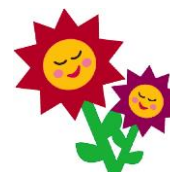







# Good Food Club Events for May 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	<b>2</b>  GFC Office Closed	<b>3</b> Tips for a Good Night's Sleep Workshop 1:30-3:00pm ONLINE ZOOM EVENT	<b>4</b> Garden Party Registration <b>DEADLINE at NOON</b> Spring Tea Registration <b>DEADLINE at NOON</b>  Good Food Box Order deadline	<b>5</b> Crafting at Crossways 10am-12pm 222 FURBY ST (bring your own project)	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	<b>10</b> Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	<b>11</b>	<b>12</b> Kitchen Table Talk 11am-12pm 222 FURBY ST	<b>13</b> WBCO Volunteer Fair, Seed Swap & Plant Sale 12-3pm 185 Young St  Garden Party Kit Pickup 12-2pm 185 Young St
<b>14</b> Mother's Day 	<b>15</b> Garden Party Kit Pickup 10am-2pm 222 Furby St	<b>16</b>  GFC Office Closed	<b>17</b>  GFC Office Closed	<b>18</b> Spring Tea 11:30am-2:00pm BNC GYM, 185 Young St MUST REGISTER  Good Food Box Order deadline	<b>19</b> Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	<b>20</b>
<b>21</b>	<b>22</b> Victoria Day Office Closed	<b>23</b> Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	<b>24</b> Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	<b>25</b> Good Food Box Cooking Class 1:30-3:00pm ONLINE ZOOM EVENT	<b>26</b> Nutrition Workshop: Macronutrients - Protein 11:00-12:00pm ONLINE ZOOM EVENT	<b>27</b>
<b>28</b> West Broadway Spring Clean-up: See Event Poster for Details	<b>29</b> Nutrition Workshop: Macronutrients - Fat 11:00-12:00pm ONLINE ZOOM EVENT	<b>30</b> Nutrition Workshop: Macronutrients - Carbs 11:00-12:00pm ONLINE ZOOM EVENT  Social Distancing Club 1:30-2:30pm ONLINE ZOOM EVENT				

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