# **May 2021 Program Calendar**



3	Monday	Tuesday	Wednesday	Thursday	Friday
Virtual Turtle Island Termilies Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Cook Gardening 1:0:00 am to 12:00 pm Virtual Families Grow, Cook, Createl Si30 pm to 7:30 pm Cook Gardening 1:0:00 am to 12:00 pm Cook	Monday	•	•	_	•
Teachings   10:00 am to 12:00 pm	-	•		-	-
11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm  10  Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm  10  Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm  10  Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm  10  Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Foodit Alumin 10:00 am to 12:00 pm Virtual Turtle Island Teachings 11:00 am to 12:00 pm Virtual Turtle Island Teachings 11:00 am to 12:00 pm Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm  25  Virtual Foodit Alumin 10:00 am to 12:00 pm Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm  Level Ground Gardening 10:00 am to 12:00 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm Virtual Recipes for Level Ground Gardening 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am to 12:00 pm  Virtual Recipes for Youth Leadership: Youth 4:30 pm to 6:30 pm  Virtual Teens Cook 5:30 pm to 7:00		•			
Volunteer Food Prep   1:00 pm to 4:00 pm   1:00 am to 12:00 pm	•	·		10:00 am - 12:00 pm	
1:00 pm to 4:00 pm   10:00 am - 12:00 pm   Virtual Recipes for Leadership: Youth Hub   4:30 pm to 6:30 pm to 7:00 pm   Virtual Teens Cook 5:30 pm to 7:00 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Teens Cook 5:30 pm to 7:00 pm   Virtual Teens Cook 5:30 pm t	·			,	
Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm   10   11   Volunteer Food Prep 1:00 pm to 4:00 pm   19:00 am to 12:00 pm   19:	•	_	11:30 am to 1:00 pm	Virtual Baking Break	
Cook, Create!   5:30 pm to 7:30 pm   10:00 am to 12:00 pm   10:00	1:00 pm to 4:00 pm	10:00 am - 12:00 pm	Virtual Recipes for	1:00 pm to 2:30 pm	
10		Virtual Wild Stew	Leadership: Youth	Virtual Toons Cook	
10	Cook, Create!	at Home	Hub		
Volunteer Food Prep   1:00 pm to 4:00 pm   Cook, Create    5:30 pm to 7:30 pm   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Level Ground Gardening   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Affordable Produce Market & Lunch to Go   11:30 am to 11:30 am   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Affordable Produce Market & Lunch to Go   11:30 am to 11:30 am   Virtual Teens Cook   5:30 pm to 7:00 pm   V	5:30 pm to 7:30 pm	10:00 am to 12:00 pm	4:30 pm to 6:30 pm	3.30 pm to 7.00 pm	
1:00 pm to 4:00 pm   10:30 am to 12:00 pm   10:30 am to 12:00 pm   10:00 am to 12:00 pm	10	11	12	13	14
1:00 pm to 4:00 pm   9:00 am to 12:00 pm   Level Ground Gardening 10:00 am to 12:00 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Families Grow, Cook, Createl 5:30 pm to 7:30 pm   Virtual Wild Stew at Home 10:00 pm   Virtual Families Grow, Closed Victoria Day   Virtual Wild Stew at Home 10:00 pm   Virtual Recipes for Leadership; Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 7:30 pm   Virtual Families Grow, Closed Victoria Day   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Leadership 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Youth Hub 4:30 pm to 6:30 pm   Virtual Recipes for Leadership Yo	Volunteer Food Prep	Volunteer Food Prep	Stretch & Stroll	Level Ground in the	Meals to Go
Cook, Create	1:00 pm to 4:00 pm	•	10:30 am to 11:30 am	Garden	10:00 am to 12:00 pm
Cook, Create!   5:30 pm to 7:30 pm   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual FoodFit Alumni   10:00 am to 12:00 am   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual FoodFit Alumni   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Families Grow, Cook, Create! S:30 pm to 7:30 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Families Grow, Closed Victoria Day   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Wild Stew at Home   10:00 am to 12:00 pm   Virtual Recipes for Youth Leadership   4:30 pm to 6:30 pm   Virtual Teens Cook   5:30 pm to 7:00 pm   Virtual Teens Cook   5:30 pm to 7:0	Virtual Families Cross	Lovel Cround	Affordable Dreduce	10:00 am to 12:00 pm	
10:00 am to 12:00 pm    Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm   Virtual Families Grow, Victoria Day   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Families Grow, Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Families Grow, Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Families Grow, Closed Victoria Day   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Recipes for Volunteer Food Prep 9:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Wild Stew at Home 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 1:00 pm	•		7.11.01.01.01.01.1.00.01.0		
Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	-	_		Virtual Teens Cook	
10:00 am to 12:00 am   Virtual Wild Stew at Home 10:00 am to 12:00 pm   10:00 am to 12:00	3.30 pm to 7.30 pm	•		5:30 pm to 7:00 pm	
Virtual Wild Stew at Home   10:00 am to 12:00 pm   10:30 am to 12:00 pm   10:30 am to 12:00 pm   10:30 am to 12:00 pm   10:00 am to 12:			•		
17		10:00 am to 12:00 am	•		
17		Virtual Wild Stew	110.00		
17   Virtual Turtle Island Teachings   1:00 am to 12:00 pm   Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm   10:00 am to 12:00 pm   10:00 am to 12:00 pm   Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm   10:00 am to 12:00 pm   Virtual Recipes for Home at Home 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm   Virtual Recipes for Leadership: Youth Hub 10:00 am to		at Home	4:30 pm to 6:30 pm		
Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  Closed Victoria Day  Closed Virtual Wild Stew at Home 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am - 12:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  Closed Victoria Day  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  Virtual Stew at Home 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Recipes for Virtual Recipes for 10:00 am to 12:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm		10:00 am to 12:00 pm			
Teachings   9:00 am to 12:00 pm   10:30 am to 11:30 am   Garden   10:00 am to 12:00 pm	<del></del>	=			==
11:00 am to 12:00 pm					
Volunteer Food Prep 1:00 pm to 4:00 pm 1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  24  25  Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Affordable Produce Market & Lunch to Go 11:30 am to 1:30 am  Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm  28  Level Ground Gardening 10:00 am to 12:00 pm  Virtual Wild Stew 10:00 am - 12:00 pm  Virtual Wild Stew 10:00 am to 12:00 pm  Virtual Wild Stew 10:00 am to 12:00 pm  Virtual Recipes for 10:00 am to 12:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm	_	9:00 am to 12:00 pm	10:30 am to 11:30 am		10:00 am to 12:00 pm
