

Fall Program Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Food Fit Alumni 9:00 am - 12:00 pm Monthly</p> <p>Volunteer Food Prep 12:00 pm - 4:00 pm</p> <p>Peer Advocacy Office 4:30 pm - 6:00 pm</p> <p>Turtle Island Teachings 11:30 am - 2:30 pm Monthly Starts Sept 16</p> <p>Fresh Routes Mobile Market 4:45 pm – 6:30 pm</p> <p>Drop-In Community Dinner 5:00 pm-6:00 pm</p>	<p>Level Ground Gardening Group 10:00 am - 12:00 pm</p> <p>Wild Stew with the Crew 10:00 am - 1:00 pm Starts Sept 24</p> <p>Food and Mood 2 pm - 4 pm Starts Sept 3</p> <p>Teens Cook! 5:00 pm - 7:30 pm Starts Sept 24</p>	<p>Beginner Yoga 9:00 am - 10:00 pm</p> <p>Drop-In Community Lunch 12:00 pm - 1:00 pm</p> <p>There are No Mistakes in Beading 12:00 pm - 2 pm Starts Sept 18</p> <p>Peer Advocacy Office 12:30 pm - 2:00 pm</p> <p>Kids Grow, Cook, Create 4:00 pm - 6:30 pm Starts Oct 30</p> <p>Youth Hub 4:30 pm - 7:30 pm</p>	<p>FoodFit 9:30 am - 12:30 pm Starts Sept 26</p> <p>Baking Break 1:00 pm - 3:30 pm Monthly Starts Sept 19</p> <p>Social Justice Club 1:30 pm - 4:30 pm Starts Sept 19</p> <p>International Ave. Kitchen 5:30 pm - 8:30 pm Starts Oct 10</p>	<p>Drop-In Community Breakfast 9:00 am - 11:00 am</p> <p>Peer Advocacy Office 9:30 am - 11:00 am</p> <p>First Friday Tours Monthly at 11:00 am</p> <p>Kids in the Kitchen 3:00 pm - 5:00 pm Starts Oct 11</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

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 at gguo@thealex.ca or (403) 333-8142

Volunteer Food Prep: Volunteers help prepare food for our community meals each week. Contact: Jessica at jreimer@thealex.ca or (403) 869-1513

Turtle Island Teachings: Learn traditional Midewiwin Teachings led by Elder Linda Brass, Darryl Brass Jr, and Tamara Cardinal. Who: Indigenous and non-Indigenous folks of all ages. Contact Dion at dnelson@thealex.ca (403) 312-6665

Peer Advocacy Office: Receive assistance on a wide variety of issues from trained community members. Who: Adults and supervised children. Drop-in. Contact: Joe at jespina@thealex.ca or (403) 863-3953

Fresh Routes Mobile Market: Purchase fresh fruits and vegetables. Contact: Josh at jbateman@thealex.ca or (403) 869-2524

Drop-In Community Dinner: Drop-in for a free, nutritious dinner. Who: Adults and supervised children. Contact: Bethel at 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: Adults and supervised children. Contact: Josh at jbateman@thealex.ca (403) 869-2524

Wild Stew with the Crew: Building Community with an Indigenous focus. Make traditional meals, learn traditional healing practices and participate in land-based learning. Contact: Dion at dnelson@thealex.ca (403) 312-6665

Food and Mood: Everything you put into your body affects how you feel. This 3-week course by CMHA explores how food can help you feel better. Contact: www.recoverycollegecalgary.ca or call 403-297-1402

Teens Cook!: Youth learn to make healthier food choices & acquire cooking skills to make a variety of meals for themselves, all while on a budget! Who: Youth aged 13 to 18. Contact: Gina at gguo@thealex.ca (403) 333-8142

WEDNESDAY

Beginner Yoga: Join an experienced yoga and meditation guide for conscious breath work and learn to move mindfully. (No experience necessary) Contact: Jessica at jreimer@thealex.ca (403) 869-1513

Drop-In Community Lunch: Drop-in for a free, nutritious lunch. Who: Adults and supervised children.

Peer Advocacy Office: Receive assistance on a wide variety of issues from trained community members.

There's No Mistakes in Beading: Come and bead with Audrey Cook! Whether you are an experienced beader or have yet to try it, Audrey will assure there are no mistakes in beading! Enjoy lunch, learning and laughter! Contact Dion at dnelson@thealex.ca (403) 312-6665

Kids Grow, Cook, Create: Learn skills in the kitchen and garden while having fun. Who: Kids 8-12. Contact: Josh at jbateman@thealex.ca (403) 869-2524

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. Text or call ahead. Contact: Danielle at Dfitzpatrick@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 supportive environment. Who: community members. Registration required. Contact: Gina at gguo@thealex.ca (403) 333-8142

Baking Break: Home alone? Looking to meet people in your community? Join us for Baking Break; try out some wonderful recipes and make new friends! Free child-minding for pre-school kids. Contact: 403-402-8889 to register or learn more

Social Justice Club: Meet new people, learn about different social movements and strategize how to take action on local issues. Who: CAT alumni; community members interested in social justice movements. Contact: Joe at jespina@thealex.ca (403) 863-3953

International Ave. Kitchen: Celebrate cuisines from around the world and share your family recipes. Who: Community Members. Registration Required. Contact: Gina at gguo@thealex.ca (403) 333-8142

FRIDAY

Drop-In Community Breakfast: Receive assistance on a wide variety of issues from trained community members. Who: Adults and supervised children.

Peer Advocacy Office: Receive assistance on a wide variety of issues from trained community members. Who: Adults and supervised children.

Kids in the Kitchen: Kids come together to learn about healthy food, cooking skills, and teamwork! Who: Kids aged 8-12. Contact: Gina at gguo@thealex.ca (403) 333-8142