

Spring 2025 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alumni 10:00 am - 12:00 pm <i>May 5</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>Scrappy Prep Team 10:00 am - 1:00 pm</p> <p>Scrappy Workshop 10:00 am - 1:00 pm <i>Every third Tuesday of the month</i></p> <p>FoodFit 5:00 pm - 8:00 pm <i>April 15 - July 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>Root Troop May 7 - June 11 4:30 pm - 6:30 pm</p>	<p>Seniors Kitchen May 8 to June 12 10:00 am - 12:00 pm</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 Skills with You and the Crew 5:00 pm - 7:00 pm <i>May 1 - June 19</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>Kids in the Kitchen 1:30 pm - 3:30 pm <i>Apr 4 - May 30</i></p>

Scan the QR code to receive updates on upcoming Level Ground Gardening Series workshops and events!



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 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

Scrappy Prep Team (Volunteers)

Dedicated volunteers create healthy and preserved “upcycled” food products for community to enjoy. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Scrappy Workshops

Celebrate local and seasonal food through hands-on workshops. Share knowledge and learn new skills for preserving, fermenting, freezing, canning, foraging and growing food. Contact Leanne at lcripps@thealex.ca or 403-369-2503.

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.

Wednesday

Volunteer Food Prep

Dedicated volunteers prepare food for our community meals. 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 volunteer with lived experience who can help community members navigate and access local resources. Contact 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 Ajoy at asehgal@thealex.ca or 403-510-4223.

Root Troop

Dig deep and discover food and friends in the garden! Start seeds, grow plants, collect what's ready, and share what's plenty. Kids ages 8-12. Contact Audrey at analuz@thealex.ca or 403-617-3198.

Thursday

Seniors Kitchen

A hands-on cooking class that explores aging well through healthy eating, enhancing cooking skills, sharing food traditions, and making community connections that support well-being. 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 Bernadette at blumugdang@thealex.ca or 403-370-0807

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.

Fresh Skills with You and the Crew

Youth weave Indigenous Ways of Knowing and Learning with the 4 elements of Hip-Hop (MC, DJ, ArT, Breakdancing) while building skills in kitchen basics, zero-proof mixology and team work. Youth ages 14-24. Contact Gii at gmasters@thealex.ca or 403-312-6665

Friday

Fresh and Fare Community Market & Refillery

Purchase affordable fresh fruits and vegetables. Check out food demos featuring local and seasonal ingredients from the market. 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. 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 Joanna at jtschudy@thealex.ca or call 403-863-3953

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.

Want to volunteer with us?
Scan the QR code to join our
volunteer interest list.



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