

The Alex Community Food Centre

Spring Programs
2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Drop-In Beginner Yoga 9:30-10:30 a.m.</p> <p>Community Action Training 12-3 p.m. <i>starts April 30</i></p> <p>Drop-In Community Café 1-3 p.m.</p> <p>Intro to Gardening 3:30-5:30 p.m. <i>starts April 23</i></p> <p>Drop-In Community Dinner 5-6 p.m.</p>	<p>Indigenous Moms Group 10-12:30 p.m.</p> <p>International Ave Kitchen 10-12:30 p.m. <i>starts May 8</i></p> <p>Intro to Gardening 5-7 p.m. <i>starts April 24</i></p> <p>FoodFit 6-9 p.m. <i>starts May 8</i></p>	<p>Drop-In Community Lunch 12-1 p.m.</p> <p>Peer Advocacy Office 12:30-2 p.m.</p> <p>Youth Hub: What Feeds Us 4:30-7 p.m.</p>	<p>FoodFit 10am-1 p.m. <i>starts May 10</i></p> <p>Healthy on a Budget 2-4:30 p.m. <i>starts May 24</i></p>	<p>Drop-In Community Breakfast 9-11 a.m.</p> <p>Peer Advocacy Office 10:30-12 p.m.</p> 	<p>GreenKids Gardening 10:30-12:30pm <i>starts June 2</i></p> <p>Kids in the Kitchen 11-1 p.m. <i>starts May 19</i></p>	<p>CLOSED</p>

Registration is ongoing. All programs are free and prioritized for people living on low-incomes.

Volunteer applications online. Visit www.thealexcfc.ca or call (403) 455-5792

Program Descriptions

Monday

Drop-In Beginner Yoga

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

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

Community Action Training

Learn how to advocate, navigate social systems, and take action on issues in the community.

Who: Community members. Registration required.

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

Drop In Community Action Coffee

Drop in to meet new people and learn more about taking action to create a healthy, connected community.

Who: Community members.

Contact: Joe Espina jespina@aspefamily.org

Intro to Gardening

Kick off the season with this fun adult gardening course. This intro level class will help build skills and confidence in the garden. No prior gardening experience is necessary.

Who: Community members. Registration required.

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

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

Indigenous Moms Group

If you are expecting a baby or have young ones, join us to talk, cook, eat and connect with other moms.

Who: Expecting women or women with young babies. All women welcome. Registration required.

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

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

Intro to Gardening

Kick off the season with this fun adult gardening course. This intro level class will help build skills and confidence in the garden. No prior gardening experience is necessary.

Who: Community members. Registration required.

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

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

Wednesday

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: peeradvocacy@thealex.ca (403) 455-5792

Youth Hub: What Feeds Us

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

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

Healthy on a Budget

Come learn to cook delicious and nutritious dishes on a budget.

Who: Community Members. Registration Required.

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

Friday

Drop-In Breakfast

Drop-in for a healthy, delicious breakfast shared with others.

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: peeradvocacy@thealex.ca (403) 455-5792

Saturday

GreenKids Gardening

Kids learn gardening skills in a supportive and fun environment.

Who: Kids aged 8-12.

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

Kids in the Kitchen

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

Who: Kids aged 8-12.

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