

Winter 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 10:30 am to 12:30 pm <i>Third Mondays</i></p> <p>Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p>Community Action Training 1:30 pm to 3:30 pm <i>Starts January 31</i></p>	<p>Level Ground Gardening Group 10:00 am to 12:00 pm <i>Starts February 1</i></p> <p>Wild Stew with the Crew 10:00 am to 12:00 pm</p> <p>Food Fit 5:00 pm to 7:15 pm <i>Starts February 1</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>Cooking Up Justice 4:30 pm to 6:30 pm <i>Starts January 5</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</p> <p>Families Grow, Cook, Create! 5:00 pm to 7:00 pm <i>Starts January 13</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>Peer Advocacy Office 9:30 am to 11:00 am</p> <p>Kids in the Kitchen 1:30 pm to 3:30 pm <i>Starts February 4</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.

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 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

An 8 week program to grow advocacy skills, navigate social systems & take action on important community issues.

Registration required.

Contact Danielle at dfitzpatrick@thealex.ca or 403-970-5473.

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.

Food Fit

A 10 week program to help you improve your well-being through healthy cooking and gentle exercise in a positive, supportive environment. This session incorporates Indigenous and land-based learning. Registration required.

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

Wednesday

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.

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.

Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to learn more.

Families Grow, Cook, Create

Families with kids or youth build skills and connections in the 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.

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills, and teamwork! Who: Kids aged 8-12.

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.thealex.cfc.ca to learn more about current opportunities.

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