

QUARTERLY NEWSLETTER

ALIX BRIEFS

by the Alix and Area Community Resource Centre

AMWSS Update

Our board continues to evolve. We have had some members who have moved on to take roles within the Centre, as well some new members have joined the board. Our AGM is scheduled for May 26 at 7:30PM.

We welcome our community to attend and learn more about us.

Alix Mirror Wellness Supports Society appreciates all of our generous supporters. Your recent donations and efforts have assisted with the expansion of our space to include the NEW Community Connections Activity Centre (Bay 2), to sustain existing programs as well to launch new programs like Connecting Clans and Winter Wishes. A special thank you to:

Last of 2021- Ron Wasylenko, Val Humphrey, Earl Slack, Barb Stevens, Four C Simmentals & Bison Ltd. Howard & Helen Copland, Fred Ball, Western Financial, Ember Resources.

2022- John Scwheer, Wayne Rider, Don & Marion Madsen, Rahr Malting, Alix Village Shoppe and FCSS (Village of Alix).

All donations are recognized, any size, and visible on the growing Giving Tree! Stop in to find your leaf or see past donors.



This stretch of the season can feel long.

For the remainder of the month, we have a Winter Wishes program to help you get through the last of winter.

This is for anyone local to Alix, Mirror, Tees or the surrounding area.

3 Ways to Fulfill a Winter Wish:

1. Visit us for a complimentary gift.

2. Sign-up for a Winter Hamper, if you are in need of extra supports.

3. Give a donation to support a Winter Hamper.

Reach out, we would love to see you or hear from you!

Runs from March 7 - 31.

Services Available

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



**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 This Month

Puppy Yoga

Mar 11, 7PM-8PM & Mar 26, 1PM-2PM

*All welcome, children under age 12 must attend with an adult or older sibling. Sign-up by the Thursday before. Donations welcome. Puppies provided by Saving Grace.

Visions Country Gospel Performance and Strawberry Tea

Mar 27, Tea & Strawberry Shortcake, 1:30PM & Performance, 3PM

All welcome, entry by donation. Register by Mar 24.

Wellness Service Addition

We are pleased to announce that Dental Hygiene appointments are now available!

On The Way Mobile Dental Hygiene offers a wide variety services and direct bills.

To book, get your pre-registration form available at the Centre. For more information, visit www.onthewaymobiledh.com or call 403-392-1020.

Income Tax Assistance Program

CRA trained volunteers can help file FREE basic income tax returns. For seniors and individuals with low to modest incomes and simple tax situations.

Contact us to see if you are eligible and to sign-up.

Drop off your tax information during March or April.

All returns will be filed starting April 1st.

On the Horizon...

- Nurse Practitioner
- Foot Care
- Chiropractor
- Art Sessions
- More Cooking Classes

If you would like to offer wellness services in our area or would be interested in facilitating an activity we would love to hear from you.



Family Day, Feb 21
Highlights

Next Event: Minute to Win It!

Save the date for the next Connecting Clans, on March 28. We can't wait to see you at these NEW monthly events.

The first event was held in February on Family Day, a very fitting holiday to celebrate and be together.

What is Connecting Clans all about? 'Clans' refers to, 'a group united by a common interest or common characteristics'... In this case, the common purpose is to nurture bonds and strengthen community. Basically, we want you to spend time with those who are special to you. That could mean attending together as adult/child, caregiver/child, siblings, partners, family or friends. These events are open to all community members. *Children under 12 must be accompanied by an adult or older sibling.*

This is all about having fun and spending quality time together. On March 28, take part in Minute to Win It activities, from 6:30PM-8:30PM. More details to follow.