

QUARTERLY NEWSLETTER

# ALIX BRIEFS

by the **Alix and Area Community Resource Centre**

## 2023 FALL GIVING CAMPAIGN

# Online Facebook Auction for a Cause

**Nov 1-8****Winter Escapes**

Are you interested in donating an auction item or a monetary donation towards a package for the auction? We are looking for: Services, Gift Certificates, Experiences. Basically we want to get you out of the house during the coming season! (For example ski passes, sporting events, bowling passes, dinner + movie, etc.)

To be a part of this fundraiser, get in touch by October 25. 403-588-5199



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

\*Closed all statutory  
holidays\*



Bay 1 & 2  
5008 50 Ave, Alix, AB

**403-396-3369**

## THANK YOU FROM ALIX MIRROR WELLNESS SUPPORTS SOCIETY

THANK YOU VOLUNTEERS for working with us at Ponoka Stampede and Big Valley Jamboree this summer. Your efforts helped us raise over \$10,000. **Please know you are so valued!**

### HIGHLIGHTS

~We are very fortunate to be able to offer fresh veggies to our community, available weekly at the Centre (on Tuesdays typically). Thank you Pik-N-Pak Produce, for sharing such a wide assortment of produce. This is available to Everyone.

~This fall we are promoting connection and wellness, through sharing our love of puzzles... Stop in to check out the Community Puzzle Exchange selection! Take one and help yourself or bring in your old puzzles... Swap and trade with other puzzle lovers.

~Looking ahead to the New Year, we will be hosting our 3rd annual Health & Wellness Fair, in January 2024. Please get in touch if you have a service or product that you would like to share with Alix & Area. Date TBA. Watch for more details coming soon.



### **Baby Clinic Update!**

Routine child immunizations can be booked monthly. Call Stettler Health Unit directly, to book (403-742-3326). Note: This only applies to children 6 months or older, to book routine immunizations.

**Cub Crew:** Join us for some parent/ child adventures, for ages 0-6, every Thursday from 1PM-3PM. Registration is not required, but if you can let us know that you plan to attend this will help for planning! [frnlacombe@gmail.com](mailto:frnlacombe@gmail.com)

### **Family Resource Network**

### **Alix After-School**

Some new things are happening at the drop-in program after-school on Tuesday/Wednesday/Thursday. Please note the new time, 3PM-5:30PM, and we will have daily planned activities. The format of this program is still drop-in for ages 8+, no need to register, and the participating in activities is voluntary.

#### **AND**

Watch for **pop-up adventures** on Mondays and Fridays. The first event will be on Monday, October 23, 3:30PM-5PM. Haunted House & Pumpkin Carving  
For ages 6-13, please register. Please contact Heather to attend: [heather.darnell@mcmancentral.ca](mailto:heather.darnell@mcmancentral.ca)

## **We are hiring!**

### **Family Wellness Worker**

Assignment: Part-Time position (15 hrs/wk approx) in Alix, AB. Specific details regarding this position can be obtained from: Alix & Area Community Resource Centre  
Interested candidates are invited to submit applications to:

Jill Hillman, Executive Director  
Alix Mirror Wellness Supports Society  
Box 715  
Alix, AB TOC 0B0  
Fax: (403) 747-2082

**Senior Fun Addition:** Attend weekly on Thursdays from 1PM-3PM and play BINGO on the 1st & 3rd Thursdays. Coffee & Socialize!

## **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**



## **Services Available**

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

[alixmirrorwellness@gmail.com](mailto:alixmirrorwellness@gmail.com)

Follow us on social  
[@AlixandAreaCommunityResourceCentre](https://www.facebook.com/AlixandAreaCommunityResourceCentre)

[www.alixcrc.com](http://www.alixcrc.com)

## **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.

For complete details on all upcoming events and programs visit online, or contact us, 403-396-3369.