






# Good Food Club Events for November 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Good Food Box Order deadline 11am</b>	<b>1</b> GFC Office Closed	<b>2</b> <b>Garden Hangout with Audrey @ Spirit Park*</b> 12:00-2:00pm
<b>3</b> <b>Daylight Savings Time Ends</b> Turn your clocks back 	<b>4</b>	<b>5</b> <b>Chair Yoga &amp; Meditation Class</b> 11:00am-12:00pm ONLINE ZOOM EVENT	<b>6</b> <b>Good Food Box Pick up &amp; 185 Young St</b> <b>3:00-5:30pm</b>	<b>7</b> <b>Fall Prevention Workshop</b> <b>1:00-2:30pm</b> 185 Young St	<b>8</b> GFC Office Closed	<b>9</b> <b>Garden Hangout with Audrey @ Spirit Park*</b> 12:00-2:00pm
<b>10</b>	<b>11</b> <b>Remembrance Day</b> GFC Office Closed 	<b>12</b> <b>GFC Healthy Seniors &amp; Friends Group Meeting</b> <b>11:00-12:30pm</b> ONLINE ZOOM EVENT	<b>13</b>	<b>14</b> <b>Good Food Box Order deadline 11am</b>	<b>15</b> <b>Fitness Class: Back to Balance</b> 11:45am-12:15pm <b>ONLINE ZOOM EVENT</b> NOTE TIME CHANGE	<b>16</b> <b>Garden Hangout with Audrey @ Spirit Park*</b> 12:00-2:00pm
<b>17</b>	<b>18</b>	<b>19</b> <b>Chair Yoga &amp; Meditation Class</b> 11:00am-12:00pm ONLINE ZOOM EVENT	<b>20</b> <b>Good Food Box Pick up 185 Young St</b> <b>3:00-5:30pm</b>	<b>21</b>	<b>22</b> <b>Good Food Box Cooking Class</b> <b>11:00am-12:30pm</b> ONLINE ZOOM EVENT GFC Office Closed	<b>23</b> *Garden Hangouts will happen until the snow flies
<b>24</b>	<b>25</b>	<b>26</b> <b>Safe Food Handling Training</b> <b>9:00am-4:00pm</b> <b>MUST REGISTER</b>	<b>27</b>	<b>28</b> <b>Good Food Box Order deadline 11am</b>	<b>29</b> 	<b>30</b> 

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](mailto:goodfoodclub@westbroadway.mb.ca)