

Fall 2025 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alumni 10:00 am - 12:00 pm <i>Dec 8</i></p> <p>Level Ground Gardeners Abundant Mondays <i>Drop-in</i> 1:00 pm - 3:00 pm <i>Sept 8 - Oct 10</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 <i>Sept 2 - Nov 25</i></p> <p>Scrappy Workshop 10:00 am - 1:00 pm <i>Sept 16, Oct 21, Nov 18</i></p> <p>Mind Your Food <i>(Youth ages 13-19)</i> 11:00 am - 1:30 pm <i>Sept 27*</i> 5:00 pm - 7:30 pm <i>Oct 7 to Dec 16</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>Scrappy Families 5:00 pm - 7:30 pm <i>Sept 10 - Oct 15</i></p>	<p>FoodFit 10:00 am - 1:00 pm <i>Sept 11 - Nov 27</i></p> <p>Market Prep Team 1:00 pm - 4:00 pm</p> <p>Tour the CFC 1:30 PM <i>Sept 4, Oct 2, Nov 6, Dec 4</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>Oct 24 - Dec 12</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.

Level Ground Gardeners, Abundant Mondays
Enjoy the garden's abundance! Get your hands dirty as you tend to good things growing in the garden and connections with friends. Drop in, no registration required.. Contact Jennifer at jpannett@thealex.ca or 403-617-3198.

Volunteer Food Prep
Dedicated volunteers help prepare food for our community meals. Contact Jennifer at jpannett@thealex.ca or 403-617-3198..

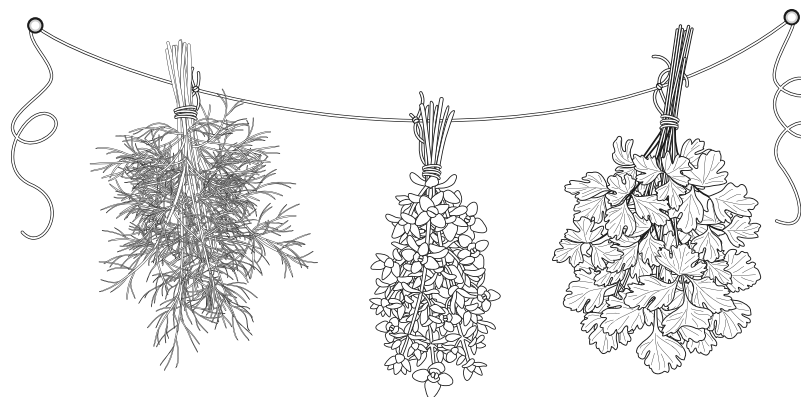
Drop-In Family Dinner
Kids and teens, bring your favourite adults - parents, friends or chosen family for a wonderful family dinner; Halal and veggie options. Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Tuesday

Scrappy Prep Team (Volunteers)
Dedicated volunteers create healthy and preserved “upcycled” food products for community to enjoy. Contact Jennifer at jpannett@thealex.ca or 403-617-3198..

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.

Mind Your Food
Youth ages 13-19 learn about food and nutrition, explore nature's bounty and build kitchen skills while making friends, sharing culture, and meeting inspiring community mentors. It's a space to connect, learn, and build skills that boost wellbeing. *First session is on Sat Sept 27th. To sign up, contact Gii at gmasters@thealex.ca or 403-312-6665.



Wednesday

Volunteer Food Prep
Dedicated volunteers prepare food for our community meals. Contact Jennifer at jpannett@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 Jen at jgnutel@thealex.ca or 403-970-5473.

Scrappy Families
Families team up to test out new ways to enjoy and preserve everyone's favourite fruits and vegetables. Learn how to reduce waste and eat well all while having fun together. To sign up, contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Thursday

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 Jennifer at jpannett@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 403-863-3953.

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 Contact Jen at jgnutel@thealex.ca or 403-970-5473.

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.

