

September 2021 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Closed August 30 to September 3, 2021 to Prepare for Fall Reopening</i>				
6 Closed Labour Day	7 Level Ground Gardening 10:00 am to 12:00 pm	8	9 Virtual Baking Break 1:00 pm to 2:30 pm Healthy on a Budget 1:30 pm to 3:30 pm Virtual Federal Election Leaders Debate Viewing Party 6:30 pm to 9:00 pm	10 Drop-in Community Breakfast 9:00 am to 11:00 am Affordable Produce Market 9:00 am to 11 am Peer Advocacy Office 11:00 am to 12:00 pm
13 Volunteer Food Prep 1:00 pm to 4:00 pm Civic Action Group 3:30 pm to 5:00 pm	14 Level Ground Gardening 10:00 am to 12:00 pm	15 Drop-in Community Lunch 12:00 pm to 1:00 pm Peer Advocacy Office 1:00 pm to 2:00 pm	16 Healthy on a Budget 1:30 pm to 3:30 pm	17 Drop-in Community Breakfast 9:00 am to 11:00 am Affordable Produce Market 9:00 am to 11 am Peer Advocacy Office 11:00 am to 12:00 pm
20 Turtle Island Teachings 10:00 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm "I Vote" Election Party! 4:00 pm to 7:00 pm	21 Level Ground Gardening 10:00 am - 12:00 pm	22 Drop-in Community Lunch 12:00 pm to 1:00 pm Peer Advocacy Office 1:00 pm to 2:00 pm Cooking Up Justice 4:30 pm to 6:30 pm	23 Virtual Baking Break 9:30 am to 11:00 am Healthy on a Budget 1:30 pm to 3:30 pm	24 Drop-in Community Breakfast 9:00 am to 11:00 am Affordable Produce Market 9:00 am to 11 am Peer Advocacy Office 11:00 am to 12:00 pm
27 FoodFit Alumni 10 am to 12:00 pm Volunteer Food Prep 1:00 pm to 4:00 pm Civic Action Group 3:30 pm to 5:00 pm	28 Level Ground Gardening 10:00 am - 12:00 pm	29 Drop-in Community Lunch 12:00 pm to 1:00 pm Peer Advocacy Office 1:00 pm to 2:00 pm Cooking Up Justice 4:30 pm to 6:30 pm	30 Closed National Day for Truth & Reconciliation	1 Drop-in Community Breakfast 9:00 am to 11:00 am Peer Advocacy Office 11:00 am to 12:00 pm Affordable Produce Market 9:00 am to 11 am

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

4920 17 Avenue SE goodfood@thealex.ca 403-455-5792

Youth programs supported by



Community programs supported by



IMPORTANT UPCOMING PROGRAM CHANGES

Alex Community Food Centre Closure, August 30 to September 3- The Centre will pause programming to prepare for a transition back to in-person Community Meals and programs this Fall.

Drop-in Community Lunch and Breakfast- As restrictions and conditions allow, we are excited to welcome you back for in-person meals; here's what to expect:

- COVID 19 pre-screening, contact tracing and continuous masking unless eating
- Seating arranged by household members or cohorts, as well as limited seating capacity in the dining hall
- Full beverage and meal service; wonderful dishes prepared by exceptional volunteers!

Mondays

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

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

Civic Action Group- Work together to share knowledge about upcoming elections and the voting process. Call or Text Bernadette at 403-370-0807 or email blumugdang@thealex.ca to get involved.

"I Vote" Election Party- We're getting out the vote and getting loud about food insecurity! Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to learn more and get involved!

Tuesdays

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

Wednesdays

Drop-in Community Lunch- Come by for a free, nutritious lunch; everyone is welcome. Email goodfood@thealex.ca.

Peer Advocacy Office (by appointment only)- Receive assistance on a wide variety of issues from trained Peer Advocates. Call or text Danielle at 403-970-5473 to book an appointment; email dfitzpatrick@thealex.ca.

Cooking Up Justice- Learn to grow, cook, share and advocate for good food. Dig into where our food comes from and build leadership skills in a safe and welcoming space. (16- 24 years old) Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to register.

Thursdays

Healthy on Budget- Call or text Bernadette at 403-370-0807 or email blumugdang@thealex.ca to learn more.

Baking Break (virtual) - Connect with others, bake at home. Call Pat at 403-472-0361 to learn more!

Federal Election Leaders Debate Viewing Party (virtual)- Deciding who to vote for in the federal election? Watch the Leaders debate with us online and share your thoughts in our chatroom. Receive a viewing kit full of goodies and information. Call or text Danielle at 403-970-5473 or email dfitzpatrick@thealex.ca to register

Fridays

Drop-in Community Breakfast- Come by for a free, nutritious breakfast; everyone is welcome. Email goodfood@thealex.ca.

Peer Advocacy Office (by appointment only)- Receive assistance on a wide variety of issues from trained Peer Advocates. Call or text Danielle at 403-970-5473 to book an appointment; email dfitzpatrick@thealex.ca.

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