

# Spring 2024 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Snack, Stretch &amp; Stroll</b> 10:00 am - 12:00 pm <i>April 29 - June 17</i></p> <p><b>Volunteer Food Prep</b> 1:00 pm - 4:00 pm</p> <p><b>Drop-in Family Dinner</b> 5:00 pm - 6:30 pm</p>	<p><b>Level Ground Gardening</b> 10:00 am - 12:00 pm</p> <p><b>Kids Grow Cook Create</b> 4:30 pm - 6:30 pm <i>April 16 - June 4</i></p>	<p><b>Volunteer Food Prep</b> 8:30 am - 11:30 am</p> <p><b>Tour of the CFC</b> 11:00 am <i>Third Wednesdays</i></p> <p><b>Drop-in Community Lunch</b> 12:00 pm - 1:00 pm</p> <p><b>Peer Advocacy Office</b> 12:00 pm - 2:00 pm</p> <p><b>Teens Cook</b> 5:00 pm - 7:00 pm <i>May 8 - June 26</i></p>	<p><b>Alumni</b> 10:00 am - 12:00 pm <i>Quarterly</i></p> <p><b>Market &amp; Scrappy Prep Team</b> 1:00 pm - 4:00 pm</p> <p><b>FoodFit</b> 5:00 pm - 8:00 pm <i>April 18 - July 4</i></p>	<p><b>Drop-in Community Breakfast</b> 9:00 am - 11:00 am</p> <p><b>Fresh &amp; Fare Community Market</b> 9:00 am - 11:00 am</p> <p><b>Peer Advocacy Office</b> 9:30 am - 11:30 am</p> <p><b>Seniors Kitchen</b> 1:30 pm - 3:30 pm <i>May 10 - June 14</i></p>

All programs are free and prioritized for people living in Greater Forest Lawn and on low-incomes. We're recruiting volunteers! Call Audrey at (403) 617-3198 or email [analuz@thealex.ca](mailto:analuz@thealex.ca)

# Program Descriptions

## Monday

### Snack, Stretch & Stroll

Prepare hearty snacks together, meet new friends and enjoy outdoor activities in a fun and supportive group environment. Contact Jhumur at [jdebnath@thealex.ca](mailto:jdebnath@thealex.ca) or 403-333-8142.

### Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals. Contact Audrey at [analuz@thealex.ca](mailto:analuz@thealex.ca) or 403-617-3198.

### 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](mailto: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](mailto:lcripps@thealex.ca) or 403-369-2503.

### Kids Grow Cook Create

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 delicious meal together. Kids ages 8-12. Registration required. Contact Audrey at [analuz@thealex.ca](mailto:analuz@thealex.ca) or 403-617-3198.

## Wednesday

### Volunteer Food Prep

Dedicated volunteers prepare food for our community meals. Contact Audrey at [analuz@thealex.ca](mailto:analuz@thealex.ca) or 403-617-3198.

### 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](mailto: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](mailto: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 Ashley at [airving@thealex.ca](mailto:airving@thealex.ca) or 403-970-5473.

### Teens Cook

Learn essential cooking skills in a fun and interactive environment. Discover new recipes and culinary techniques while building confidence in the kitchen and making delicious meals! Youth 13 to 18 years old. Registration required. Contact Ashley at [airving@thealex.ca](mailto:airving@thealex.ca) or 403-970-5473.

## Thursday

### 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](mailto: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 Audrey at [analuz@thealex.ca](mailto:analuz@thealex.ca) or 403-617-3198.

### FoodFit

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](mailto:jdebnath@thealex.ca) or 403-333-8142.

## 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](mailto:asehgal@thealex.ca) or 403-510-4223.

### Fresh and Fare Community Market

Purchase affordable fresh fruits and vegetables. Contact Leanne at [lcripps@thealex.ca](mailto: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](mailto:airving@thealex.ca) or 403-970-5473.

### Senior's Kitchen

Hands-on cooking class for Seniors that explores aging well through healthy eating, enhancing cooking skills, sharing food traditions, and making community connections that support mental well-being. Registration required. Contact Jhumur at [jdebnath@thealex.ca](mailto:jdebnath@thealex.ca) or 403-333-8142.

## Volunteer with us!

Visit our website at [www.thealexafc.ca](http://www.thealexafc.ca) to learn more about current opportunities.

Contact Audrey at [analuz@thealex.ca](mailto:analuz@thealex.ca) or 403-617-3198.

4920 17 Ave SE

| 403-455-5792

| [goodfood@thealex.ca](mailto:goodfood@thealex.ca)

| @goodfoodyyc