

Fall 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
FoodFit Alumni 10 am to 12:00 pm <i>Monthly</i> Virtual Turtle Island Teachings 11 am to 12:00 pm <i>Third Mondays</i> Volunteer Food Prep 1:00 pm to 4:00 pm Home for the Holidays 5:00 pm to 7:30 pm <i>Starts November 1</i>	Level Ground Gardening Group 10:00 am to 12:00 pm Wild Stew with the Crew 10:00 am to 12:00 pm <i>Starts November 23</i> Teens Cook 4:30 pm to 6:30 pm <i>Starts November 2</i>	Drop-In Community Lunch 12:00 pm to 1:00 p.m. Peer Advocacy Office 1:00 pm to 2:00 pm Cooking Up Justice 4:30 pm to 6:30 pm <i>Starts October 6</i>	Baking Break 9:30 am to 11:30 am <i>Third Thursdays</i> LEARNS Cohort 2:00 pm to 4:00 pm <i>Starts November 4</i> Virtual Families Grow, Cook, Create! 5:00 pm to 7:00 pm <i>Starts October 7</i>	Drop-In Community Breakfast 9:00 am to 11:00 am Affordable Produce Market 9:00 am to 11:00 am Peer Advocacy Office 11:00 am to 12:00pm Seniors' Kitchen 2:00 pm to 4:00 pm <i>Starts October 15</i>

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. Who: FoodFit graduates. Registration required. Contact Gina Guo gguo@thealex.ca (403) 333-8142.

Volunteer Food Prep

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

Turtle Island Teachings (Virtual)

Learn traditional Midewiwin Teachings led by Elder Linda Brass and Darryl Brass Jr. All ages welcome; children with an adult. Contact Dion at dnelson@thealex.ca or 403-312-6665.

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 Natasha at nbrubaker@thealex.ca or 403-863-3953.

Tuesday

Level Ground Gardening

Join us in the gardens where together we grow food, community, and health. Bring your passion and appetite for local food production and watch as our thumbs get greener! All ages welcome; children with an adult. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Wild Stew with the Crew

Building Community with an Indigenous focus. This experience will have participants making traditional meals, gaining traditional healing practices and participating in land-based learning. All ages welcome; children with an adult. Registration required. Contact Dion Nelson at dnelson@thealex.ca or 403-312-6665.

Teens Cook

Youth aged 13 to 18 learn to make healthier food choices and acquire cooking skills to make a variety of meals for themselves, all while on a budget! Youth 13 to 18 years old. Registration required. Contact Gina at gguo@thealex.ca or (403) 333-8142.

Wednesday

Drop-In Community Lunch

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

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members. Adults and supervised children, by appointment. Contact Danielle at dfitzpatrick@thealex.ca or 403-970-5473.

Cooking Up Justice

Join our leadership program where young adults make food, have fun, eat and dig deeper into understanding where our food comes from in a safe and welcoming space. Youth aged 16 to 24. Registration required. Contact Danielle at dfitzpatrick@thealex.ca or 403-970-5473.

Thursday

Breaking Break

Looking to meet people in your community? Join us for Baking Break; try out some wonderful recipes and make new friends! Adults (childminding available). Registration required. Contact Pat at 403-472-0361.

LEARNS Cohort

Strengthen life-long learning goals by participating in intentional opportunities that spark curiosity and grow confidence. Gain skills for learning while cooking, gardening, working on projects and sharing. Registration required. Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to learn more.

Families Grow, Cook, Create (virtual)

Families with kids or youth build skills and connections in the virtual garden and kitchen. Get your hands dirty in soil and taste buds swirling in the kitchen while making a family meal. Kids, teens with parents or guardians. Registration required. Contact Gina at gguo@thealex.ca or (403) 333-8142.

Friday

Drop-In Community Breakfast

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

Affordable Produce Market

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

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members. Adults and supervised children, by appointment. Contact Danielle at dfitzpatrick@thealex.ca or 403-970-5473.

Seniors' Kitchen

A fun and hands-on experience for seniors (aged 60+) that explores aging well through healthy eating, enhancing cooking skills, sharing food traditions, and making community connections that support well-being. Adults 60 years old or older. Registration required. Contact Gina Guo gguo@thealex.ca (403) 333-8142.

Volunteer with us!

Drop by during a community meal or visit our website at www.thealexchc.ca to learn more about current opportunities.

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