

April 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Virtual Food Fit 10:00 am - 12:00 pm Virtual Coffee Chat 11:00 am to 12:00 pm	2 GOOD FRIDAY CFC CLOSED
5 EASTER MONDAY CFC CLOSED	6 Volunteer Food Prep 9:00 am to 12:00 pm Level Ground Gardening 10:00 am - 12:00 pm	7 Stretch & Stroll 10:30 am - 11:30 am	8 Virtual Food Fit 10:00 am - 12:00 pm Virtual - Coffee Chat 11:00 am to 12:00 pm	9 Meals to Go 10:00 am to 12:00 pm
12 Virtual FoodFit Alumni 10:00 am to 12:00 am Volunteer Food Prep 1:00 pm to 4:00 pm	13 Volunteer Food Prep 9:00 am to 12:00 pm Level Ground Gardening 10:00 am - 12:00 pm	14 Stretch & Stroll 10:30 am - 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm	15 Virtual Coffee Chat 11:00 am to 12:00 pm Virtual Baking Party! 1:00 pm to 2:30 pm	16 Meals to Go 10:00 am to 12:00 pm
19 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	20 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	21 Stretch & Stroll 10:30 am - 11:30 am	22 Virtual Coffee Chat 11:00 am to 12:00 pm	23 Meals to Go 10:00 am to 12:00 pm
26 Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Families Grow, Cook, Create! 5:30 pm to 7:30 pm	27 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	28 Stretch & Stroll 10:30 am - 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm	29 Virtual Coffee Chat 11:00 am to 12:00 pm Virtual Teens Cook 5:00 pm to 7:30 pm	30 Meals to Go 10:00 am to 12:00 pm

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

Interested in volunteering? Call or text Bernadette at 403-370-0807 or email blumugdang@thealex.ca

Youth programs supported by



Community programs supported by



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.

FoodFit Alumni- Ongoing support for FoodFit graduates to stay connected and motivated while learning about nutrition, cooking and gentle exercise (recipe kits supplied). Call or text Gina Guo at 403-333-8142 or email gguo@thealex.ca to register.

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. To register, call or text Leanne at 403-369-2503; email lcripps@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 to learn more.

Wild Stew at Home (virtual)- Building Community with an Indigenous focus. This 8 week program has you following along from home with recipes and ingredients to make traditional meals, gain traditional knowledge, and experience land-based learning (recipe kits supplied). Call or text Dion at 403-312-6665; email dnelson@thealex.ca.

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 & Lunch to Go - Purchase vegetables, fruit and more at a discounted price. Learn more about local resources and grab a meal to go. Every 2nd and 4th Wednesday. Contact goodfood@thealex.ca to learn more.

Thursdays

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 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.

Virtual 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; email gguo@thealex.ca.

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 goodfood@thealex.ca or call 403-455-5792 to learn more.