

Winter 2025 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alumni 10:00 am - 12:00 pm <i>Feb 24</i></p> <p>Volunteer Food Prep 1:00 pm - 4:00 pm</p> <p>Community Action Training 1:00 pm - 3:30 pm <i>Jan 20 - Mar 31</i></p> <p>DROP-IN Family Dinner 5:00 pm - 6:30 pm</p>	<p>Wild Crafts with the Crew 10:30 am - 12:30 pm <i>Jan 14 - Mar 11</i></p> <p>Scrappy Prep Team 10:00 am - 12:00 pm</p> <p>Kids in the Kitchen 4:30 pm - 6:30 pm <i>Feb 18 - April 8</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>LEARNS 10:00 am - 12:00 pm <i>Oct 17 - Mar 27</i></p> <p>FoodFit 1:00 pm - 4:00 pm <i>Jan 23 to March 27</i></p> <p>Market Prep Team 1:00 pm - 4:00 pm</p> <p>Tour of the CFC 1:30 PM <i>First Thursdays</i></p>	<p>Fresh & Fare Community Market & Refillery 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> <p>Healthy on a Budget 1:30 pm - 3:30 pm <i>Jan 17 - Mar 7</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

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.

Volunteer Food Prep

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

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 available upon request, Registration required. Contact Ashley at airving@thealex.ca or 403-970-5473.

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

Wild Crafts with the Crew

Come & get crafty with the crew! Join Gii for Indigenous art workshops, land-based teachings, and foraging for the beauty & medicine of nature's bounty. All ages welcome; children with an adult. Contact Gii at gmasters@thealex.ca or (403) 312-6665

Scrappy Prep Team (Volunteers)

Dedicated volunteers create healthy and preserved "upcycled" food products for community to enjoy. Contact Audrey at analuz@thealex.ca or 403-617-3198.

Kids in the Kitchen

Kids come together to learn about healthy food, cooking skills and teamwork! Kids ages 8-12. 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 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.

Thursday

LEARNS

Do you want to improve your confidence, problem solving and communication skills? Do you want to learn skills that will help you achieve your personal goals? join LEARNS and gain practical learning experiences where you will develop skills as well as confidence! Contact Audrey at 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 upon request. Registration required. Contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Market Prep Team (Volunteers)

Dedicated volunteers sort, stock and prepare items for the Fresh and Fare Community Market & Refillery. Contact Audrey at analuz@thealex.ca or 403-617-3198.

First Thursdays 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.

Friday

Fresh and Fare Community Market & Refillery

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.

Healthy on a Budget

Gain tips, tricks and skills to eat healthy on a limited budget through hands-on experiences with planning, budgeting, grocery shopping and making good food! 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!

Contact Audrey at analuz@thealex.ca or
403-617-3198



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