

Summer 2022 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>FoodFit Alumni 10 am to 12:00 pm <i>Fourth Mondays</i></p> <p>Turtle Island Teachings 11:00 am to 2:00 pm <i>Weekly, June 6 to July 25</i></p> <p>Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p>Drop-In Family Dinner 5:00 pm to 6:00 pm</p>	<p>Level Ground Gardening Group 10:00 am to 12:00 pm</p> <p>Baking Break 12:30 pm to 2:30 pm <i>August 9</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>Wild Stew with Youth 5:00 pm to 7:00 pm <i>Starts July 6</i></p>	<p>Baking Break 9:30 am to 11:30 am <i>July 7</i></p> <p>International Avenue Kitchen 10:00 am to 12:30 pm <i>Starts July 21</i></p> <p>Green Kids! 4:00 pm to 6:00 pm <i>Starts June 16</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>Third Friday Tours 9:00 am- <i>Monthly</i></p> <p>Food Fit @ the CHC 11:00 am to 2:00 pm <i>Starts July 14</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</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. Who: FoodFit graduates. Registration required. 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 to sign up.

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.

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 available. Kids, teens and their favourite adults. Contact Ajoy at aseghal@thealex.ca or 403-510-4223

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.

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. Email OMurara@growwithtrellis.ca for more information.

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

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.

Wild Stew with Youth

Join us for Wild Stew with Youth! Together we will build community, through traditional Indigenous teachings on the land and in the kitchen. Youth aged 14 to 24. Registration required. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Thursday

International Avenue Kitchen

Learn how to make meals from around the world, share your family recipes and celebrate Greater Forest Lawn's diverse cultural community! Adults, child minding by request. Registration required. Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to learn more.

Breaking Break

See description in Tuesday's programs. Email OMurara@growwithtrellis.ca for more information.

Green Kids

Come explore life in the garden; from planting seeds, searching for bugs and creating crafts, to harvesting. Summer just got a whole lot better! Kids ages 6 to 12. 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 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.

Food Fit @ the CHC (2840 2 Ave SE)

Improve your well-being through healthy cooking and gentle exercise in a supportive environment. Adults, registration required. Contact Dion at dnelson@thealex.ca or 403-312-6665.

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! Kids aged 8-12, registration required. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Volunteer with us!

Visit our website at www.thealexcfc.ca to learn more about current opportunities or Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to start the application process.