

Winter 2024 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Indigenous Learning Series January to March <i>Select Mondays</i></p> <p>Community Action Training 1:30 pm to 3:30 pm <i>January 22 to April 8</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>Food Fit 10:00 am to 1:00 pm <i>January 9 to March 26</i></p> <p>Level Ground Gardening 10:00 am to 12:00 pm <i>Starts February 20</i></p> <p>EcoCooks Youth 5:00 pm to 7:00 pm <i>February 13 to April 2</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 12:00 pm to 2:00 pm</p> <p>Families Grow, Cook, Create 5:00 pm to 7:30 pm <i>February 21 to March 27</i></p>	<p>Alumni 10 am to 12:00 pm <i>Quarterly</i></p> <p>Peer Advocacy Office 10:00 am to 12:00 pm</p> <p>Market & Scrappy Prep Team 1:00 pm to 4:00 pm</p> <p>International Avenue Kitchen 5:00 pm to 7:00 pm <i>February 22 to March 28</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 9:30 am to 11:30 am</p> <p>Kids in the Kitchen 1:30 pm to 3:30 pm <i>January 19 to March 8</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

Indigenous Learning Series

Join Indigenous Knowledge Keepers and Elders for a series of workshops or gatherings throughout the winter.

Email Joanna at jtschudy@thealex.ca or call 403-863-3953 for more details.

Community Action Training

Gather with peers who care about community and learn more about local resources, social justice movements, advocacy basics, as well as self-care and interpersonal skills for community advocates. Adults (childminding by request); registration required. Contact Ashley at airving@thealex.ca or 403-970-5473.

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

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.

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.

EcoCooks (youth 14 to 24) with Elements Society

Learn how our food choices affect the health of our planet through fun, hands-on projects in the kitchen. Youth will leave inspired and empowered to create a more circular food system by learning about where their food comes from, how to prevent food waste and overall how to create more sustainable food habits. Contact Ashley at airving@thealex.ca or 403-970-5473.

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

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 Ashley at airving@thealex.ca or 403-970-5473.

Families Grow, Cook, Create

Families build skills and connections in the garden and kitchen. Get your hands dirty in soil and taste buds swirling in the kitchen while making a family meal together. 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 Ashley at airving@thealex.ca or 403-970-5473.

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

Market and Scrappy Prep Teams (Volunteers)

Dedicated volunteers prepare the Fresh and Fare Community Market and create healthy “upcycled” food products for community to enjoy. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807 to volunteer!

International Avenue Kitchen

Learn how to make meals from around the world and celebrate Greater Forest Lawn’s diverse cultural community!

Adults, child minding by request. Registration required.

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

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 Ashley at airving@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.thealexcfcc.ca to learn more about current opportunities.

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

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