

OCTOBER 2022

Did You Know?

INNISFAIL AND DISTRICT HISTORICAL VILLAGE

The Historical Village originated in 1970 with the purpose of preserving and housing the history of the Innisfail district. It began with the donation of "The Spruces" by the W. Gibson family. This log home is the only remaining original stopping house between Calgary and Edmonton.

The Village is made up of eighteen buildings, displayed on 2 acres of land. The buildings are furnished to interpret the history of the area up to the 1930s. There is a large display of farm machinery and a day-use picnic area.

During the off-season or after hours, the Village may be viewed by appointment. Admission is \$3.00 per person or \$15 per family. Children under 5 are free! Donations are always accepted. The village is wheelchair accessible.

The Historical Village is hosting:

WHAT: Hocus Pocus Halloween Tea

WHEN: October 29th

Featuring hot witches brew, scary refreshments, and spooky entertainment.

COST: is \$10 per person

More details to come, stay tuned to our FB and IG pages for updates.



COMMUNITY EVENTS CALENDAR

Are you looking for a calendar of community events? Go no further.

The Town of Innisfail website has a Community Events Calendar where you can see the events occurring in Innisfail AND where you can post your own event.

Go to: innisfail.ca/event/

OCTOBER 2022						
MO	TU	WE	TH	FR	SA	SU
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Did You Know?

FIRE PREVENTION WEEK OCTOBER 9 - 15, 2022

Join the National Fire Protection Association (NFPA®) in celebrating the 100th anniversary of Fire Prevention Week. This year's campaign, "Fire won't wait. Plan your escape", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe from home fires.

Today's homes burn faster than ever. You may have as little as two minutes (or even less time) to safely escape a home fire from the time the smoke alarm sounds. Your ability to get out of a home during a fire depends on early warning from smoke alarms and advance planning.

For more information about fire prevention or the NFPA go to www.nfpa.org

The Innisfail Fire and Protective Services is hosting a **Pancake Breakfast** on October 15, 2022 9am - 11am at the Fire Hall.



Fire Safety Tips:

Watch your cooking - Stay in the kitchen when you are frying, grilling, or broiling food. If you must leave, even for a short time, turn off the stove.

Give space heaters space - Keep fixed and portable space heaters at least three feet from anything that can burn. Turn off heaters when you leave the room or go to sleep.

Smoke outside - Ask smokers to smoke outside. Have sturdy, deep ashtrays for smokers. Inspect electrical cords - Replace cords that are cracked, damaged, have broken plugs, or have loose connections.

Replace any smoke alarm that is more than 10 years old.

Keep matches and lighters out of reach

For more tips go to www.nfpa.org

SUPPORTS IN OUR COMMUNITY

SUMMIT PSYCHOLOGY

Individuals and families seek psychological services for many reasons. Whether it be concern about depressive symptomology, making sense of your child's challenging behaviour and recent diagnosis, wanting to improve the relationship between you and your spouse, troubling parent and child conflict, or uncertainty about if your aging parent is mentally capable of handling their own financial affairs.

Carla has a variety clinical interests, including the treatment of anxiety, depression, bipolar disorder, adult ADHD, pain management and especially sleep and wake disorders.

Services include:

- ◇ Psychological Assessment, Diagnosis and Treatment (Depression, Anxiety, ADD, ADHD, PTSD, etc.)
- ◇ Individual Therapy (Children, Adolescents, Teens, Adults & Seniors)
- ◇ Family Therapy
- ◇ Capacity Assessment
- ◇ Workshops, Presentations & Training
- ◇ In-Home Consultation
- ◇ In-Facility Consultation
- ◇ Tele-Psychology Consultation



For more information on how Summit Psychology can support you and your family, contact 403.348.5160 or go to <https://summitpsych.ca/>

ALZHEIMER SOCIETY AB/NWT

Alzheimer/Dementia Drop-In Care Partner Support Group

This is a drop-in support group for care partners, allowing them to meet with other care partners who are experiencing similar situations. Care partners will have a chance to connect with others and share what is going well and not so well, while talking about any other topics or questions.

