








Good Food Club Events for September 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  185 YoungSt Rink 2-4pm Order Deadline for Sept 8	2	3 GFC Office Closed	4
5	6 Labour Day Office closed	7 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	8  185 YoungSt Rink 2-4pm Order Deadline for Sept 15	9 GFC Garden Party: Garden Check in 11:00am-12:00pm ONLINE ZOOM EVENT	10 GFC Office Closed	11
12	13	14 GFC Healthy Seniors & Friends Group Meeting 1:30-3:00pm ONLINE ZOOM EVENT	15  185 YoungSt Rink 2-4pm Order Deadline for Sept 22	16	17 Fit Friday: Strength Training Class 11:00-11:30pm ONLINE ZOOM EVENT	18
19	20	21 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	22  185 YoungSt Rink 2-4pm Order Deadline for Sept 29	23 GFC Garden Party: Harvest Cooking Class 1:30-3:00pm ONLINE ZOOM EVENT	24 GFC Office Closed	25
26	27 GFC Garden Party: Putting Your Garden to Bed Workshop 1:30-3:00pm ONLINE ZOOM EVENT	28	29  185 YoungSt Rink 2-4pm	30	