



## Women's Health April Events for Teens and Adults

This month is all about women's health, and features two events you won't want to miss!

Kayla Weiten, loves fitness and loves this town. Kayla, a resident of Fox Creek, massage therapist since 2005, yoga instructor since 2012 and recently a **b.class®** instructor, teamed up with the Fox Creek Greenview Multiplex in 2019 with her vision to create a 'Women's Health Day.'

Now, in its third year, Women's Health Day invites women to a fun filled day, free of the burdens of everyday life and maybe even inspire something new to pursue in future months. The day introduces many forms of exercise and self-care, but it also gives women a judgement-free zone to try new activities, and also meet some of our exceptional local female entrepreneurs. The presenters share a common perspective that *developing our physical strength along with mental confidence goes a long way to keeping our bodies healthy.*

Please join us this year on Saturday, April 22 for an incredible day.

Equally important, Fox Creek hosts the annual, nationally recognized, Go Girls Conference, a similar event for young ladies. Multiple sessions encourage teens to establish life-long health awareness, provide tools to enable healthy choices, and encourage participants to adopt healthy self-care practices.



April, 2023

**RES  
OUR  
CES**

# Go Girls Conference

## \$20 Registration required

## 780-622-3758

Grades 5-9

Lunch and snacks provided

# APRIL 29



# ADULT EDUCATION



APPLY NOW!

## Business & Administrative Studies

Programs you can take from anywhere!

Delivered online through Supported Distance Learning.

Business Administration  
Computer Network Specialist  
Office Administration

Human Resource Management Diploma

Delivered online through Portage College.

Business Administration Diploma – Accounting  
Business Administration Diploma – Management



NORTHERN LAKES  
COLLEGE

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

# RESOURCES

## SUICIDE INTERVENTION SKILLS

*promoting life*  
ON-DEMAND WEBINAR

The CCEC is pleased to sponsor this on-demand webinar FREE to all participants.

Open throughout 2023.  
First come, first served.

### Questions?

Contact Catherine Gonzales  
Email: [cec@northernlakescollege.ca](mailto:cec@northernlakescollege.ca)  
Phone: 780-624-5176 ext 3702

To register visit:  
[www.northernlakescollege.ca/CCEC](http://www.northernlakescollege.ca/CCEC)



## FREE Achieve Centre for Leadership or Crisis and Trauma Research Institute (CTRI) courses

Sponsored by the Council of Community Education Committees of Northern Lakes College.

The courses, workshops, and/or webinars available are found by visiting the following links: [achievecentre.com](http://achievecentre.com) & [ctrinstitute.com](http://ctrinstitute.com)

FUNDING IS LIMITED  
APPLY NOW!

For more information and to apply visit:  
[www.northernlakescollege.ca/CCEC](http://www.northernlakescollege.ca/CCEC)

### Questions?

Contact Catherine Gonzales  
Email: [cec@northernlakescollege.ca](mailto:cec@northernlakescollege.ca)  
Phone: 780-624-5176 ext 3702

Must be a resident of the Northern Lakes College service Region (please visit the website for map). Applications for courses will be accepted until May 15, 2023.



## Tax Season is Here

Do you need help with your tax return?

If you have a modest income and a simple tax situation, we may be able to complete your tax return for you. To find out if you are eligible, book an appointment. CRC @ 780-622-3758





# Ladies Craft Night



**Tuesday, April 11**  
**7:00pm - FCGM Flex Room**  
 BRING A PROJECT WITH YOU TO WORK ON  
 WHILE ENJOYING THE COMPANY OF OTHER  
 CRAFTERS.



# BOOK CLUB

**April 19, May 17**  
**7 pm**  
**At the CRC**

# SENIORS

## Coffee & CONVERSATION



**Tuesday, May 2**  
**2:00 pm**  
 Upper Level-FCG Multiplex



**ADULTS AND SENIORS**




## BEAR & COUGAR AWARENESS COURSE


This awareness training course provides information that will prepare you to handle situations that you may encounter when walking through our beautiful trail systems.

