

June 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Level Ground Gardening 10:00 am - 12:00 pm Virtual Wild Stew at Home 10:00 am to 12:00 pm	2 Stretch & Stroll 10:30 am- 11:30 am Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth 4:30 pm to 6:30 pm	3 Level Ground Gardening 10:00 am - 12:00 pm Virtual Baking Break 1:00 pm to 2:30 pm Virtual Teens Cook 5:30 pm to 7:00 pm	4 Meals to Go 10:00 am to 12:00 pm
7 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm	8 Level Ground Gardening 10:00 am to 12:00 pm Virtual Wild Stew at Home 10:00 am to 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	9 Stretch & Stroll 10:30 am- 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth 4:30 pm to 6:30 pm	10 Level Ground Gardening 10:00 am - 12:00 pm Virtual Teens Cook 5:30 pm to 7:00 pm	11 Walk In Vaccine Clinic 9:00 am to 1:00 pm Meals to Go 10:00 am to 12:00 pm Virtual FoodFit Alumni 1:00 pm to 3:00 pm
14 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm	15 Level Ground Gardening 10:00 am - 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	16 Stretch & Stroll 10:30 am- 11:30 am Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth 4:30 pm to 6:30 pm	17 Level Ground Gardening 10:00 am - 12:00 pm Virtual Teens Cook 5:30 pm to 7:00 pm	18 Walk In Vaccine Clinic 9:00 am to 1:00 pm Meals to Go 10:00 am to 12:00 pm
21 Volunteer Food Prep 1:00 pm to 4:00 pm	22 Level Ground Gardening 10:00 am - 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	23 Stretch & Stroll 10:30 am- 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm Virtual Recipes for Leadership: Youth 4:30 pm to 6:30 pm	24 Virtual Baking Break 9:30 am to 11:00 am Level Ground Gardening 10:00 am - 12:00 pm	25 Walk In Vaccine Clinic 9:00 am to 1:00 pm Meals to Go 10:00 am to 12:00 pm
28 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm	29 Level Ground Gardening 10:00 am - 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	30 Stretch & Stroll 10:30 am- 11:30 am Lunch to Go 11:30 am to 1:00 pm	1 Canada Day Closed	2 Closed

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

4920 17 Ave SE | 403-455-5792 | goodfood@thealex.ca | thealex.cfc.ca |

Youth programs supported by Shaw

Community programs supported by inter pipeline

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.

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

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 to register.

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- 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.

Lunch to Go- Drop by Wednesdays to pick up a delicious, nutritious fresh meal. Contact goodfood@thealex.ca or call 403-455-5792 to learn more.

*Recipes for Leadership, Youth Hub-*Are you 16-24 years old and looking to gain skills and create change? Join Recipes for Leadership, a free 8-week program that will build your skills in the kitchen, get you growing in the garden, and have you volunteering to create social change and build your community! All are welcome. For more info and to register call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca.

Thursdays

Level Ground Gardening- Join us onsite for some hands-on learning in the garden 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; email lcripps@thealex.ca.

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 emailgguo@thealex.ca.

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

Fridays

Walk-In Vaccine Clinic- The Alex's vaccine team will be offering first doses of the Moderna COVID-19 vaccine to anyone over the age of 18. No need to book an appointment, just come between 9:00 am and 1:00 pm and ask for vaccine team.

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.

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

Volunteer at the Alex Community Food Centre!
To learn more about current and future volunteer opportunities,
call or text Bernadette at 403-370-0807 or email blumugdang@thealex.ca