



Good Food Club Events for October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 GFC Healthy Seniors & Friends Group Meeting 11:00-12:30pm GFC Office – 748 Broadway	2  185 Young St Field 3-6pm	3	4 GFC Office Closed	5 Garden Hangout with Audrey @ Spirit Park* 12:00-2:00pm
6	7	8 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	9  185 Young St Field 3-6pm	10 Special Field Trip: Bison Bob's Farm 9:45am-2pm MUST REGISTER	11 Fall Feast ticket deadline at NOON	12 Garden Hangout with Audrey @ Spirit Park* 12:00-2:00pm
13	14 Thanksgiving Office closed 	15 GFC Office Closed for dinner prep	16 GFC Office Closed for dinner prep	17 Fall Feast 1:00-3:00pm 185 Young St MUST PURCHASE TICKET IN ADVANCE Good Food Box Order deadline 11am	18 Fitness Class: Back to Balance 11:45am-12:15pm ONLINE ZOOM EVENT NOTE TIME CHANGE	19 Garden Hangout with Audrey @ Spirit Park* 12:00-2:00pm
20	21	22 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	23 Good Food Box Pick up 185 Young St 3:00-5:30pm	24	25 GFC Office Closed	26 Garden Hangout with Audrey @ Spirit Park* 12:00-2:00pm
27	28	29	30	31 Haunted Gingerbread House Decorating 12:30-2:00pm 748 Broadway MUST REGISTER Good Food Box Order deadline 11am 		*Garden Hangouts will happen until the snow flies

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