1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  25  Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  27  Level Ground in the Garden 10:00 am to 12:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm	11:00 am to 12:00 pm	Level Ground		10:00 am to 12:00 pm	
Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  25 Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  27 Level Ground in the Garden 10:00 am to 12:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm  Virtual Teens Cook 5:30 pm to 7:00 pm  Virtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pm  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.		Level Glouliu	Lunch to Go		
Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pmVirtual Wild Stew at Home 10:00 am to 12:00 pmYouth Leadership 4:30 pm to 6:30 pm27282425Volunteer Food Prep 9:00 am to 12:00 pmStretch & Stroll 10:30 am to 11:30 amLevel Ground in the Garden 10:00 am to 12:00 pmMeals to Go 10:00 am to 12:00 pmClosed Victoria DayLevel Ground Gardening 10:00 am - 12:00 pmAffordable Produce Market & Lunch to Go 11:30 am to 1:00 pmVirtual Teens Cook 5:30 pm to 7:00 pmVirtual Wild Stew at Home 10:00 am to 12:00 pmVirtual Recipes for Leadership: Youth Hub 4:30 pm to 6:30 pmVirtual Families Grow,31 Virtual Families Grow,Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	·			Virtual Teens Cook	
At Home   10:00 am to 12:00 pm   25   26   Stretch & Stroll   10:00 am to 12:00 pm   200 am to 12:00 pm   25   Volunteer Food Prep   9:00 am to 12:00 pm   10:30 am to 11:30 am   10:00 am to 12:00 pm   10:00 am to 12:00 pm   10:00 am to 12:00 pm   Virtual Teens Cook   5:30 pm to 7:00 pm   Virtual Teens Cook   5:30 pm to 7:00 pm   31   Virtual Families Grow,   Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep	Gardening	11:30 am to 1:00 pm		
25 Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am to 12:00 pm  Affordable Produce Market & Lunch to Go 11:30 am to 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Families Grow,  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm	<b>Gardening</b> 10:00 am - 12:00 pm	11:30 am to 1:00 pm  Virtual Recipes for		
25 Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Families Grow,  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow,	Gardening 10:00 am - 12:00 pm Virtual Wild Stew	11:30 am to 1:00 pm  Virtual Recipes for  Youth Leadership		
Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Families Grow,  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create!	Gardening 10:00 am - 12:00 pm Virtual Wild Stew at Home	11:30 am to 1:00 pm  Virtual Recipes for  Youth Leadership		
Closed Victoria Day  P:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  10:30 am to 11:30 am  Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm  Virtual Recipes for Leadership: Youth Hub 10:00 am to 12:00 pm  4:30 pm to 6:30 pm  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	Gardening 10:00 am - 12:00 pm Virtual Wild Stew at Home 10:00 am to 12:00 pm	11:30 am to 1:00 pm  Virtual Recipes for  Youth Leadership  4:30 pm to 6:30 pm	5:30 pm to 7:00 pm	
Closed Victoria Day  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  Virtual Families Grow,  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm	5:30 pm to 7:00 pm	
Victoria Day    Comparison of	Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25 Volunteer Food Prep	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll	5:30 pm to 7:00 pm  27 Level Ground in the	Meals to Go
Market & Lunch to Go   10:00 am - 12:00 pm     Wirtual Teens Cook   5:30 pm to 7:00 pm	Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25 Volunteer Food Prep	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll	5:30 pm to 7:00 pm  27 Level Ground in the Garden	Meals to Go
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at Home 10:00 am to 12:00 pm 4:30 pm to 6:30 pm  31  Virtual Families Grow, Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  24  Closed	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25 Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll 10:30 am to 11:30 am  Affordable Produce Market & Lunch to Go	5:30 pm to 7:00 pm  27  Level Ground in the Garden  10:00 am to 12:00 pm  Virtual Teens Cook	Meals to Go
10:00 am to 12:00 pm 4:30 pm to 6:30 pm  31  Virtual Families Grow,  Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  24  Closed	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25 Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll 10:30 am to 11:30 am  Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm	5:30 pm to 7:00 pm  27  Level Ground in the Garden  10:00 am to 12:00 pm  Virtual Teens Cook	Meals to Go
31  Virtual Families Grow, Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  24  Closed	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25  Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll 10:30 am to 11:30 am  Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm  Virtual Recipes for	5:30 pm to 7:00 pm  27  Level Ground in the Garden  10:00 am to 12:00 pm  Virtual Teens Cook	Meals to Go
Virtual Families Grow, Registration is ongoing. All programs are free and prioritized for people living on low-incomes.	Volunteer Food Prep 1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  24  Closed	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25  Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll 10:30 am to 11:30 am  Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm  Virtual Recipes for Leadership: Youth Hub	5:30 pm to 7:00 pm  27  Level Ground in the Garden  10:00 am to 12:00 pm  Virtual Teens Cook	Meals to Go
	Volunteer Food Prep 1:00 pm to 4:00 pm  Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm  24  Closed Victoria Day	Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home 10:00 am to 12:00 pm  25  Volunteer Food Prep 9:00 am to 12:00 pm  Level Ground Gardening 10:00 am - 12:00 pm  Virtual Wild Stew at Home	11:30 am to 1:00 pm  Virtual Recipes for Youth Leadership 4:30 pm to 6:30 pm  26 Stretch & Stroll 10:30 am to 11:30 am  Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm  Virtual Recipes for Leadership: Youth Hub	5:30 pm to 7:00 pm  27  Level Ground in the Garden  10:00 am to 12:00 pm  Virtual Teens Cook	Meals to Go
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### **Mondays**

