

Send us  
your  
Lookin' Good  
Fox Creek  
photos



communications@foxcreek.ca



## You Look Marvelous



Sept, 2022

# RES OUR CES

When you have an opportunity, take a good old-fashioned family drive through town. We think you'll be impressed.

Town crews, property owners and community groups have made impressive upgrades to our aesthetic. Fox Creek is Lookin' Good. Making a great first impression goes a long way to promoting our town and influencing visitors.

But, it isn't just what's on the outside that counts.

In these post-covid times, not-for-profits, groups, and sports leagues are working their way toward revitalizing. Our most cherished organizations, the heart of community, are making concerted efforts to re-establish. They need your support.

Recreation programs and CRC support services are better than ever. With over 60 new or returning programs on offer this fall, including one of our favourites, The Fun Run returns October 1.

There are numerous ways to catch up, or keep up, with Fox Creek's resources:

- Social Media
- Community Calendar (QR code below)
- CRC and recreation program display boards at the Multiplex and CRC office
- Newsletters, program brochures
- Electronic sign
- [www.foxcreek.ca](http://www.foxcreek.ca)

Fox Creek, you really do have it all.

**Believe it.**





■ Road Rules

■ Bike safety

■ Courtesy

+
Caught
=

35

Positive Rewards Road Safety Program | This Summer



# BOOK CLUB



**Sept 21,  
7 pm  
At the CRC**

  
**Sept**  
at the library



**Mon-Fri 10-8pm  
Sat 10-3pm  
780-622-2343**



**Explore our collection of indigenous resources  
available, and pick up a FREE pin**

# TINY ART SHOW



Visit this September Exhibit

**The First Step**  
Newcomers Support Group



**Sept 22, 4-6PM at the Multiplex 2nd floor**



## We offer

- English language tutoring
- Reading and writing support
- Computer help
- Family literacy programs
- Math help
- Budgeting
- Computer lending



**Community Resource Centre**  
103 2A Avenue—2nd Level  
Fox Creek Greenview Multiplex



1 (780) 622-3758



Nickie Ballard-Amos  
adulted@foxcreekcrc.ca



www.foxcreek.ca



Fox Creek Community Resource Centre

## Tech Help

*At the Community Resource Centre*

Tuesdays & Thursdays  
2PM - 4PM

Drop-ins Welcome

## TRAVELING BUSINESS INCUBATOR

LOOKING TO START, GROW OR SELL YOUR BUSINESS?  
Book your appointment today with a small business specialist.  
Fox Creek Community Resource Centre, 3<sup>rd</sup> Tuesday of each month

emaccormac@albertacf.com      yellowheadeast.albertacf.com

OCT 4 - DEC 15  
TUES WEDS THURS 5PM - 8PM

## GED PREP CLASS

Cost: \$300  
Includes 100 Hours of GED Preparation  
Books & Calculator

✉ adulted@foxcreekcrc.ca  
☎ (780) 622-3758  
👤 Nickie Ballard-Amos

**Register Today!**

Subsidies available upon approval

SEPT. 28 | 6:00-7:30PM  
MULTIPLEX FLEX ROOM

## DINNER AND PRESENTATION

Join us for dinner and meet the Leading Change™ team from Alberta Council of Women's Shelters! Learn about how to recognize signs of Elder Abuse and Domestic Violence, how and where to reach out for help, and how to support loved ones

For more info or to register, please  
call the CRC 780-622-3758



FOX CREEK COMMUNITY ADULT  
LEARNING PROGRAM

## AFTER-SCHOOL HOMEWORK HELP PROGRAM

Call the CRC at 780-622-3758 to book an appointment



This is for parents needing assistance in helping their children with their homework - Children are welcome to attend with parents



**October 26** Problem Solving  
Course ID# 8121

**November 2** Positive Activities  
Course ID# 8122

**November 9** Managing Reactions  
Course ID# 8123

**November 16** Helpful Thinking  
Course ID# 8124

**November 23** Healthy Connections  
Course ID# 8125

Call to find out more information  
on each workshop

**All Workshops run from 6:30-7:30**



### SUPPORT SPOTLIGHT

Wellness Exchange Workshop Series  
5 free Skill building workshops, focusing on increasing our ability to cope with change, build resilience, and improve overall well-being; presented in partnership with Alberta Health Services, Mental Health. Register for all 5 workshops, or just the ones of interest to you.

