

QUARTERLY NEWSLETTER

Alix Briefs

by the Alix and Area Community Resource Centre

WE recognize your commitment and support for what we do! Thank you to all of the individuals who volunteered during Ponoka Stampede, rain or shine- you represented well. Proceeds from this fundraising event support programs for all ages at the Centre. Watch for more information coming soon on volunteer opportunities at Big Valley Jamboree (BVJ).

WELLNESS SERVICES ADDITIONS...

In recent months the service offerings at our facility have expanded! We are excited to announce: Moon Child Wellness & Energy Healing and Stettler Medi-Aesthetics. Visit their websites directly to learn more & book in Alix!

SERVICES FOR OLDER ADULTS

If you are needing extra support at home or with your daily routines, we may be able to help. Programming for older adults now includes Meals on Wheels, transportation to medical appointments and Wise Owls- basic home support and extended outreach services. Please contact us to learn more about fees, eligibility, how we can assist you and to arrange services.

SUMMER HIGHLIGHTS

Veggie Delivery: Please note the following changes... **Veggies are pre-packaged into individual portions. Limit to ONE bag per HOUSEHOLD. Veggies will be available for pick-up on Tuesday, as of 1PM.**

We kindly remind the weekly delivery, courtesy of Pik-N-Pak Produce Ltd. is a gift to our community and brought to us by volunteers. Your patience is appreciated as we shift the way we offer programming. Our goal is to meet the high demand and share with as many community members as possible. Many individuals benefit from access to fresh and free produce which we are grateful to offer.

NEW Summer Schedule- Cub Crew: Bring your crew out for some summer fun! Ages 0-6, siblings welcome. Mon & Thurs, 1PM-3PM.

ADULT/SENIOR OUTINGS AND ACTIVITIES:

- Jul 25- Norwegian Laft Hus in Red Deer**
- Aug 8- Lacombe Mural Tour (Destination Update)**
- Aug 22- Stettler Museum**

Cost is \$10/per outing for transportation. *Meet for pick-up, 10:30AM at Alix CRC. Return in the afternoon.* CALL to register for outings! *Please bring cash or a bag lunch. Meals are not provided.*

Presenting in partnership with Options Inc and Alix CRC

Beach Days

SATURDAY, AUG 17, 12PM-4PM

Scavenger hunt, money dig, raft race, frozen t-shirt race and carnival games at Alix Lake Beach. All ages welcome!

NAV CORNER

Have you heard of the Post Retirement Benefit (PRB)?

If you work while receiving your Canada Pension Plan (CPP) you may increase your retirement income with a lifetime benefit. To find out more on how this works and if you are eligible, visit Service Canada online or meet with our Resource Navigator for assistance.

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-post-retirement/eligibility.html>

LET'S BUILD COMMUNITY

Volunteerism strengthens communities...

Alix Mirror Wellness Supports Society is very proud to be able to serve Alix & Area. Each action we take impacts our community- your efforts as volunteers encourages growth and creates positive change where we live. Consider helping out during BVJ... Another great way to get out, socialize, be a part of a major event and support a great cause.

We are recruiting for Big Valley Jamboree, Aug 1-4!

Rock Ninja:

Rock Ninja runs throughout the summer and encourages you to explore and enjoy our community. Keep watch for the rocks, labelled 'AlixCRC' and bring them back to the Centre to be entered in a monthly draw during July and August.

Next Connecting Clans

Community Art In The Park
Monday, August 12, 6:30PM-8PM
at Heritage Park beside the Centre.

Block Party + Registration Night

Monday, Sept 9, 6:30PM-8PM
at the Centre.

Follow us on social @AlixandAreaCommunityResourceCentre

www.alixcrc.com



Bay 1 & 2, 5008 50 Ave
Alix, AB

For complete details on all upcoming events and programs visit online or contact us.
403-396-3369 alixmirrorwellness@gmail.com