For further information, please call Shelby at the Alzheimer Society of Alberta and Northwest Territories at 403-342-0448 ext 706

WHERE: Innisfail Historical Village, History Room 5139 - 42 Street

WHEN: OCTOBER ONLY - 3rd Monday Oct 17/22

TIME: 1:00pm - 2:30pm



Standing Stones offers client-focused counseling services to individuals and couples in Central Alberta. They also host different workshops.

Men's Managing Anger ~ Oct. 15 10am-3pm

Seven Principles for Making Marriage Work (2 separate Couples workshops) ~

Oct. 21 7pm-9pm & Oct. 22 9am-5pm or
Nov. 4 7pm-9pm & Nov. 5 9am-5pm

Registration is now open and available on the website standingstones.ca All workshops are held in the River Room Unit F 4924 48 ave.

In support in recognition of **World Mental Health Day** (October 10/22), Standing Stones is hosting a **FREE barbeque**.

At this time, they will be accepting donations (optional) for the Smiles Thru Lindsey Foudnation.

Come out and enjoy hot dogs, refreshments, and connection while learning the importance of seeking and maintaining positive mental health.

WHEN: Friday Oct. 7 from 11:30am - 1:30pm

WHERE: Standing Stones East parking lot
4924 48 ave. Innisfail

INNISFAIL MEN'S SHED

WHAT IS A MEN'S SHED?

In a shed, men from all walks of life get together for activities like woodworking projects, visiting, bike repairs, music, and yelling at the television during the playoffs. We aim to see a similar movement develop here in Canada, and better yet, right here in Innisfail.

These are spaces dedicated to men to have a space where they can hang out, work, and talk.
RUN BY MEN, FOR MEN

For more info. on how to get involved contact

Nathan Mahoney at

MensShed.Innisfail@gmail.com



THINGS TO DO IN OUR COMMUNITY

INNISFAIL AND DISTRICT CHAMBER OF COMMERCE

The Annual Innisfail and District Chamber of Commerce Business Awards are back for 2022!

The Business Awards event will take place on October 14, 2022. On hiatus for two years due to COVID, the Business Awards is an annual event with the purpose of celebrating the contributions of our incredible businesses to the community.

Catagories include:

- ◇ Business of the Year
- ◇ Customer Service of the Year
- ◇ Farm Family of the Year
- ◇ Community Impact Award (new for 2022)
- ◇ Non-Profit of the Year (new for 2022)



Come and celebrate with our award recipients!

Enjoy tasty appetizers, paired with local beverages and entertainment, all in a setting that allows you to connect with your peers.

WHEN: Friday, October 14, 2022

WHERE: Innisfail Legion - 5108 49 Ave.

TIME: 7:00pm - 10:00pm

COST: Tickets: \$40

Get your tickets at <https://bit.ly/3BvZYYB>

For more information about the Business Awards or Chamber membership, please contact us at 403-227-1177 by phone or email us at ichamber@telus.net



Are you looking for a little care, compassion, and just someone to talk with?

Join us for a coffee at the Innisfail Nazarene Church from 10:00-11:30am on the following dates: Oct 15th and 19th

No strings attached, just friends willing to visit and listen.

Call **403-304-4853** for more information.

Everyone welcome

INNISFAIL SENIORS DROP-IN

Are you 50+ and looking for social activities to keep you having fun and engaged with others? Innisfail Senior Drop-In is a social club for seniors 50+. For a complete schedule please visit our website or drop by and pick up a calendar.



Our ongoing activities are floor curling, carpet bowling, cribbage, canasta, whist, bridge, crafts, jam sessions and planning.

Our programming for this month is:

Flower arranging course: October 5, 10:00am-11:30am. Open to members and non-members. Cost is \$5.00. Registration required.

Thanksgiving Dinner: Sunday, October 9. Cost is \$20.0 for a full turkey meal. Registration required.

