

Winter 2026 Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community Action Training 10:00 am - 12:30 pm <i>Jan 19 to Mar 30</i></p> <p>Grounded Flavour Workshop Series 10:00 am - 12:00 pm <i>Jan 19, Feb 23, Mar 23</i></p> <p>Volunteer Food Prep 1:00 pm - 4:00 pm</p> <p>Abundant Mondays 2:00 pm - 4:00 pm <i>Starts January 19</i></p> <div><p>DROP-IN Family Dinner 5:00 pm - 6:30 pm</p></div>	<p>FoodFit 10:00 am - 1:00 pm <i>Jan 13 to Mar 31</i></p> <p>Mind Your Food <i>(Youth ages 13-19)</i> 5:00 pm - 7:30 pm <i>Jan 20 to Mar 31</i></p>	<p>Volunteer Food Prep 8:30 am - 11:30 am</p> <div><p>DROP-IN Community Lunch 12:00 pm - 1:00 pm</p></div> <p>Peer Advocacy Office 12:00 pm - 2:00 pm</p> <p>Dads in the Kitchen 5:00 pm - 7:30 pm <i>Mar 4 to April 8</i></p>	<p>Alumni 10:00 am - 12:00 pm <i>February 5, 2025</i></p> <p>Market Prep Team 1:00 pm - 4:00 pm</p> <p>Tour the CFC 1:30 PM <i>Jan 8, Feb 5, Mar 5</i></p>	<div><p>Fresh & Fare Community Market & Refillery 9:00 am - 11:00 am</p><p>DROP-IN Cafe 9:00 am - 11:00 am</p></div> <p>Peer Advocacy Office 9:30 am - 11:30 am</p> <p>Seniors Kitchen 1:30 pm - 3:30 pm <i>Jan 30 - Mar 6</i></p>

Program Descriptions

Monday

Community Action Training

Meet others who care about our community! Together, we'll learn about local resources, social justice, and community advocacy. We'll also explore meaningful ways to engage with the issues you care about, along with simple ways to care for yourself as you care for your community. Adults (childminding available upon request). Registration required. Contact Jen at jgnutel@thealex.ca or 403-970-5473.

Grounded Flavour Workshop Series

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.

Volunteer Food Prep

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

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.

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

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.

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. 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.

Dads in the Kitchen

Dads, or any family member, and kids learn how to prepare delicious and healthy family meals together. To sign up, contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

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

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.

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



4920 17 Ave SE



403-455-5792



www.thealexcfc.ca



goodfood@thealex.ca



@goodfoodyyc