

Fall 2023 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alumni 10 am to 12:00 pm <i>Fourth Mondays</i></p> <p>Turtle Island Teachings 11 am to 1:00 pm <i>Third Mondays</i></p> <p>Volunteer Food Prep 1:00 pm to 4:00 pm</p> <p>Drop-In Family Dinner 5:00 pm to 6:30 pm</p>	<p>Takwâkin (The Season Now is Fall) 10:00 am to 12:00 pm <i>September 19 to November 7</i></p> <p>Level Ground Gardening 10:00 am to 12:00 pm</p> <p>Food Fit 4:30 pm to 7:30 pm <i>September 12 to November 14</i></p>	<p>Volunteer Food Prep 8:30 am to 11:30 am</p> <p>Tour the CFC 11:00 am <i>Third Wednesdays</i></p> <p>Drop-In Community Lunch 12:00 pm to 1:00 p.m.</p> <p>Peer Advocacy Office 12:30 pm to 2:00 pm</p> <p>Teens Cook 4:30 pm to 6:30 pm <i>September 20 to November 8</i></p>	<p>Peer Advocacy Office 10:00 am to 11:30 am</p> <p>Scrappy Kitchen 1:00 pm to 4:00 pm <i>October 26 to December 14</i></p> <p>Scrappy Families 5:00 pm to 7:30 pm <i>November 2 to December 7</i></p>	<p>Drop-In Community Breakfast 9:00 am to 11:00 am</p> <p>Fresh & Fare Community Market 9:00 am to 11:00 am</p> <p>Peer Advocacy Office 10:00 am to 11:30 am</p> <p>Kids in the Kitchen 1:30 pm to 3:30 pm <i>October 27 to December 15</i></p>

*All programs are free and prioritized for people living in Greater Forest Lawn and on low-incomes.
We're recruiting volunteers. Call Bernadette at 403-370-0807 or email blumugdang@thealex.ca.*

Program Descriptions

Monday

Alumni

Ongoing support for any food skills graduate to stay connected with friends, grow food skills or to try out new ones!

Contact Jhumur at jdebnath@thealex.ca or 403-333-8142

Turtle Island Teachings

Learn traditional Midewiwin Teachings led by Elders Linda Brass and Darryl Brass Jr. All ages welcome; children with an adult.

Contact Dion at dnelson@thealex.ca or 403-312-6665.

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals.

Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Drop-In Family Dinner

Kids and teens, bring your favourite adults- parents, friends or chosen family for a wonderful family dinner; Halal and veggie options.

Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Tuesday

Level Ground Gardening

We grow food, community, and health. Bring your passion and appetite for local food and watch as our thumbs get greener! All ages welcome; children with an adult.

Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Takwakin (The Season Now is Fall)

Celebrate the changing of our seasons through a traditional Indigenous lens. Cook seasonally traditional meals, learn ways of knowing, and connect with the land. All ages welcome; children with an adult.

Contact Dion at dnelson@thealex.ca or 403-312-6665.

Food Fit

Improve your well-being through healthy cooking and gentle movement in a supportive environment. Adults, childminding available on request. Registration required.

Contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Wednesday

Volunteer Food Prep

Dedicated volunteers prepare food for our community meals. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807 to sign up.

Third Wednesday Monthly Tours

Curious about what happens at the Alex Community Food Centre? Register for our monthly tour.

Email jtschudy@thealex.ca or call 403-863-3953.

Drop-In Community Lunch

Drop-in and join us for a free, nutritious lunch. Adults and supervised children are welcome.

Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Peer Advocacy Office

Drop-in or book an appointment to chat with a Peer Advocate; staff with lived experience who help community members navigate, access local resources and apply for benefits. Contact Katherine at kyee@thealex.ca or 403-970-5473.

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! Registration required.

Contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Thursday

Peer Advocacy Office

Drop-in or book an appointment to chat with a Peer Advocate; staff with lived experience who help community members navigate, access local resources and apply for benefits. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Scrappy Kitchen

Be a scrappy cook and get the full health benefits of fresh food. Learn how to store, freeze, ferment, pickle and dry food. Test out new ways to enjoy and preserve your favourite fruits and vegetables, while reducing household food waste. Adults. Registration required. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Scrappy Families

Families team up to test out new ways to enjoy and preserve everyone's favourite fruits and vegetables. Families, registration required. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Friday

Drop-In Community Breakfast

Drop in and join us for a free, nutritious breakfast.

Adults and supervised children.

Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Fresh and Fare Community Market

Purchase affordable fresh fruits and vegetables.

Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Peer Advocacy Office

Drop-in or book an appointment to chat with a Peer Advocate; staff with lived experience who help community members navigate, access local resources and apply for benefits. Contact Katherine at kyee@thealex.ca or 403-970-5473.

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills, and teamwork! Who: Kids aged 8-12. Registration required. Contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Volunteer with us!

Visit our website at www.thealexafc.ca to learn more about current opportunities.

Contact Bernadette at blumugdang@thealex.ca or call 403-370-0807 to start the application process.