Monthly birthday party: Join us Wednesday, October 12 at 1:30pm. Entertainment is Roy Crawford.

Wellness Wednesday: October 26 at 10:00. Heartland Funeral Home will be presenting. Wayne McQuaid will also be available to take an updated photo for anyone that would like one.

Office hours T-Th from 9 to 4. 403-227-6601

Email: seniordropin@outlook.com

Web site: www.innisfailseniorcentre.com

LETS CONNECT !

What is Let's Connect?

Let's Connect! provides interactive phone or online social/health program opportunities. The programs are **free of charge** and provide friendly conversation for adults. Participants can join from the comfort of their own home.

<https://us02web.zoom.us/j/8711592750>

Meeting ID: 871 159 2750

Dial in: +1 587 328 1099 or

on your cell phone +15873281099#

Looking for Let's Connect! Calendar?

The latest copy can be found on Wolf Creek Primary Care Network website under the Programs and Classes tab, under Innisfail programming at <https://wolfcreekpcn.com/>





Innisfail Public Library cards will be free for the remainder of 2022.

Visit the library in person or at ipl.prl.ab.ca to sign up or renew.

Library App Help

Need help accessing library eResources on your devices? Call the library to arrange an appointment to be reading eBooks and listening to eAudiobooks in no time!

For more information on programs the library offers call **403-227-4407**.

INNISFAIL FEE ASSISTANCE PROGRAM

Have you heard of the Fee Assistance Program through the Town of Innisfail?

Eligible applicants will be able to access up to \$200.00 annually for support with program fees, memberships, drop in activities, and transportation. Possible considerations may include sports fees, swim lessons, meditation, yoga, or community bus tickets.

Eligible applicants or households include those receiving unemployment benefits, Assured Income for the Severely Handicapped (AISH) or those falling below the low income threshold. Confidential applications can be emailed to or delivered to the Town Office.

If you would like more information contact FCSS at **403-227-3376** or to download a copy of the application go to <https://bit.ly/3rJVFFy>

INNISFAIL FOOD BANK

Open Tuesdays 1pm - 3pm

- ◇ receive 1 hamper every 5 weeks
- Located at the back of Coop mall directly behind the Pet Store
- Address - 4303 50 Street , Innisfail



Required for **FIRST HAMPER ONLY**

* proof of residence

Required to receive **EVERY** hamper including the first:

* each family members health care card/ copy

If new in town and food is required call: Val at 403-505-8890



Career Assistance Network offers a wide range of services, in a variety of formats, for a diverse spectrum of clients. Most of our services are provided for free through funding from the Government of Alberta and Government of Canada.

Workshops offered:

- ◇ Career Planning
- ◇ Job Search
- ◇ Resumes
- ◇ Interviews
- ◇ Education and Training
- ◇ Social Media
- ◇ LinkedIn
- ◇ Technology and Apps

For more information on these workshops or how CAN is able to support you, contact **403.341.7811** or at **1.866.341.7810** if you are outside of Red Deer or go to rdcan.ca

CENTRAL ALBERTA SOCIAL GAPS INITIATIVE

Central Alberta Social Gaps Initiative (CASGI) is hosting a **Celebrity Spelling Bee Fundraiser**.

DATE: OCTOBER 20, 2022

TIME: Doors open at 6pm

WHERE: Bo's Bar and Stage
#6, 2310 50 Ave, Red Deer

COST: \$25 per ticket

Help fundraise to support Central Alberta Social Gaps Initiative programs while having a great time with food and friends!

The Celebrity Spelling Bee has teams competing with local celebrities for the best spellers in Red Deer with a cash Grand Prize of \$500!

Appetizers are included with ticket purchase.

Door prizes, raffles, and silent auction items will be available.

To purchase tickets or to register a team for the spelling bee contact **403-341-6852**.



Events, updates, and information - share it all in this newsletter !

Send content to sandy.wacker@innisfail.ca

www.innisfail.ca

403-227-3376