

QUARTERLY NEWSLETTER

ALIX BRIEFS

by the Alix and Area Community Resource Centre



IT'S BEEN 2 YEARS...

It has been two years since the doors to the Centre opened, we want to thank all of our supporters, partners and community participants for sharing this journey with us. September 8, 2020 was an exciting moment for the Alix Mirror Wellness Supports Society! We look forward to see what the future has in store...

Do you have plans for the fall and need a space? Our facilities are available to rent. Cost is \$25 per space per use. Contact us to book.



Services Available

- Information & Referral
- Resource Navigation
- Family Wellness
- Alix Food Bank
- Meals on Wheels
- Home Support
- Community Services
- Adult Learning
- Volunteer Services
- Wise Owls



**Monday to Thursday
10:00 AM - 4:00 PM**

Closed all statutory holidays

Bay 1, 5008 50 Ave, Alix, AB

403-396-3369

alixmirrorwellness@gmail.com

Follow us on social
@AlixandAreaCommunity
ResourceCentre

www.alixcrc.com

New Arrivals

Grief Support-

Everyone is welcome to take part, held monthly on the 3rd Thursday at 7PM. Gather with others who are experiencing loss in a welcoming and confidential space. This is an informal group, where you can choose to share at your own pace any past or recent loss.

Internet Cafe-

Stop by Monday mornings from 10:30AM-12PM, bring your technology questions and stay for a coffee. Our staff will help answer your questions.



Wellness Services

Henna Rose Massage and Wellness -
Therapeutic Massage, Myofascial Cupping, Prenatal
Massage & Reflexology. Contact 403-505-1324.

Sole Image Rejuvenation-
Reflexology, Indian Head Massage & Kansa Face
Massage. Contact 403-352-0788.

Feet Terrific Nursing Foot Care-
Advanced foot care services and treatments.
Contact 403-307-0542.

Foot Care by Kaitlin-
Advanced foot care, mobile and clinic foot care
services. Contact 587-377-6099.

On the Way Mobile Dental Hygiene -
A wide variety of dental hygiene services.
Contact 403-392-1020.

ON THE WAY
Mobile Dental Hygiene



Registration for the 2022-2023
Dance Season will open August 1st

Classes in Ballet, Tap, Jazz, Musical Theatre,
Contemporary, Hip Hop and ACRD-Dance!
For Ages 2-18
2 Week Classes and 7 Month Dance Options

Find Us @

www.alixdanceclub.com

Our online registration can be found on our website.
You can also find us on Facebook as Alix Dance Club.



After-Hours Activities

Did you know several after-hours activities are offered at our facility?? The Alix Dance Club offers 7 month and 12 week programs for ages 3-16 on Tuesdays. Contact 403-872-2158.

New this Fall! Dual Dragons Taekwon-do Schools is offering classes on Monday evenings.

Little Dragons- ages 4 to 5, Juniors- ages 6 to 9, Youth/Adult ages 10+. Contact 403-588-6478.

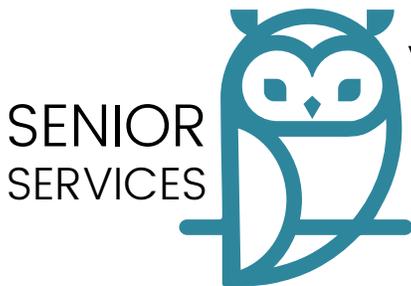
New schedule! Time for Tots, a playgroup for ages 0-5 and caregivers/parents, is hosted weekly on Fridays, from 10AM-12PM. Contact 403-598-4466.

Fitness Fun is back, beginning in October. Sign-up for facilitated, bootcamp-style, adult workout sessions. Contact 403-391-6539. Follow us to keep up with all activities, there is always something new for all ages!

WISE OWLS SENIOR SERVICES

Do you need help getting to appointments or with daily tasks? This program could be for you... Services include friendly visiting, menu planning & preparation, pet care, errand & social assistance, transportation, support liaison and home support. All service assessment interviews are FREE. Book Now!

packages
customized
to suit
your needs



WISE OWLS

Connecting & Touching Lives