To Register:

Call the Allan & Jean Millar Centre  
780-778-3637 ext. 0

Join this companion virtual,  
secure, supportive group  
which meets on:  
Wednesdays, 6-7:30PM  
September 21-November 9

Contact Sarah to register  
403-390-3334

[Sarah.houston@kindred.ca](mailto:Sarah.houston@kindred.ca)

# University Studies

With Supported Distance learning at NLC,  
you can receive quality,  
undergraduate-level education right  
from your home community!

## Apply Today!

Earn credits towards NLC certificates and diplomas  
or transfer credits to another institution towards a  
variety of programs.

## University Studies

Classes are available anytime, anywhere,  
full time or part time.

Check out the University of Calgary  
Community-Based Bachelor of Education  
program, offered in partnership with  
Northern Lakes College.



**NORTHERN LAKES  
COLLEGE**

[www.northernlakescollege.ca](http://www.northernlakescollege.ca)  
1-866-652-3456

This month's wellness blog is all about swimming! Water can be intimidating ... especially if you haven't been to the pool in a while or you're lacking confidence in your swimming abilities. I'm here to inspire you to make the trek to the Chevron Aquatic Centre and GET IN THE WATER!

Water boasts many health benefits! It gets your heart rate up while taking some of the impact and stress off your body. Swimming builds endurance, muscular strength, and cardiovascular fitness. It can help you maintain a healthy weight, healthy heart, and lungs. If you are someone that experiences any kind of knee/hip/back pain that becomes aggravated with conventional exercise like walking, running, etc. then water is a great low-impact alternative for you!

According to Hiofumi Tanaka, a professor of Kinesiology and Director of the Cardiovascular Aging Research Lab at the University of Texas- "...being submerged in water means your bones and muscles are somewhat unshackled from the constraints of gravity. This makes swimming the ideal exercise for people with osteoarthritis, for whom weight-bearing exercise can be excruciatingly painful." According to Tanaka's research of people with osteoarthritis, swimming decreases arterial stiffness, a risk factor for heart trouble. More of his research has linked swimming with decreased blood pressure among people with hypertension. Tanaka also suggests that "the coolness and buoyancy of water are also appealing to people who are overweight or obese, for whom load-bearing aerobic exercises like running may be too hot or uncomfortable".

How you breathe during a swimming workout is another big differentiator, says David Tanner, a research associate at Indiana University. During a run or bike ride, your breath tends to be shallow with a forceful exhalation. With swimming, it's the other way around, says Tanner. "You breathe in quickly and deeply, and then let the air trickle out." Because your head is underwater when you swim, this may improve the strength of your respiratory muscles, Tanner says. "This kind of breathing keeps the lung alveoli"—the millions of little balloon-like structures that inflate and deflate as you breathe—"from collapsing and sticking together."

Don't be fooled- your body is working hard when you're in the pool. Water is denser than air, so moving through water puts more external pressure on your limbs than out-of-water training, some studies have shown. Even better, that pressure is uniformly distributed. It doesn't collect in your knees, hips or the other places that bear most of the burden when you exercise with gravity sitting on your shoulders, like running.

Now if you've made it this far, I'd like to invite you to the beautiful Chevron Aquatic Centre for none other than a swim! Every Wednesday, we have an Aquasize class from 12-1pm. If that's not your thing, we have Lane Swim scheduled daily from 12-2pm and 8-9pm M-F. If you'd like to improve your current swimming ability, please reach out to us at the Fox Creek Greenview Multiplex and we'd be happy to schedule a private swimming lesson for you.





# Junior Lifeguard Club

CHEVRON AQUATIC CENTRE

## Fall Session

**Thursdays/ Oct 13-Dec 1**

**Ages 8-11 5-6pm**

**Ages 12+ 6:10-7:40**

Are you interested in expanding your swimming skills while learning lifesaving skills and rescues?

