	23 Victoria Day Office Closed	24 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	25 Heart Healthy Nutrition Workshop Series: Fibre 2:30-4:00pm ONLINE ZOOM EVENT	26 Virtual Farm Trip 2:00-3:00pm ONLINE ZOOM EVENT	27 28 West Broadway Spring Clean-up: See Event Poster for Details	
29	30	31 Social Distancing Club 2:00-3:00pm ONLINE ZOOM EVENT		Upcoming Event: Garden Party Kit Pick up Wed, June 1/22	GFC Office Closed 