

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>JUNE</p> <p>2023</p> <p>Social and Wellness Programs</p> <p><i>the alex.</i></p>				1	2	3
				Lunch 11am-1pm Beading Community 1:30-3:30pm WriteOn! 1-3:30pm	FoodFit* 11am-2pm	
4	5	6	7	8	9	10
	Elder in Residence 9:30am-4pm	Breakfast 9:30-11:30am Seniors Social Group 1- 2:30pm	Drop-in Art 1pm-2:30pm Queer Connections 3pm-4pm Elder in Residence 9:30am-4pm	Lunch 11am-1pm Beading Community 1:30-3:30pm WriteOn! 1-2:30pm	FoodFit* 11am-2pm	
11	12	13	14	15	16	17
	Elder in Residence 9:30am-4pm	Breakfast 9:30-11:30am Seniors Social Group 1- 2:30pm	Drop-in Art 1pm-2:30pm Queer Connections 3pm-4pm Elder in Residence 9:30am-4pm	Lunch 11am-1pm Beading Community 1:30-3:30pm WriteOn! 1-3:30pm	FoodFit* 11am-2pm	
18	19	20	21	22	23	24
	Elder in Residence 9:30am-4pm	Breakfast 9:30-11:30am Seniors Social Group 1- 2:30pm	Drop-in Art 1pm-2:30pm Queer Connections 3pm-4pm Elder in Residence 9:30am-4pm	Indigenous Cafe 11am-1pm WriteOn! 1-3:30pm	FoodFit* 11am-2pm	
25	26	27	28	29	30	
	Elder in Residence 9:30am-4pm	Breakfast 9:30-11:30am Seniors Social Group 1- 2:30pm	Drop-in Art 1pm-2:30pm Queer Connections 3pm-4pm Elder in Residence 9:30am-4pm	Lunch 11am-1pm Beading Community 1:30-3:30pm WriteOn! 1-3:30pm	FoodFit* 11am-2pm	

Indigenous Cafe: On the fourth Thursday of every month, the Community Kitchen cooks an Indigenous-themed meal/lunch with traditional foods, a land acknowledgement, and smudge, and opening words are shared with community members and staff, as well as traditional teachings around the food.

Traditional Plant Workshop: Sharing traditional plant knowledge for making all-natural home and body care products, land-based teachings, smudging, and building a relationship with the land. (Registration required, please contact registration@thealex.ca)

Queer Connections: Social group for all Alex community members who identify as queer. This group has a variety of activities from discussing queer topics, to playing games, to finding your drag persona!

Drop-in Art: This is a group for people to work on art projects of any kind without any requirements. All skill levels are welcome, and all supplies are provided.

Seniors Social Group: Consist of weekly meetings with topics such as aging, activity levels, and ways to get around challenges caused by physical restrictions. We will also be asking patrons for their participation on direction, interest, and knowledge in an effort to embrace our Alex community aging folks.

The Alex Write On!: This program has been designed and developed to provide learning and literacy programming (e.g., reading and writing skills training) to adult Alex community members. It has been running successfully at The Alex since 2016, originally called Lifeline to Literacy. (Registration required, please contact registration@thealex.ca)

Elder in Residence: Every Monday and Wednesday an Indigenous Elder will be available for teaching, smudge, and history. Elders will vary each day. Please reach out to Community Wellness Coordinator, Tamara Raine if you would like to book an appointment with the Elder. Appointments are not required but strongly recommended if you would like to visit with a specific Elder.

FoodFit: Participants learn about nutrition, gentle movement, making healthy lifestyle changes, and how to cook tasty and nutritious recipes in this 12-week program. Weekly 45-60 minutes food knowledge, 30-minute activity (i.e., walking), cooking 45-60 minutes, and then clean-up. Registration is now closed for this session. If you are interested in joining the next session email registration@thealex.ca