**members \$65**

**non-members \$85**

\*min required participants required for each group



# multi plex

**622-2511**

# Fall Swimming Lessons

CHEVRON AQUATIC CENTRE

**Tuesdays / Oct 11-Nov 29**  
**\*Parented\*** Preschool 1/2 5:45-6:15 \$40  
 Swimmer 1/2 6:20-6:50 \$40  
 Preschool 3/4/5 6:55-7:25 \$40

**Wednesdays / Oct 12-Nov 30**  
 Preschool 3/4/5 5:30-6:00 \$40  
 Swimmer 5/6 6:05-7:05 \$50  
 Swimmer 3/4 7:10-7:40 \$40

**Thursdays/ Oct 13-Dec 1**  
 Junior Lifeguard Club 5:00-7:40 \$65  
 2 age groups (8-11 & 12+)

Additional fees apply for non-members

**Registration opens September 26th**

**Preschool 1/2**

**MUST BE ACCOMPANIED, in the water, by a parent or guardian**

# Standard First Aid

+CPR "C" & AED

**September 10 & 11**

**9:00am-5:00pm**

**\$150 + GST**

Flex Room @ Fox Creek Greenview Multiplex

\*not limited to candidates on the Lifeguard pathway- course is open to all

This program is Government of Alberta Workplace Approved



**LIFESAVING SOCIETY®**  
*The Lifeguarding Experts*

# Pool Closure

THE CHEVRON AQUATIC CENTRE  
 ANNUAL SHUTDOWN WILL TAKE PLACE  
 SEPTEMBER 19TH - 30TH 2022

REGULAR SHUTDOWNS HELP KEEP OUR  
 EQUIPMENT AND FACILITY OPERATING  
 SMOOTHLY YEAR ROUND WITH MINIMAL  
 CLOSURES



## FITNESS CENTRE ORIENTATION

**Thursday, September 15**

**3:45-4:45**

### Did you know?

If you are 12-17 years old, our fitness centre orientation is compulsory.  
 Contact Reception to register

## Regular Schedule

**Aquatic Centre**



### Public Swim

Daily 2- 8PM

### Lane swim

Daily 12- 2PM

Monday-Friday 8—9PM

### Walk and Jog

Monday and Friday 12-1PM

### Aquasize

Wednesday 12-1PM

# VOLUNTEER AND EMPLOYMENT



## Administration

*Safety and Emergency  
Management Coordinator*

## Community Resource Centre

*Facilitator*

Full job descriptions at:  
[foxcreek.ca/employment-opportunities](http://foxcreek.ca/employment-opportunities)



## LOOKING FOR A SIDE HUSTLE? SOME EXTRA CASH?

### NOW RECRUITING FOR

- Tutors: Math, English, Computers, etc
- Instructors: Share your skills & knowledge
- Facilitators to support programs



**CONTACT NOW**

**780.622.3758**  
[adulted@foxcreekcrc.ca](mailto:adulted@foxcreekcrc.ca)



## Fox Creek Community Adult Learning Program

# WE WANT YOU!

Two volunteer Board Member  
positions available

Interested applicants should have a  
passion for life long learning and live in  
the Fox Creek Area

Send a Letter of Interest to  
[adulted@foxcreekcrc.ca](mailto:adulted@foxcreekcrc.ca)  
or Call 780-622-3758 for more information

Alberta Education



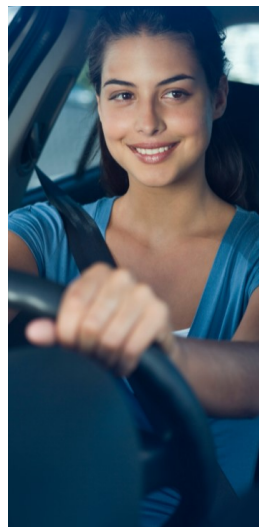
## Volunteers Needed!

Our volunteer driver program is  
looking for volunteers. This  
opportunity may be for you if:

- you have a clean driving record
- you can drive in the city
- you enjoy helping people

Compensation is provided for fuel.

Interested? Call the CRC for more  
information or to get started as a  
volunteer 780-622-3758



## Connecting Neighbours Program

Help others around our community with things like:

- ☒ Running errands
- ☒ Getting to appointments at the Fox Creek Hospital or Clinic
- ☒ Going for coffee

Call the CRC at 780-622-3758 to find out more!



## Billet Families Needed \$500 per month

Contact Dean Whitney (Coach / Owner) (780) 622-5737  
[dean@foxcreekjuniora.com](mailto:dean@foxcreekjuniora.com)