**Place: Flexroom**  
**Time: 10:00am & 12:00pm**  
**Date: April 15, 2023**  
 Please call to register 780-622-2511





## PAINTING THE ICE PARTY



**Join us for a free paint the ice party**  
**April 13th 4:30pm-6:30pm.**  
 Call to register 780-622-2511

helmets are recommended  
 and must have clean  
 footwear

**It could get messy so  
 be prepared**



website  
**event and program calendar**  
 Contact the CRC  
 780 622 -3758



If your group has an event or announcement you'd like included in the newsletter, or displayed on the electronic billboard, please email details to:

[communications@foxcreek.ca](mailto:communications@foxcreek.ca)

# Women's Health

8:00-8:45 Breakfast and Swag Bag Pickup  
 9:00-9:45 Pound  
 10:00-11:00 Sound Bath with Mikwan Energy Works  
 11:15-11:45 Tabata  
 Lunch (provided)

12:30-1:30 Pelvic Floor session  
 1:45-2:30 b.class  
 2:45-3:45 Hormones and Aging: The Things Your Mother Never Told You  
 4:00-4:30 Aqua Zumba

6PM Catered Meal

8PM \*Comedian Performance - Featuring Cindy Rivers

Doors open at 7:30PM for comedian only ticket holders

Event \$60 + gst

Comedian only—\$20+gst \*18+



Kayla



Clare



Jessica

Hormones  
and  
Aging

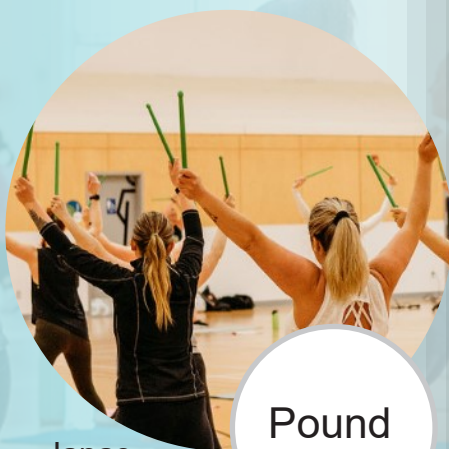


Day

April 22



June



Janae

Pound



Bridget

Aqua Zumba



# April

at the library

## Used Book Sale

April 27-22

0.50 each

Fill a bag for \$5

Fill a box for \$10



Closed April 29 for

## GO Girls Conference

## Lifeguard Training



Life-long, in-demand and transferable skills.

If you're hired, between March – June 2023, we will reimburse your course fees.

Hired candidates will receive reimbursement for eligible Bronze Medallion, Bronze Cross, First Aid, and National Lifeguard courses. Courses are offered at the Chevron Aquatic Centre.



# PITCH IN WEEK

## April 16 - 22

### BULKY ITEM PICKUP

## April 18-21

Pitch-in-Bags - Free . Available at the Multiplex and include fun extras.

Trivia Contest for teens -Watch social media for trivia posts. Correct answers are eligible to win a \$25 gift card.

Kids Colouring Contest - Ages 4-8 and 9-12 . Pages are available at the Multiplex. Entries received before April 22 noon. are eligible to win a \$25 gift card.

Photo Contest - Enter a photo or video of your family pitching in. Entries are eligible for one of two \$50 gift cards.

Best before and after shot of your property clean-up will win a \$100 gift card.

