

Fall 2022 Program Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>FoodFit Alumni 10 am to 12:00 pm <i>Fourth Mondays</i></p> <p>Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p>Drop-In Family Dinner 5:00 pm to 6:30 pm</p> | <p>Level Ground Gardening Group 10:00 am to 12:00 pm</p> <p>Food Fit 10:00 am to 1:00 pm <i>October 18 to January 10</i></p> <p>Teens Cook 4:30 pm to 6:30 pm <i>October 11 to November 29</i></p> | <p>Volunteer Food Prep 8:30 am to 11:30 am</p> <p>Drop-In Community Lunch 12:00 pm to 1:00 p.m.</p> <p>Peer Advocacy Office 12:30 pm to 2:00 pm</p> <p>There's No Mistakes in Beading 11:30 am to 1:30 pm <i>September 28 to November 2</i></p> <p>Cooking Up Justice 5:00 pm to 7:00 pm <i>September 14 to November 9</i></p> | <p>Peer Advocacy Café 10:00 am to 11:30 am <i>Starts September 1</i></p> <p>Baking Break 9:30 am to 11:30 am <i>Third Thursdays</i></p> <p>LEARNS Cohort 2:00 pm to 4:00 pm <i>September 1 to February 9</i></p> <p>Dads* in the Kitchen 5:00 pm to 7:00 pm <i>September 29 to November 3</i></p> <p>Home for the Holidays 5:00 pm to 7:00 pm <i>November 10 to December 15</i></p> | <p>Drop-In Community Breakfast 9:00 am to 11:00 am</p> <p>Affordable Produce Market 9:00 am to 11:00 am</p> <p>Tour the CFC 9:00 am <i>Third Fridays</i></p> <p>Peer Advocacy Office 9:30 am to 11:00 am</p> <p>Kids in the Kitchen 1:30 pm to 3:30 pm <i>October 18 to December 16</i></p> |

All programs are free and prioritized for people living in Greater Forest Lawn and on low-incomes.

Want to Volunteer ? Call Bernadette at 403-370-0807 or email blumugdang@thealex.ca.

Program Descriptions

Monday

FoodFit Alumni

Ongoing support for FoodFit graduates to stay connected and motivated while learning about nutrition, cooking and gentle exercise. Contact Dion at dnelson@thealex.ca or 403-312-6665.

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Drop-In Family Dinner

Kids and teens, bring your favourite adults- parents, friends or chosen family for a wonderful family dinner; Halal and veggie options. Contact Ajoy at aseghal@thealex.ca or 403-510-4223 .

Tuesday

Level Ground Gardening

We grow food, community, and health. Bring your passion and appetite for local food and watch as our thumbs get greener! All ages. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Food Fit

Improve your well-being through healthy cooking and gentle exercise in a supportive environment. Adults, childminding available on request. Registration required. Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807.

Teens Cook

Teens make healthier food choices and gain cooking skills while making delicious meals. Youth 13 to 18 years old. Registration required. Contact Dion at dnelson@thealex.ca or 403-312-6665.

Wednesday

Volunteer Food Prep

Dedicated volunteers prepare food for our community meals. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807 to sign up.

There's No Mistakes in Beading

Beginner and experienced beaders work on a project, share a meal and laugh with each other. Registration required. Contact Dion at dnelson@thealex.ca or 403-312-6665.

Drop-In Community Lunch

Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome. Contact Ajoy at aseghal@thealex.ca or 403-510-4223.

Peer Advocacy Office

Drop in and chat with a Peer Advocate; staff with lived experience who help community members navigate and access local resources. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Cooking Up Justice

Build your skills in the kitchen, get your hands dirty in the garden, make life better for community and feed your hunger for change. Youth aged 14 to 24. Registration required. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Thursday

Baking Break

Looking to meet people in your community? Try out some wonderful recipes and make new friends! Adults (childminding available). Registration required. Email OMurara@growwithtrellis.ca for more information.

Peer Advocacy Café

Drop-in or book an appointment to chat with a Peer Advocate; staff with lived experience who help community members navigate and access local resources. Contact Katherine at kyee@thealex.ca or 403-970-5473.

LEARNS Cohort

Strengthen life-long learning goals by participating in various opportunities. The LEARNS cohort cook, garden, volunteer, work on projects and share their learnings with each other. Adults. Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to learn more.

Dads* in the Kitchen

Dads with their kids, or any family member, learn how to prepare delicious and healthy family meals together. Registration required. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Home for the Holidays

Kids, teens and parents work together to create festive meals from around the world. Learn new recipes and share stories of cultural celebration! Kids, teens with parents or guardians. Registration required. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Friday

Drop-In Community Breakfast

Drop in and join us for a free, nutritious breakfast. Adults and supervised children. Contact Ajoy at aseghal@thealex.ca or 403-510-4223.

Affordable Produce Market

Purchase affordable fresh fruits and vegetables. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Third Friday Monthly Tours

Curious about what happens at the Alex Community Food Centre? Register for our monthly tour. Email goodfood@thealex.ca or call 403-455-5792

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills, and teamwork! Who: Kids aged 8-12. Registration required. Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807.

Volunteer with us!

Visit our website at www.thealexcfc.ca to learn more about current opportunities.

Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to start the application process.