

July 2021 Program Calendar (4920 17 Ave SE)



Monday	Tuesday	Wednesday	Thursday	Friday
5 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Recipes for Leadership, Youth Boot Camp 1:00 pm to 3:15 pm	6 Level Ground Gardening 10:00 am - 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	7 Stretch & Stroll 10:30 am- 11:30 am Lunch to Go 11:30 am to 1:00 pm	8 Community Action Training 10:00 am to 11:45 am Virtual Baking Break 1:00 pm to 2:30 pm Recipes for Leadership, Youth Boot Camp 1:00 pm to 4:00 pm Teens Cook 5:30 pm to 7:00 pm	9 Walk In Vaccine Clinic 9:00 am to 1:00 pm Meals to Go 10:00 am to 12:00 pm FoodFit Alumni 1:00 pm to 3:00 pm
12 Virtual Turtle Island Teachings 11:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Recipes for Leadership, Youth Boot Camp 1:00 pm to 3:15 pm	13 Level Ground Gardening 10:00 am to 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	14 Stretch & Stroll 10:30 am- 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm Green Kids 3:30 pm to 5:30 pm	15 Community Action Training 10:00 am to 11:45 am Wild Stew on the Prairies 10:00 am to 12:00 pm Recipes for Leadership, Youth Boot Camp 1:00 pm to 4:00 pm Teens Cook 5:30 pm to 7:00 pm	16 Walk In Vaccine Clinic 9:00 am to 1:00 pm 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 Recipes for Leadership, Youth Boot Camp 1:00 pm to 3:15 pm	20 Level Ground Gardening 10:00 am - 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	21 Stretch & Stroll 10:30 am- 11:30 am Lunch to Go 11:30 am to 1:00 pm Green Kids 3:30 pm to 5:30 pm	22 Community Action Training 10:00 am to 11:45 am Wild Stew on the Prairies 10:00 am to 12:00 pm Recipes for Leadership, Youth Boot Camp 1:00 pm to 4:00 pm Teens Cook 5:30 pm to 7:00 pm	23 Walk In Vaccine Clinic 9:00 am to 1:00 pm Meals to Go 10:00 am to 12:00 pm Kids in the Kitchen 1:30 pm to 3:00 pm
26 Volunteer Food Prep 1:00 pm to 4:00 pm Virtual Turtle Island Teachings 11:00 am to 12:00 pm Civic Action Group 3:30 pm to 5:00 pm	27 Level Ground Gardening 10:00 am - 12:00 pm Virtual Food Fit 5:30 pm to 7:30 pm	28 Stretch & Stroll 10:30 am- 11:30 am Affordable Produce Market & Lunch to Go 11:30 am to 1:00 pm Green Kids 3:30 pm to 5:30 pm	29 Community Action Training 10:00 am to 11:45 am Virtual Baking Break 9:30 am to 11:00 am Wild Stew on the Prairies 10:00 am to 12:00 pm Teens Cook 5:30 pm to 7:00 pm	30 Walk In Vaccine Clinic 9:00 am to 1:00 pm Meals to Go 10:00 am to 12:00 pm Kids in the Kitchen 1:30 pm to 3:00 pm

All programs are free and prioritized for people living on low-incomes and in Greater Forest Lawn Communities.

Mondays

Turtle Island Teachings (virtual) - Call or text Dion at 403-312-6665 or email dnelson@thealex.ca to learn more.

Recipes for Leadership, Youth Boot Camp- Youth 16-24 years old. Join this three-week intensive on Monday and Thursday afternoons to build your skills in the kitchen, grow in the garden, and volunteer to create social change and build y community! Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to learn more or register.

Civic Action Group- Work together to share knowledge about upcoming elections and the voting process; identify issues impacting our community and ask candidates how they will support change that matters. Call or Text Bernadette at 403-370-0807 or email blumugdang@thealex.ca to get involved.

Tuesdays

Level Ground Gardening: Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca.

Food Fit (virtual)-. Call or text Gina at 403-333-8142 or email gguo@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 to register.

Affordable Produce Market- Purchase vegetables, fruit and more at a discounted price. Contact goodfood@thealex.ca.

Lunch to Go- Drop by Wednesdays to pick up a delicious, nutritious fresh meal. Contact goodfood@thealex.ca.

Green Kids- Come explore life in the garden; from planting to bugs to crafts to harvesting. Summer just got a whole lot better! Kids ages 6 to 12. Call or text Leanne at 403-369-2503 or email lcripps@thealex.ca for more information or to register.

Thursdays

Wild Stew on the Prairies- Get outside and build community through traditional Indigenous teachings. Gain knowledge from land-based learning at local parks; whether wandering through the woods, crafting or enjoying a meal together. Call or text Dion at 403-312-6665; email dnelson@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! Call or text Gina at 403-333-8142; email gguo@thealex.ca to register.

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

Community Action Training- Learn how to advocate, navigate social systems and take action on issues in the community. Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to learn more or register.

Fridays

Walk-In Vaccine Clinic- The Alex's vaccine team will be offering 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.

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

FoodFit Alumni- Ongoing support for FoodFit graduates. Call or text Gina at 403-333-8142 or email gguo@thealex.ca.

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