





Good Food Club Events for November 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	2	3 Good Food Box Order deadline 11am	4 GFC Office Closed	5
6 Daylight Savings Time Ends  Turn Your clocks back	7	8 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	9 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	10 Tales in Winter: Rabbit & the Rose 8pm-9pm ONLINE ZOOM EVENT	11 Remembrance Day  GFC Office Closed	12
13	14 Kitchen Table Talk 11am-12pm ONLINE ZOOM EVENT Good Food Box Order deadline 11am	15	16	17 Good Food Box Order deadline 11am	18 Holiday Community Dinner registration deadline 11am GFC Office Closed	19
20	21	22 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	23 Good Food Box Pick up 222 Furby St, Furby Entrance 3:00-5:00pm	24 Good Food Box Cooking Class 1:00-2:30pm ONLINE ZOOM EVENT Tales in Winter: Going Squirrely 8pm-9pm ONLINE ZOOM EVENT	25 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	26
27	28	29 Social Distancing Club: Meet WBCO's New ED, Kelly Frazer 1:00-2:00pm ONLINE ZOOM EVENT	30	Save the Date: Holiday Virtual Community Dinner Dec 7- Kit pick up Dec 8- Cooking class Dec 12- Dinner event	