Turtle Island Teachings (virtual)- Join us online to learn Traditional Midewiwin Teachings, call or text Dion at 403-312-6665 or email dnelson@thealex.ca to learn more.

Families Grow, Cook, Create!- Families with kids or youth build skills and connections in the virtual garden and kitchen. This 6 week program gets your hands dirty in soil and taste buds swirling in the kitchen with a family meal you create. Call or text Leanne at 403-369-2503 or email <a href="mailto:lcripps@thealex.ca">lcripps@thealex.ca</a> to learn more.

#### **Tuesdays**

Level Ground Gardening- Join us for online or hands-on learning in the garden where together we grow food, community, and health. Grow your passion and appetite for local food production. Call or text Leanne at 403-369-2503 or email <a href="mailto:lcripps@thealex.ca">lcripps@thealex.ca</a> to learn more.

Wild Stew at Home (virtual)- Building Community with an Indigenous focus. This 8 week program will have participants following along with recipes and ingredients to make traditional meals, as well as gaining traditional knowledge and land-based learning. Call or text Dion at 403-312-6665; <a href="mailto:dnelson@thealex.ca">dnelson@thealex.ca</a>.

FoodFit Alumni- Ongoing support for FoodFit graduates to stay connected and motivated while learning about nutrition, cooking and gentle exercise. Call or text Gina Guo at 403-333-8142 or email <a href="mailto:gguo@thealex.ca">gguo@thealex.ca</a> to register.

# Wednesdays

Stretch and Stroll- Meet new friends and stay healthy! Join us for a gently paced weekly walk. All abilities welcome! Light snack provided; call or text Gina at 403-333-8142 or email gguo@thealex.ca to register.

Affordable Produce Market- Purchase vegetables, fruit and more at a discounted price. Learn more about local resources and grab a meal to go. Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday. Contact goodfood@thealex.ca to learn more.

*Lunch to Go-* Drop by Wednesdays to pick up a delicious, nutritious fresh lunch and chat with the Peer Advocates. Contact goodfood@thealex.ca or call 403-455-5792 to learn more.

Recipes for Leadership: Youth Hub: Are you 16-24 years old and looking to gain skills and create change? Join Recipes for Leadership, a free 8-week program that will build your skills in the kitchen, get you growing in the garden, and have you volunteering to create social change and build your community! All are welcome. For more info and to register call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca.

### **Thursdays**

Level Ground in Garden- Spend the morning helping our garden grow. Call or text Leanne at 403-369-2503 or email <a href="mailto:lcripps@thealex.ca">lcripps@thealex.ca</a> to learn more.

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! Recipe kits supplied. Call or text Gina at 403-333-8142; emailgguo@thealex.ca.

*Virtual Baking Break* - Connect with others, bake at home. Call Pat at 403-472-0361 to learn more about this resident-led group.

# **Fridays**

*Meals to Go* - Drop by Friday mornings to pick up a delicious, nutritious frozen meal and salad kit for you and your family. Contact <a href="mailto:goodfood@thealex.ca">goodfood@thealex.ca</a> or call 403-455-5792 to learn more.