

Spring 2023 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
FoodFit Alumni 10 am to 12:00 pm <i>Fourth Mondays</i>		Volunteer Food Prep 8:30 am to 11:30 am	Peer Advocacy Office 10:00 am to 11:30 am	Drop-In Community Breakfast 9:00 am to 11:00 am
Turtle Island Teachings 11 am to 1:00 pm <i>June 12 to July 31</i>	Miyoskamin (The Season Now is Spring) 10:00 am to 12:00 pm <i>March 21 to May 9</i>	Drop-In Community Lunch 12:00 pm to 1:00 p.m.	Food Fit 9:30 am to 12:30 pm <i>April 20 to July 6</i>	Affordable Produce Market 9:00 am to 11:00 am
Community Action Training 1:30 pm to 3:30 pm <i>June 5 to August 28</i>	Level Ground Gardening Group 10:00 am to 12:00 pm	Peer Advocacy Office 12:30 pm to 2:00 pm	LEARNS Cohort 2:00 pm to 4:00 pm <i>May 4 to October 12</i>	Tour the CFC 11:00 am <i>Third Fridays</i>
Volunteer Food Prep 1:00 pm to 4:00 pm	Dads in the Kitchen 5:00 pm to 7:00 pm <i>May 2 to June 6</i>	Youth Advisory Council 5:00 pm to 7:00 pm <i>March 15 to May 31</i>	Kids Grow, Cook, Create 5:00 pm to 7:00 pm <i>March 9 to April 13</i>	Peer Advocacy Office 10:00 am to 11:30 am
Drop-In Family Dinner 5:00 pm to 6:30 pm				Seniors' Kitchen 1:30 pm to 3:30 pm <i>May 19 to June 23</i>

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

We're recruiting volunteers. 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 Jhumur at jdebnath@thealex.ca or 403-333-8142

Turtle Island Teachings

Learn traditional Midewiwin Teachings led by Elders Linda Brass and Darryl Brass Jr.

All ages welcome; children with an adult.

Contact Dion at dnelson@thealex.ca or 403-312-6665.

Community Action Training

Gather with peers who care about community and learn more about local resources, social justice movements, advocacy basics, as well as self-care and interpersonal skills for community advocates.

Adults (childminding by request); registration required.

Contact Katherine at kyee@thealex.ca or 403-970-5473.

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 asehgal@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 welcome; children with an adult.

Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Miyoskamin (The Season Now is Spring)

Celebrate the changing of our seasons through a traditional Indigenous lens. Cook seasonally traditional meals, learn ways of knowing, and connect with the land. All ages welcome; children with an adult.

Contact Dion at dnelson@thealex.ca or 403-312-6665

Dads* in the Kitchen

Dads, or any family member, team up with their kids to prepare delicious and healthy family meals together. Registration required.

Contact Jhumur at jdebnath@thealex.ca or 403-333-8142

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.

Drop-In Community Lunch

Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome.

Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Peer Advocacy Office

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

Youth Advisory Council

Dig into the local and global food system, work together for food justice, take your ideas and grow an active youth hub at the Alex CFC! Youth aged 14-24. Registration required.

Contact Katherine at kyee@thealex.ca or 403-970-5473.

Thursday

Peer Advocacy Office

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

Food Fit

Improve your well-being through healthy cooking and gentle movement in a supportive environment. Adults, childminding available on request. Registration required.

Contact Jhumur at jdebnath@thealex.ca or 403-333-8142

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.

Kids Grow, Cook, Create

Kids (ages 8-12) build skills in the garden and kitchen. Get your hands dirty in soil and taste buds swirling in the kitchen while making a meal together. Registration required.

Contact Leanne at lcripps@thealex.ca or 403-369-2503.

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.

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

Drop-in or book an appointment to chat with a Peer Advocate; staff with lived experience who help community members navigate, access local resources and apply for benefits. Contact Katherine at kyee@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 Jhumur at jdebnath@thealex.ca or 403-333-8142

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