



Oct, 2022

**RES
OUR
CES**

Municipal By-Election Nominations are Open

Councillor Chris Stadnyk has recently resigned. He was first elected in 2013. He has contributed for 5 years, and most recently served on the Legacy Scholarship, Alberta Care, and the Peace Airshed Association committees. Thank you Councillor Stadnyk.

The next Alberta municipal general election occurs October 20, 2025. However, because the general election is more than 18 months away, the Town must prepare for a by-election to fill the vacant seat.

Nominations are open now and until October 24, 2022. Following the deadline, an election date will be set.

Potential candidates, and nominators are encouraged to review the QR linked resources provided.



Town info and forms



*Alberta requirements
for municipal office*



ADULT EDUCATION

FOX CREEK COMMUNITY ADULT
LEARNING PROGRAM

AFTER-SCHOOL HOMEWORK HELP PROGRAM

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



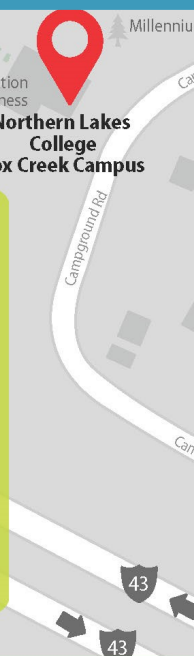
Visitor Information
Center and Fitness

Northern Lakes
College
Fox Creek Campus

Stop in and visit
us at the Northern
Lakes College
campus right here
in Fox Creek!

Monday to Friday
8:15 a.m. – 4:30 p.m.

See how you can access
post-secondary education
right from your home
community!



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, 3rd Tuesday of each month

emaccormac@albertacf.com

yellowheadeast.albertacf.com

The First Step Newcomers Support Group



Oct 20, 4-6PM at the Multiplex 2nd floor

BOOK CLUB



Oct 26,
7 pm
At the CRC

Ladies Craft Night

October 11
7:00pm - FCGM Flex Room

BRING A PROJECT WITH YOU TO WORK ON WHILE ENJOYING THE COMPANY OF OTHER CRAFTERS.



MEN'S NIGHT

October 18, 6:30PM
BW Lounge
206 Highway Ave.
18+ welcome

Free appetizers

ADULTS AND SENIORS

October Seat Belt Safety

Click-it or **Ticket**

SENIORS Coffee & CONVERSATION

Tuesday October 4
2:00 pm
Upper Level-FCG Multiplex

SENIORS BINGO

OCTOBER 18
7:00 PM AT THE
SENIORS GOLDEN CIRCLE CENTRE

FOR MORE INFORMATION ABOUT SENIORS PROGRAMMING CALL
THE FOX CREEK COMMUNITY RESOURCE CENTRE AT
780-622-3758



event and
program
calendar



Home Games

October
7, 8, 15, 22, 29



Pumpkin Carving
Friday, Oct 21
6-8PM

Kids Night Out

Oct 28, 5-9PM

Haunted House
Monday, Oct 31

4-6PM *sorta scary*

6-8PM *scream worthy*

Spooky Swim

Saturday, October 29
3-8PM

Registration and/or
nominal additional fees may apply.
Contact the Multiplex :
780-622- 2511



Oct

at the library

Mon-Fri 10-8pm

Sat 10-3pm

780-622-2343



Sculpt and paint a
**DRAGON
EYE**

Ages 12-18

Two sessions

Oct 13, Oct 14

5-7PM

Two sentence horror story

Contest open to all ages

Email to foxcreeklibrary@yahoo.com

1st, 2nd, 3rd place stories will receive a gift card

Winner will be contacted Nov 1, 2022



Youth FITNESS CENTRE ORIENTATION

Tuesday, October 18

3:45-4:45

Did you know?

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

Chat and Chill

Every Wednesday

3:30-5:30PM

Tween Get Together

Oct 3 3:30-5PM

Grades 4-6

TEENS AND TWEENS

Why is goal setting so important? Well, for starters, it helps you take control and direction of your life and gives you focus. We often set goals for ourselves unknowingly. However, making the conscious decision to create goals for yourself can be even more beneficial than not. One of the most commonly adopted goal setting tools (you may have heard of it!) is SMART .

Specific * Measurable * Attainable * Realistic * Time-bound

The purpose behind SMART goal setting is to make your goal specific so you can clearly track your progress and know whether or not you have met the goal. It is also very valuable to write goals down, as they then become more tangible and a visual reminder of what you're working towards!

A common goal you hear people say, is "I want to lose weight". How do we make that a SMART goal? Well, first it must be specific- I want to lose 10 lbs in 10 weeks. Then, it has to be measurable. In this case, weight can be measured with a scale. Next, is it attainable? With weight loss, we often overestimate what we want to lose, and underestimate the time it will take to achieve that. Sustainable weight loss is approximately half a pound to one pound lost per week. In this case, the goal of 1 pound per week is in fact attainable. Is it realistic? Do you have any big events coming up or travel plans that could de-rail this goal? And lastly, time-bound.

The time frame for this goal is 10 weeks so there is a definitive end date.

We can set goals for anything... whether it's a health-related goal, a financial goal, a productivity goal... it could be anything. Maybe you want to save x amount of dollars each month for a trip, or eat a green vegetable every day, or start training for a marathon!

For best success, it is also recommended that you tell someone about your goal to help keep you accountable.

Can you think of anything you'd like to set a goal for this upcoming month?

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



Due to compromised indoor air quality the TOWN office has moved to the **Protective Services Building**, until future notice. **We are open for business.**
108 Kaybob Drive

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

AGE RESTRICTIONS

AGES 0-9

All children under the age of 10 **MUST** have a guardian that is 14 years or older in the building

AGES 0-7

All children under the age of 8 **MUST** be accompanied **WITHIN ARM'S REACH IN THE WATER** by a guardian 14 years or older **AT ALL TIMES** in the Chevron Aquatic Centre



LIFESAVING SOCIETY®
The Lifeguarding Experts

AQUA ZUMBA

POP UP CLASSES @ 6PM
OCTOBER 14, 17, 21, 24

Included with membership or drop-in rates apply

Monday, October 10

HAPPY Thanksgiving

Multiplex is open
9AM -9PM

Town office is not

VOLUNTEER AND EMPLOYMENT



Administration
*Safety and Emergency
Management Coordinator*

Community Resource Centre
Facilitator

Full job descriptions at:
foxcreek.ca/employment-opportunities

CALP
**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

**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

Fox Creek COMMUNITY RESOURCE CENTRE **FCSS** COMMUNITY SERVICES

**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
or Call 780-622-3758 for more information

Alberta Education **CALP**

What they said
**The Town of Fox Creek also has
various board seats available**
Subdivision and Development Appeal Board
Joint Economic Development & Tourism Board
Contact 780-622-3896



Billet Families Needed

Contact Corey Gagnon (780) 622-7585

\$500
per month