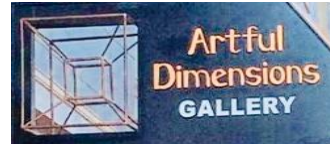




January 2019 Events - All are Welcome

Friday, January 4, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline Street, Fredericksburg, VA 22401. Celebrate great art on *First Friday* at this unique and beautiful gallery. Visit our co-op table with free tasty treats and good conversation.



Saturday, January 5 & 26, 3:00-5:00 pm, *Co-op Board Meeting*, All are welcome to attend our board meetings. If you plan to stop by please email us at fxbgfoodcoop@gmail.com.



Saturday, January 5, 6:00 – 7:30 pm, *Nutrition and Hydration for Living your Best Life*, Trek Bicycle Stafford Aquia Park, 2773 Jefferson Davis Highway, #111, Stafford, VA 22554. All are welcome to this informative event conducted by the Stafford Trek Women's Cycling Advocacy Clinic. All may purchase raffle tickets from **Beth Dorn** (bdorn131@gmail.com) for a chance to win a Cycleops M2 Bicycle Trainer valued at \$600 (<https://www.cycleops.com>). Proceeds will be donated to The Table at St. Georges and The Fredericksburg Food Co-op. Tickets may be purchased from Beth until the date of the drawing on January 27.



Thursday, January 10, 5:00-7:00 pm, *Happiness Plus 1*, Red Dragon, Princess Anne Street, Fredericksburg, VA 22401. All are welcome! And if you are a co-op member and you bring a friend who is not yet a co-op member, both you and your friend will each enjoy a \$5 certificate at Red Dragon. Let's kick off 2019 by having some fun together and by welcoming new members.



Sunday, January 20, 2:30-4:00 pm, *Zero Waste: The 5 R's -- Refuse, Reduce, Reuse, Recycle, Rot*: Central Rappahannock Regional Library, Fredericksburg Branch, 1201 Caroline Street, Fredericksburg, VA 22401. Each of us can make a difference. Join us and our friends at Sustainability UMW as we explore how rewarding it can be to reduce waste by following the 5 R's. All are welcome.



Wednesday, January 23, 2019, 5:30-7:30 pm, *Plant-Based Cooking Class – Cooking Lentils Using Indian Spices*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Lentils pack a mighty dose of nutrition. The talented Geetha Kumar will show us how to spice up lentils to make a healthy weeknight meal. Vegan potluck follows cooking class. Bring a vegan dish or consider making a donation to The Table, St. George's Food Pantry.



Sunday January 27, 2019, 2:00 – 4:00 pm, *Free Film Screening: A Plastic Ocean*, Gari Melchers Home & Studio, 224 Washington Street, Falmouth, VA 22405. When he discovers the world's oceans brimming with plastic waste, a documentary filmmaker investigates the pollution's environmental impacts. After the film, UMW Biology Professor Dr. Andrew Dolby will lead a discussion. Snow date: Feb. 3.

