










Good Food Club Events for September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labour Day Office Closed	2	3  185 Young St Field 3-6pm	4	5 FIELD TRIP (MUST REGISTER) GFC Office Closed	6
7	8	9 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	10 Seniors Day  185 Young St Field 3-6pm	11	12 GFC Office Closed	13
14	15	16 GFC Healthy Seniors & Friends Group Meeting 11:00am-12:00pm ONLINE ZOOM EVENT	17  185 Young St Field 3-6pm 	18	19 Fitness Class: Back to Balance NOON-12:30pm ONLINE ZOOM EVENT	20
21 	22	23 Chair Yoga & Meditation Class 11:00am-12:00pm ONLINE ZOOM EVENT	24  185 Young St Field 3-6pm 	25	26 GFC Office Closed	27
28	29 GFC Office Closed	30 National Day for Truth and Reconciliation Office Closed		<u>West Broadway Farmers' Markets in October:</u> Wed, Oct 1 Wed, Oct 8 (last one)	