







Good Food Club Events for November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Good Food Box Order deadline 11am	3 GFC Office Closed	4
5 Daylight Savings Time Ends Turn your clocks back 	6 GFC Office Closed	7 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	8 Good Food Box Pick up & Winter Seeding with Audrey @ Market 185 Young St 3:00-5:30pm	9	10 GFC Office Closed	11 Remembrance Day 
12	13 GFC Office Closed	14 GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	15 Nutrition Workshop: Sprouting in Jars 11:30am-12:30pm 185 YOUNG ST KITCHEN	16 Good Food Box Order deadline 11am	17 Fit Friday: Strength Training Class 11:00-11:30am ONLINE ZOOM EVENT	18
19	20	21 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	22 Good Food Box Pick up 185 Young St 3:00-5:30pm	23 Good Food Box Cooking Class 11:00am-12:30pm ONLINE ZOOM EVENT	24 GFC Office Closed	25
26	27 Social Distancing Club: Meet WBCO's Harm Reduction Team 2:00-3:00pm ONLINE ZOOM EVENT	28	29	30 Good Food Box Order deadline 11am		

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