

The Alex Community Food Centre

Fall Programs

2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Volunteer Food Prep 12-4:00 p.m.</p> <p>Peer Advocacy Office 4:30-5:30 p.m.</p> <p>Drop-In Community Dinner 5-6:00 p.m.</p>	<p>Level Ground Gardening Group 10-12:00 p.m.</p> <p>Cookin Ahead 5:30-8:00 p.m. <i>starts Oct. 19</i></p>	<p>Drop-In Beginner Yoga 9-10:00 a.m.</p> <p>Drop-In Community Lunch 12—1:00 p.m.</p> <p>Peer Advocacy Office 12:30—2:00 p.m.</p> <p>Kids, Grow, Cook, Create! 3:30– 6:00p.m. <i>starts Oct. 24</i></p> <p>Youth Hub 4:30—7:30 p.m.</p>	<p>International Ave Kitchen 10-12:30 p.m. <i>starts Sept. 13</i></p> <p>Healthy on a Budget 10-12:30 p.m. <i>Starts Nov. 22</i></p> <p>FoodFit 1:30-4:30 p.m. <i>Starts Sept. 20</i></p>	<p>Drop-In Community Breakfast 9:00—11:00 a.m.</p> <p>Community Mobile Market 10:00 -12:00 p.m.</p> <p>Peer Advocacy Office 10:30—12:00p.m.</p> <p>Kids in the Kitchen 2-4:30 p.m. <i>starts Nov. 16</i></p>

Registration is ongoing. All programs are free and prioritized for people living on low-incomes. Volunteer applications are available online or call (403) 455-5792.

Program Descriptions

Monday

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals and market each week.

Who: Community members. Volunteer application on our website.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Drop-In Community Dinner

Drop-in for a free, nutritious dinner.

Who: Adults and supervised children.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Tuesday

Level Ground Gardening Group

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!

Who: All ages welcome, children younger than 7 to be accompanied by an adult.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 869-2524

Cookin' Ahead

Learn to cook different meals to take home for yourself and family.

Who: Community members. Registration required

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

Wednesday

Drop-In Beginner Yoga

Join an experienced yoga and meditation guide for conscious breath work and learn to move mindfully. (No experience necessary)

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

Drop-In Community Lunch

Drop-in for a free, nutritious lunch.

Who: Adults and supervised children.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Kids Cook and Grow

Learn skills in the kitchen and garden, and have fun!

Who: Kids aged 8-12.

Contact: Joanna Tschudy jtschudy@thealex.ca (403) 455-5792

Youth Hub

Learn to grow, cook, share and advocate for good food while discussing social justice issues, making art, and hanging out in a safe and welcoming space.

Who: Youth aged 14-24. Registered drop-in. Text or call ahead.

Contact: Syma Habib shahib@thealex.ca (403) 970-5473

Thursday

International Ave Kitchen

Celebrate cuisines from around the world and share your family recipes.

Who: Community Members. Registration Required.

Contact: Miriam Bankey mbankey@thealex.ca (403) 801-6041

Healthy on a Budget

Healthy food that tastes good does not have to be expensive!

Who: Community Members. Registration Required.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

FoodFit

A 12 week program to help you improve your well-being through healthy cooking and gentle exercise in a positive, supportive environment.

Who: Community members. Registration required.

Contact: Erin Gionet egionet@thealex.ca (403) 801-6755

Friday

Drop-In Community Breakfast

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Bethel Tesfay btesfay@thealex.ca (403) 510-3417

Community Mobile Market

Purchase fresh fruits and vegetables.

Who: Everyone welcome.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

Peer Advocacy Office

Receive assistance on a wide variety of issues from trained community members.

Who: Adults and supervised children. Drop-in.

Contact: Joe Espina jespina@thealex.ca (403) 863-3953

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills, and teamwork!

Who: Kids aged 8-12.

Contact: Jessica Reimer jreimer@thealex.ca (403) 869-1513

Volunteer with us!

Drop by during a community meal or visit our website to fill out a volunteer application.

www.thealexcf.ca/volunteer

Contact: Miriam Bankey mbankey@thealex.ca (403)801-6041