

# March 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Virtual- Turtle Island Teachings</b> 11:00 am to 12:00 pm  <b>Volunteer Food Prep</b> 1:00 pm to 4:00 pm	<b>2</b> <b>Volunteer Food Prep</b> 9:00 am to 12:00 pm	<b>3</b> <b>Stretch &amp; Stroll</b> 10:30 am- 11:30 am	<b>4</b> <b>Virtual- Food Fit</b> 10:00 am 12:00 pm  <b>Virtual - Coffee Chat</b> 11:00 am to 12:00 pm	<b>5</b> <b>Meals to Go</b> 10:00 am to 12:00 pm  <b>New Roots Kitchen</b> 1:30 pm to 4:30 pm
<b>8</b> <b>Volunteer Food Prep</b> 1:00 pm to 4:00 pm  <b>Virtual- Ways of Knowing</b> 11:00 am to 12:00 pm  <b>Virtual - Dads* in the Kitchen</b> 5:30 pm to 7:00 pm	<b>9</b> <b>Volunteer Food Prep</b> 9:00 am to 12:00 pm  <b>Level Ground Gardening</b> 10:00 am - 12:00 pm	<b>10</b> <b>Stretch &amp; Stroll</b> 10:30 am- 11:30 am  <b>Affordable Produce Market &amp; Lunch to Go</b> 11:30 am to 1:00 pm	<b>11</b> <b>Virtual- Food Fit</b> 10:00 am 12:00 pm  <b>Virtual - Coffee Chat</b> 11:00 am to 12:00 pm	<b>12</b> <b>Meals to Go</b> 10:00 am to 12:00 pm
<b>15</b> <b>Virtual Turtle Island Teachings</b> 11:00 am to 12:00 pm  <b>Volunteer Food Prep</b> 1:00 pm to 4:00 pm	<b>16</b> <b>Volunteer Food Prep</b> 9:00 am to 12:00 pm  <b>Level Ground Gardening</b> 10:00 am - 12:00 pm	<b>17</b> <b>Stretch &amp; Stroll</b> 10:30 am- 11:30 am  <b>Virtual- Baking Party!</b> 1:00 pm to 2:30 pm	<b>18</b> <b>Virtual- Food Fit</b> 10:00 am to 12:00 pm  <b>Virtual- Coffee Chat</b> 11:00 am to 12:00 pm	<b>19</b> <b>Meals to Go</b> 10:00 am to 12:00 pm  <b>New Roots Kitchen</b> 1:30 pm to 4:30 pm
<b>22</b> <b>Volunteer Food Prep</b> 1:00 pm to 4:00 pm  <b>Virtual- Ways of Knowing</b> 11:00 am to 12:00 pm  <b>Virtual- Dads* in the Kitchen</b> 5:30 pm to 7:00 pm	<b>23</b> <b>Volunteer Food Prep</b> 9:00 am to 12:00 pm  <b>Level Ground Gardening</b> 10:00 am - 12:00 pm	<b>24</b> <b>Stretch &amp; Stroll</b> 10:30 am- 11:30 am  <b>Affordable Produce Market &amp; Lunch to Go</b> 11:30 am to 1:00 pm	<b>25</b> <b>Virtual- Food Fit</b> 10:00 am to 12:00 pm  <b>Virtual - Coffee Chat</b> 11 am to 12:00 pm	<b>26</b> <b>Meals to Go</b> 10:00 am to 12:00 pm
<b>29</b> <b>Volunteer Food Prep</b> 1:00 pm to 4:00 pm  <b>Virtual- Ways of Knowing</b> 11:00 am to 12:00 pm	<b>30</b> <b>Volunteer Food Prep</b> 9:00 am to 12:00 pm  <b>Level Ground Gardening</b> 10:00 am - 12:00 pm	<b>31</b> <b>Stretch &amp; Stroll</b> 10:30 am- 11:30 am  <b>Lunch to Go</b> 11:30 am to 1:00 pm	<b>Follow us on</b> <a href="#">Facebook</a> <a href="#">Twitter</a> <a href="#">Instagram</a>	
<b>Saturday, March 6</b> New Roots Affordable Market & Filipino Meal to Go 11 am to 1:00 pm			<b>Saturday, March 20</b> New Roots Affordable Market & East African Meal to Go 11 am to 1:00 pm	

Call us at 403-455-5792 or email [goodfood@thealex.ca](mailto:goodfood@thealex.ca)

## **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](mailto:dnelson@thealex.ca) to learn more.

*Ways of Knowing (virtual)*- Gather online with Dion as she shares her knowledge about traditional food, crafts, healing, and natural home and body care. Call or text Dion at 403-312-6665 or email [dnelson@thealex.ca](mailto:dnelson@thealex.ca) to learn more.

*Dads\* in the Kitchen (virtual)*- Dads, or any family member, and kids learn how to prepare delicious and healthy family meals together in this three-part program. All ingredients are included. Call or text Gina at 403-333-8142 or email [gguo@thealex.ca](mailto:gguo@thealex.ca).

## **Tuesdays**

*Level Ground Gardening:* Join us for online and hands-on learning in the gardens 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 [lcripps@thealex.ca](mailto:lcripps@thealex.ca) to learn more.

## **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](mailto:gguo@thealex.ca) to register.

*Affordable Produce Market & Lunch to Go* - 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](mailto:goodfood@thealex.ca) to learn more.

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

## **Thursdays**

*Food Fit (virtual)*- A 10-week online program to help you improve your well-being through healthy cooking and connection in a supportive environment. Call or text Gina at 403-333-8142 or email [gguo@thealex.ca](mailto:gguo@thealex.ca).

*Coffee Time with Peer Advocates* - Join us to connect, share and learn about what's going on in community. Everyone is welcome! Click the Zoom link to join: <https://zoom.us/j/98202526961>. Call or text Danielle at 403-970-5473 or email [dfitzpatrick@thealex.ca](mailto:dfitzpatrick@thealex.ca) to learn more.

## **Fridays**

*Meals to Go* - Drop by Friday mornings to pick up a delicious, nutritious frozen meal and salad kit for you and your family. Watch for more details about our holiday meal to go. Contact [goodfood@thealex.ca](mailto:goodfood@thealex.ca) or call 403-455-5792 to learn more.

*New Roots Kitchen* - A monthly space for immigrants to create and share culturally inspired meals "to go" with community during the New Roots Affordable Market. Contact Ariam at [awolde-giorgis@thealex.ca](mailto:awolde-giorgis@thealex.ca) or 403-863-3953 to learn more.

## **Saturdays**

*New Roots Affordable Produce Market* - A monthly affordable produce market, featuring culturally relevant produce, ingredients ethno-cultural grocers and a meal to go. Contact Ariam at [awolde-giorgis@thealex.ca](mailto:awolde-giorgis@thealex.ca) or 403-863-3953 to learn more. Everyone welcome!