OCT 2026 | | VOL. 25

QUARTERLY NEWSLETTER

ALIX BRIEFS

by the Alix and Area Community Resource Centre

Services Available

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

Senior Wisdom Draw Returns!
Stop in to take part in a fun project for entry to win a prize basket, draw on October 29...

Coming Soon!

Christmas in the Village:
Saturday, December 5
Get in the holiday spirit with FREE, fun activities and local shopping! Hosted at the Alix Community Hall. More details to follow...

2027 Health & Wellness Fair:
Sunday, January 31
Let us know if you have a service/ product you would like to share with Alix and Area. NO table fee! Hosted at the Alix Community Hall. Contact Jill, 403-588-5199.

Save the Date: Family Day Artisan Market and Activities, on Monday, February 15.

THANK YOU VOLUNTEERS

Alix Mirror Wellness Supports Society and Bashaw and District Support Services wish to thank our valuable volunteers for supporting us with fundraising shifts, during a busy season at major events this past summer. We Can't Say it Enough... Thank You!

Event:	# of Volunteers	# of Shifts:
Ponoka Stampede	67	117
Big Valley Jamboree	Carts: 10, Casino: 12	Carts: 28, Casino: 12

... We also recognize the dedication of those who give their time to continuously support our offerings throughout the year ...

of 2026 Volunteers: Meals on Wheels and Veggie Pick-up: 12, Youth: 4, Program and Events: 16, Board: 7

Holiday Programs...Apply after November 11 !

Alix & Area Santa's Anonymous: *Apply at the Centre, after Nov 11 . Open to Alix, Mirror, Tees and Lacombe County residents.* A vital program, ensuring every child in Alix and Area has a gift to open at Christmas, through the efforts of local partners and Lacombe Kinsmen. Applications available at the Centre, after Nov 11, more details to follow.

Feeding the Holidays: *Apply at the Centre, after Nov 11 . Open to Alix, Mirror, Tees and Lacombe County residents.* Do you need some extra help this holiday? Apply to receive a $75 voucher to supplement Christmas meal costs (voucher to Alix Foods) more details to follow...

Angel Tree: During December ... Place an angel on the tree at the Centre to name & honor a memory. Angels: $5 each.

Joy of Giving: Anonymous gifting for Alix and Area seniors and adults... Sign-up by December 15, and pick-up your gift by Dec 21 or 22. Donate or purchase a gift (drop off by December 17)!

Holiday Postcards:
Watch your mailbox for beautiful cards from the Alix MAC School in December!

HOLIDAY CLOSURE: December 24 & 31

...We Rely on Your Support...

This time of year we look forward to our annual **Giving Campaign**, a chance to give back through individual/ corporate donations or participating in fundraising events (see below). Follow along as we work towards our goal, from October to December. Plan to join in the fun, all in support of what we do!

50/50 Tickets - Draw Date: December 3 at 1PM. Sales begin October 1, good luck! Tickets are available online, at the Centre and local businesses. Proceeds support current and future programs for all ages.

Winter Escapes Online Auction - Hosted on Facebook during November 10 to 19. Bid on services, gift certificates and experiences (for example event & attraction tickets, bowling/dinner + movie, spa packages, fun family activities, etc.). We want to get you out of the house during the coming season! Get in touch with Jill (403-588-5199) if you wish to donate an item (drop off by Nov 2). Proceeds support current and future programs for all ages.

PROUD TO SERVE OUR COMMUNITY...
Thank you all who joined us, on September 10, 2026, at the annual Block Party & Community Registration Night- Participants, board members and community groups. A special mention to Red Deer Sport and Spine for sharing their info along with Alix Dance Club and Alix Rec Hockey. AND thank you Mandi Peterson for cupcakes!
-Alix Mirror Wellness Supports Society -

SELF-CARE MATTERS!

Tooth Travelers- Available to Book in Alix
Contact Victoria Pritchard, RDH . Mobile dental hygiene clinic, provided to you by Registered Dental Hygienists. We offer you a complete oral health care experience through a unique system of convenience and accessibility.
Direct billing to health insurance.
Call/ Text: 403-783-1365 or Email: victoria@toothtravelers.ca



Henna Rose Massage and Wellness- In Alix Weekly (Thursdays and Fridays)
Book with Melissa Perez or Sydnee Marcinek- Registered Massage Therapists
Services include massage, reiki, cupping and foot reflexology.
Billable to health insurance. 403-789-0111
Book online: https://hennarose.com/

HENNA ROSE
MASSAGE & WELLNESS

Foot Care by Kaitlin- In Alix Monthly (Tuesday)
Contact Kaitlin Nielsen- Foot Care Nursing
Advance nursing foot care, basic maintenance and hand/foot reflexology.
Diabetic and high-risk care, personalized foot assessment and care plan.
Book in home and clinic. 587-377-6099 https://footcarebykaitlin.ca/

Red Deer Sport + Spine- In Alix Weekly (Mondays and Thursdays)
Contact Noah Mulzet or Christina McArthur- Chiropractors.
Services include evidence-informed chiropractic adjustments, acupuncture, structured rehabilitation programs, specialized arthritis care,
Graston technique and cupping. Billable to health insurance. 587-815-9889
Book online: https://teamrdss.janeapp.com/

RDSS
RED DEER SPORT+SPINE

Hearing Evaluation and Cleaning Clinics are offered at our facility, contact us to book an appointment.

Did you know?... Medical services are now available at Bashaw Medical Clinic. We are a part of the region they serve, inquire directly. Call: 780-372-3740 or Email: bashawclinic@gmail.com

NO CHARGE - COUNSELLING FOR ALL AGES AVAILABLE

Connect with our Resource Navigator for referral, to book with Behavioral Health Consultant- Trish Rasmussen (MPCC-Provisional).

Active Living

Stop in or visit online to learn more about what is going on this season. We host programs and activities to help improve your health, quality of life and well-being. Current offerings include fitness classes and yoga!

Open Monday to Thursday, 10AM - 4PM

Closed all statutory holidays

Bay 1 & 2, 5008 50 Ave, Alix, AB

alixmirrorwellness@gmail.com
Follow us on social @AlixandAreaCommunity ResourceCentre
www.alixcrc.com
403-396-3369

For complete details on all upcoming events and programs visit online or contact us.