




Good Food Club Events for September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labour Day Office Closed	3 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	4  185 Young St Field 3-6pm	5	6 GFC Office Closed	7 Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
8	9	10 GFC Healthy Seniors & Friends Group Meeting 11:00-12:30pm GFC Office – 748 Broadway	11  185 Young St Field 3-6pm	12	13 Fitness Class: Back to Balance 11:45am-12:15pm ONLINE ZOOM EVENT NOTE TIME CHANGE	14 Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
15	16	17	18 Seniors Day  185 Young St Field 3-6pm	19	20 GFC Office Closed	21 Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
22 	23	24 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	25  185 Young St Field 3-6pm	26	27 GFC Office Closed	28 Garden Hangout with Audrey @ Spirit Park 10:30am-Noon
29	30 National Day for Truth and Reconciliation Office Closed				