

Summer 2024 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stretch & Stroll 10:00 am - 12:00 pm <i>July 8 - August 22</i></p> <p>Alumni 10:00 am - 12:00 pm <i>August 29</i></p> <p>Volunteer Food Prep 1:00 pm - 4:00 pm</p> <p>DROP-IN Family Dinner 5:00 pm - 6:30 pm</p>	<p>Level Ground Gardening 10:00 am - 12:00 pm</p> <p>Youth Summer Series with Elements Society 10:00 am - 12:30 pm <i>July 23 and Aug 27</i></p> <p>4:30 pm to 7:00 pm <i>July 9 and Aug 13</i></p>	<p>Volunteer Food Prep 8:30 am - 11:30 am</p> <p>DROP-IN Community Lunch 12:00 pm - 1:00 pm</p> <p>Peer Advocacy Office 12:00 pm - 2:00 pm</p> <p>Kids Summer Series 3:30 pm - 5:30 pm <i>July 10 & 17</i> <i>August 14 & 28</i></p>	<p>Highfield Harvest 9:00 am - 12:00 pm <i>July 4 to August 29</i></p> <p>Market & Scrappy Prep Team 1:00 pm - 4:00 pm</p> <p>Green Kids 3:30 pm - 5:30 pm <i>July 18 to August 22</i></p>	<p>Fresh & Fare Community Market 9:00 am - 11:00 am</p> <p>DROP-IN Cafe 9:00 am - 11:00 am</p> <p>Peer Advocacy Office 9:30 am - 11:30 am</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

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.

Stretch & Stroll

Meet new friends and enjoy fun and gentle outdoor activities in different locations in Greater Forest Lawn. All abilities are welcome. A light snack is provided. Contact Jhumur at 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 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 or 403-510-4223.

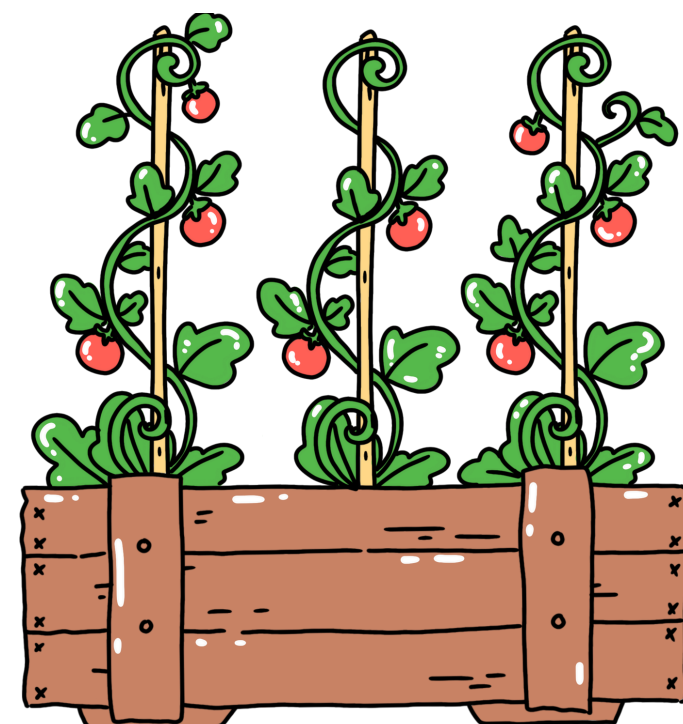
Tuesday

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.

Youth Summer Series with Elements Society

Join us for a series of four exciting youth pop-up events, where youth will gain hands-on experience learning where their food comes from and explore the connection between food choices, health and wellness and environmental impact. Attend all 4 pop-up events or join for just one. July 9th, July 23rd, August 13th and August 27th. Youth ages 13-22. To register, contact Ashley at airving@thealex.ca or 403-970-5473.



Wednesday

Volunteer Food Prep

Dedicated volunteers prepare food for our community meals. Contact Audrey at analuz@thealex.ca or 403-617-3198.

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 volunteer with lived experience who can help community members navigate and access local resources. Contact Ashley at airving@thealex.ca or 403-970-5473.

Kids Summer Series

Get ready for a four-part adventure with our Kids Summer Series! Kids will learn about where their food comes from, the impact of their choices on health and the environment and explore life in the garden. Attend all four pop-up events or join for just one. July 10th, July 17th, August 14th, and August 28th. Ages 8-12. Contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Thursday

Highfield Harvest

Hands in the soil, hearts in community - learning opportunities abound in our market garden at Highfield Regenerative Farm. For more information, contact Joanna at jtschudy@thealex.ca or call 403-863-3953.

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 or 403-617-3198.

Green Kids

Have fun exploring life cycles in the garden. Feed your curiosity through growing food, discover the magic of ecosystems, and build a connection to the land. Ages 8-12. Audrey at analuz@thealex.ca or 403-617-3198

Friday

Fresh and Fare Community Market

Purchase affordable fresh fruits and vegetables. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

Drop-In Community Cafe

Drop in and connect with friends for good coffee and great conversations. Enjoy a simple, nutritious and seasonal cafe snack. Check out food demos featuring local and seasonal ingredients from the market. Adults and supervised children. 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 volunteer with lived experience who can help community members navigate and access local resources. Contact Ashley at airving@thealex.ca or 403-970-5473.

Volunteer with us!

Visit our website at www.thealexafc.ca to learn more about current opportunities. Contact Audrey at analuz@thealex.ca or 403-617-3198.



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