**Drop off entries at the Multiplex.**

## Bulky Item Pickup

Tuesday, Wednesday,  
Thursday, Friday

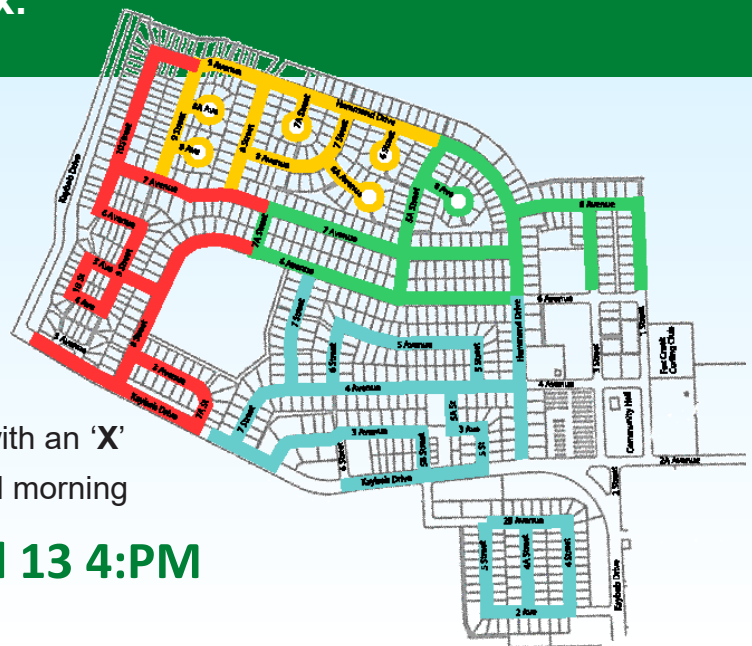
Maximum 5 items per household

Group all items together and mark each with an 'X'

Place items at the curb on your scheduled morning

**Call to register before April 13 4:PM**

**780-622-3896**





# Lifeguarding Courses

Chevron Aquatic Centre

## Bronze Medallion + CPR "C"

March 27-31 / 1:30-5:30pm

\$137.50 + GST

Pre-requisite: Bronze Star or 13 years of age

## Bronze Cross

April 11/13/18/20/25/27

\$130 + GST 4-7:30

Pre-requisites: Bronze Medallion & Standard First Aid by the last day of the course

## National Lifeguard

Every Tues/Wed/Thurs

May 30-June 15 4-8:30pm

\$300 + GST

Pre-requisites: Bronze Cross & 16 years old

Apply to be a Lifeguard for Summer!

All programs require a minimum of 4 participants



## Chat and Chill

Grades 7-12

Wednesdays - April 5-June 14

Excluding May 3 3:30-5:30PM

## Tween Get Together

Grades 4-6

May 1

3:30-5PM



## GRAD Bottle Drive Fundraiser April 15

Drop off at the school shed

Pickup available - 780-668-5726

TEENS AND TWEENS

## EMS vs Fox Creek School Seniors



Cst.B.D.DORSEY of the Fox Creek RCMP organized a first responder's sporting event, in partnership with other emergency services agencies, at the Fox Creek School.

The EMS and senior students team challenged their volleyball and dodgeball skills in a friendly round of competition.

Thank you to all that participated and helped organize the event. Big shout out to Cory Marinus for taking amazing action shots of the event.





## FRIENDS OF FOX CREEK HOSPITAL SOCIETY RECEIVES DONATION

Thank you to all involved in this Festival of Gifts event, put on by the Fox Creek Legion, what a generous and caring community we are. Len Pierrard and Cathy Wiltse presented a cheque to the Society at the February 28 meeting.

This wonderful support helps the Society in their mandate and enables the Fox Creek Hospital to have the necessary equipment to aid the hospital staff.

The Legion has said that the Fox Creek Festival of Gifts/Legion Christmas Party was a huge hit! A big thanks to everyone who came out and supported our community. The Christmas gifts sold helped raise \$10,000 to help support the hospital. Our community would not be what it is without the proud support of the caring individuals who call it home.

## Town Office Easter Hours

The office is closed April 7-10



### HAVE YOU RENEWED YOUR 2023 BUSINESS LICENSE?

Licenses with unpaid invoices have been removed from the business directory as of March 21, 2023, and the April 1 penalty has been applied.

To be added back to the business directory and avoid further penalties, please pay your invoice and advise the Development Officer.

Date of Penalty	Penalty amount
April 1	\$25.00
July 1	\$50.00
October 1	\$75.00
December 31	\$100.00

Development Officer - Cindy Nielson   development@foxcreek.ca   780-622-3896