

Fall 2026 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Grounded Flavour (Scrappy Workshop Series) <i>Dates TBD - details on back of the page</i> Volunteer Food Prep 1:00 pm - 4:00 pm  DROP-IN  Family Dinner 5:00 pm - 6:30 pm  Peer Advocacy Office  5:00 pm - 6:30 pm	Level Ground Gardening Group 10:00 am - 12:00 pm <i>Ends on October 27</i> Community Action Training 10:00 am - 12:00 pm <i>Sept 29 - Dec 1</i> Mind Your Food (Youth ages 13 to 19) 5:00 pm - 7:30 pm <i>Sept 22 - Dec 1</i>	Volunteer Food Prep 8:30 am - 11:30 am  DROP-IN  Community Lunch 12:00 pm - 1:00 pm  Peer Advocacy Office  12:00 pm - 2:00 pm Wise Ones Kitchen 3:00 pm - 5:00 pm <i>Nov 4 to Dec 16</i>	FoodFit 10:00 am - 1:00 pm <i>Sept 24 to Dec 3</i> Yes Chef! (Youth ages 13-19) 2:00 pm - 4:00 pm <i>Sept 24 to Dec 10</i> Market Prep Team 1:00 pm - 4:00 pm Tour the CFC 1:30 PM <i>Sept 3, Oct 1, Nov 5</i>	 Fresh & Fare Community Market & Refillery  9:00 am - 11:00 am DROP-IN Cafe 9:00 am - 11:00 am  Peer Advocacy Office  9:30 am - 11:30 am International Avenue Kitchen 1:00 pm - 3:00 pm <i>Nov 6 to Dec 11</i> Kids in the Kitchen 1:30 pm - 3:30 pm <i>Sept 25 to Oct 30</i>

Please see back of the page for more details 

Program Descriptions

Monday

Grounded Flavour (Scrappy 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 Joanna at jtschudy@thealex.ca or 403-863-3953 for workshop dates!

Volunteer Food Prep

Dedicated volunteers help prepare food for our community meals. Contact Nick at nbishop@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 vegetarian options. Contact Barb at bsheldon@thealex.ca or 403-466-1549.

Peer Advocacy Office

Drop-in or 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.

Tuesday

Level Ground Gardening Group

Enjoy the garden's abundance! Get your hands dirty as you tend to good things growing in the garden and connect with new friends. Contact Joanna at jtschudy@thealex.ca or 403-863-3953.

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.

Mind Your Food

Youth ages 13 to 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. Contact gmasters@thealex.ca or 403-312-6665.

Wednesday

Volunteer Food Prep

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

Drop-In Community Lunch

Drop-in and join us for a free, nutritious lunch. Adults and supervised children. Contact Barb at bsheldon@thealex.ca or 403-466-1549.

Peer Advocacy Office

Drop-in or 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.

Wise Ones Kitchen

A hands-on cooking class for community members 55 years old and above, 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.

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.

Yes, Chef!

Youth ages 13 to 19 build skills needed to work in commercial kitchens. Learn the basics—like food safety, cooking techniques, how a kitchen operates, and how to work well in a team environment! Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

Market Prep Team (Volunteers)

Dedicated volunteers sort, stock and prepare items for the Fresh and Fare Community Market & Refillery. Contact Nick at nbishop@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. Contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

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 Café

Drop in and connect with friends for good coffee and great conversations. Enjoy a simple, nutritious and seasonal café snack. Adults and supervised children. Contact Barb at bsheldon@thealex.ca or 403-466-1549.

Peer Advocacy Office

Drop-in or 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.

International Avenue Kitchen

Explore flavours from around the world and celebrate the rich cultural diversity of Greater Forest Lawn's community. Contact Ajoy at asehgal@thealex.ca or 403-510-4223.

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.