July

Monday	Tuesday	Wednesday	Thursday	Friday
01 Closed	02 Closed	03 OUTING Summer Kick-Off! Deer Valley Meadows (Wall Climbing + Ziplining) Departure: 11:00 AM Pick Up: 5:00 PM	04 CENTRE In Alix Park Fun!	05 Closed
08 Bashaw Youth Camp 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 12PM-4PM)	09 Bashaw Youth Camp 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 12PM-4PM)	10 Bashaw Youth Camp 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 12PM-4PM)	11 Bashaw Youth Camp 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 12PM-4PM)	12 Bashaw Youth Camp 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 12PM-4PM)
15 CENTRE Gnomes and Fairies	16 OUTING Barney's Adventure Departure: 9:00 AM Pick up: 4:00 PM	17 OUTING Night at the Centre: Glow in the Dark Party 5PM-9AM (NO DROP IN)	18 CENTRE Heritage Day	19 Closed
22 CENTRE Everything Nature Day	23 CENTRE Art in the Park	24 OUTING Update: Edmonton Zoo Departure: 9:00 AM Pick up: 5:00 PM	25 CENTRE Art in the Park	26 Closed
29 Swimming Lessons + Spray Park 9:00AM - 4:00PM (DROP IN: Anything Goes, 11AM-4PM)	30 Swimming Lessons + Alix Beach 9:00AM - 4:00PM (DROP IN: Anything Goes, 11AM-4PM)	31 Swimming Lessons + Deer Valley Meadows (Slip'n Slide) 9:00AM - 4:00 PM (DROP IN: Anything Goes, 11AM-4PM)	01 Swimming Lessons + Messy Art 9:00AM - 4:00PM (DROP IN: Anything Goes, 11AM-4PM)	02 Swimming in Stettler 9:00 AM - 1:00PM NO Drop-in

Subject to Change

August

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01	02
05 Closed	06 CENTRE Sports Camp	07 OUTING Update: Blackfalds Abbey Centre Departure: 9AM Pick up: 4PM	08 OUTING Deer Valley Meadows (Zipline and Archery) Depart: 1PM Pick Up: 4PM	09 CENTRE Sports Camp
12 CENTRE Art in the Park	13 OUTING Lakeside Go Carts + Golf Depart: 9AM Pick Up 5PM	14 OUTING Night at the Centre Tye-Dye Party 5PM-9AM	15 CENTRE Science Fun!	16 Closed
19 Swimming Lessons + Spray Park 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 11AM-4PM)	20 Swimming Lessons + Alix Beach 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 11AM-4PM)	21 Swimming Lessons + Stettler Muesum 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 11AM-4PM)	22 Swimming Lessons + Messy Art 9:00 AM - 4:00 PM (DROP IN: Anything Goes, 11AM-4PM)	23 Swimming Lessons in Stettler 9:00 AM - 1:00 PM NO Drop-in
26 CENTRE Everything Nature Day	27 CENTRE Art Attack	28 CENTRE Sports Day: Track & Field	29 OUTING Summer Send-Off! Deer Valley Meadows	30 Closed

Summer Activities for Children & Youth

All youth attending school in the fall are welcome to join us for fun activities and adventures this summer.

Drop-in: 11AM-4PM

(Some days will have special start times, see calendar.)

Fee: \$50 monthly or \$10 drop-in
A one time waiver and registration package will be required.

Please call to sign up!
403-396-3369

Swimming Lessons

July 29 - August 2 or August 19-23

Swimming lessons for children and youth who will be Age 5 by Dec 31, 2024.

Stettler Recreation Center
Cost: \$90 per child for the week
(Includes Lesson and Bussing)
9AM-4PM

Must be preregistered 2 weeks in advanced.
+
Fun activities planned for after swimming!

Night At The Center

Stay with us for a night at the center from 5PM-9AM!

Includes meals and fun activities!
Alix Youth Center: July 17 - 18 and August 14 - 15.
Must bring sleeping bag, pillow, pjs, ect.

Outings

Join us for fun adventures throughout the summer!

When joining us for the summer, please be sure to bring the following:

- Lunch + snacks
- Money for extras if needed
- Proper footwear + jacket

NO DROP IN DURING OUTINGS

MUST PREREGISTER FOR ALL THE ABOVE EVENTS

Thank you for helping make summer programs possible:

- ~ AB Lottery Grant ~
- ~ Bashaw & Area Community Resource ~
- ~ Bashaw Youth Drop-in Foundation ~
- ~ Alix Village Shoppe ~



Bay 1 & 2, 5008 50 Ave
Alix, AB

A Regional Partnership