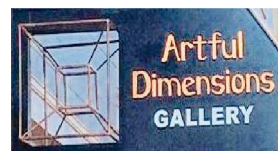




October 2018 Events - All are Welcome

Friday, October 5, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline Street, Fredericksburg, VA 22401. First Fridays are a time to celebrate great art and enjoy good conversation. Be sure to visit this unique and beautiful gallery. We'll welcome you at our co-op table with free tasty treats and good conversation.



Saturday, October 6, 13, 20, 27, 7 am-2 pm, *Farmers Market*, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. Nothing quite like healthy, fresh, delicious local foods. Local just tastes better! And, if you have gently used tote bags in excess of your needs, please consider donating them at our co-op table. We'll make them available to others to reduce plastic waste. Either way, we love seeing you.



Saturday, October 6, 8 am, *The Co-op 5k*, East Potomac Park-Hains Point, Washington, DC. Join our team for a fun run with cooperators from co-ops big and small.



Saturday, October 6, 6-10 pm, *Down Home Ball*, Roxbury Farm & Garden, 601 Lafayette Blvd. We're proud to be a sponsor of this "Elegant Hoedown" to benefit our friends at Downtown Greens. Live music, free food, kids' activities and more.



Sunday, October 7, 2 pm, *2018 Fredericksburg Heart Walk*, Quarles Parking Lot, 1701 Fall Hill Avenue. Be on our co-op team as we walk the 5K loop on the Canal Path/Heritage Trail. Proceeds support the American Heart Association in building healthier lives, free of cardiovascular diseases and stroke.



Wednesday, October 10, 6:30-8:30 pm and Saturday October 27, 3-5 pm, *Co-op Board Meeting*, UMW, Hurley Center, 1301 College Ave, Fredericksburg, VA 22401. All are welcome to attend our board meetings. Please email us at fxbgfoodcoop@gmail.com if you plan to stop by.



Saturday, October 13, 8:30 am *Walk to End Alzheimer's*, Fick Center, 1301 Sam Perry Blvd. We're proud to join with hundreds of others in this annual nationwide walk to raise funds to someday end this devastating disease. www.act.alz.org



Sunday, October 21, 2-3:30 pm, *Discover Your Co-op*, Downtown Library, 1201 Caroline Street, Fredericksburg, VA 22401. Co-op consultant Ben Sandel will discuss how co-ops raise money through member capital campaigns and how "You can earn a very fair rate of return investing in a co-op and your money is doing something really good."



Wednesday, October 24, 5:30-7:30 pm, *Plant-Based Cooking Class – Gluten Free and Delicious*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Join us as Norris Dickard demonstrates how to prepare one of his favorite gluten free and vegan Mexican meals. Bring a vegan dish or make a contribution to The Table, St. George's food pantry.

