

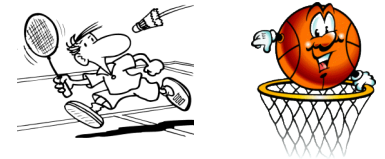
# November

# 2017

## Rimbey & Area

# Community Newsletter

Recreation Services 403-843-3151 [www.rimbey.com](http://www.rimbey.com)



### Drop In Sports

Drop In sports have started and are on various Tuesdays, Wednesdays, and Thursdays from 7:00pm-8:30pm. Please call ahead to confirm that drop in sports are running #403-843-3151



## SANTA NIGHT & the Festival of Lights

November 24<sup>th</sup> 3:30pm-6:00pm

### Enjoy for Free:

Taking a selfie with Santa, Hotdogs, Hot Chocolate, Hay Rides, Donkey Rides, Scavenger Hunt, the Grinch and more! Please consider making a donation to the Rimbey Food Bank. Donations will be collected at this event.

Local Businesses Decorate the Paskapoo Park. Vote for the best on Santa Night.

There will be a Remembrance Ceremony held at the Rimbey Community Centre promptly starting at 10:45am on November 11th. Late admission will not be permitted.

Free Skates at the Rimbey Arena have started. Times are available on the town of Rimbey website. The Rimbey CO-OP and Servus Credit Union have graciously sponsored Family Skate on Sundays from 5:15pm-6:45pm.



### Ice Rental Available

The Rimbey Arena has ice available for rent every Friday starting at 9:00pm. Please call Recreation Services for more information: # 403-843-3151

**Facility Closure**  
The Community Centre will be closed November 13, 2017 in lieu of Remembrance Day.

November 11  
is a day we  
remember.





## Rimbey Community Addiction & Mental Health Services

Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern.

Hours of operation – Monday, Tuesday and Thursday, 8:00 – 4:30 p.m. Closed during the lunch hour 12:00 – 1:00 p.m. Please call 403 843-2406 for an

**RIMBEY & DISTRICT Victim Services** Rimbey & District Victim Services is seeking dedicated volunteer advocates to support people impacted by crime and tragedy. Make a important difference in their lives by supporting them during difficult times. Learn about us at [rimbeyvictimservices.com](http://rimbeyvictimservices.com) or [facebook.com/rimbeyvictimservices](https://www.facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.

**Rimbey's Annual Christmas Farmers' Market**

Live Music, Concession & Kids' Playroom

**Two Saturdays!  
Nov. 4th & Dec. 2nd**

9:00 am – 1:00 pm  
at Rimbey's Peter Loughheed Community Centre

GLASSWORKS  
QUILTING TOYS  
CRAFTS CHOCOLATES  
WOODWORKS BAKING  
CLOTHING POTTERY  
JEWELLERY PAPER CRAFTS  
ARTS COOKING MIXES

facebook

*A great reason to get up on a Saturday morning!*

## Catholic Social Services Family Counselling

Available in Rimbey, For Everyone, on a sliding scale fee.

**Call Red Deer Catholic Social Services intake 403 347-8844 and ask to be seen in Rimbey**

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Grief, Addiction, Depression, Anxiety, Self-esteem ?

This Service is made available by contributions from Rimbey Victim Services, Rimbey FCSS and The Rimbey Lions Club

Join us on **Thursday, November 2, 2017** for our annual Fall Fundraising Banquet **"Abundance"** in support of the Central Alberta Pregnancy Care Centre. We will be celebrating the Grand Opening of the new Red Deer office and Phase 2 of the Maternity Home, as well as the expansion of programs and services throughout Central Alberta.

The **Grand Opening** of our new office will be held at 5116 47 St, Red Deer, from 3:30pm-5:30pm with a ribbon cutting ceremony at 4pm.

The **Banquet** doors open at 6pm with the Main Event beginning at 6:30pm at the Sheraton Hotel in Red Deer.

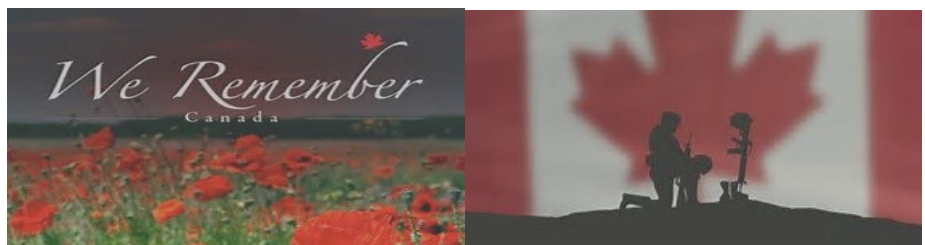
**RSVP for the banquet by October 20.** Visit [www.pregnancycare.ca/events](http://www.pregnancycare.ca/events), email [event@pregnancycare.ca](mailto:event@pregnancycare.ca) or call 403-343-1611 to reserve your seat at no cost for this opportunity to financially support the CAPCC.

PosterMyWall.com

**Big Brothers Big Sisters of Rimbey**

**START SOMETHING BIG**  
Big Brothers Big Sisters

One Hour a Week is All It Takes! Mentors greatly needed in our area. Call 403-843-







presents:

MR. BILL "THE BIONIC TURKEY" GORDON

Outstanding Families, Outstanding Children; the top 10 features of positive family or community climates

-Wednesday, November 29th, 2017 -6:30 -Rimbey Provincial Building

childcare available. please register by calling 403 843-4304 or text 780 887-2702

FREE!

PosterMyWall.com



Rimbey Neighbourhood Place

e-mail; rim-beynp@telus.net Or (P) 403.843.4304 Find us on facebook!

Do you have car seat questions or need your car seat checked by a certified technician?

Call Neighbourhood Place @ 403 843-4304, or email rimbeypn@telus.net

Find us on facebook: https://www.facebook.com/Rimbeycarseats/



CHECK OUT OUR NEW PROGRAMS http://www.centralparklandparentlink.ca/ parentLINKcentre



Community Information & Referral Clinic The 2nd Tuesday of each month Rimbey Drop In – computer room From 10 a.m. – til Noon.

Rimbey FCSS has a program to fit you. Whether you like cooking, have a young family, have an older family member, are an older family member, need help with meals, need some resources, support or company once in a while or maybe you want to give back to the community as a volunteer. We also have a resource library available Monday to Friday 8:30-4:30, closed from 12-1. It is free to the public with books on health, well being, parenting etc. Call 843-2030 or visit our website for program details

### Central Alberta Community Legal Clinic

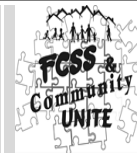
The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills.

You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.

If your legal and financial situation fits the guidelines of the Legal Clinic, an appointment to receive free legal advice from a volunteer lawyer will be scheduled. Family Law appointments are available in the towns of Rimbey and Ponoka at the FCSS offices. All other areas are available at the Red Deer Legal Clinic offices.

Healthy Families Program is asking if you know of a young mom in need of support please pass our name along. Adult Day Support Program has space for new clients, seniors who want some company and would enjoy organized activities and snacks one or two days a week. Call FCSS @ 403-843-2030 for information on these and other activities and programs or go to fcass.com

RIMBEY FCSS Would like to Invite you to their Urban Poling Walk (Poles Provided). Also known as Nordic Walking one of Canada Fastest growing fitness Activities Use 90% of your muscles while improving posture, balance and building core strength.



FALLS PREVENTION NORDIC WALKING SCHEDULE Nov. 2@ Noon Nov 14 wind up at 11:00am with lunch.

Meet at the Provincial Building 5025-55 street Rimbey, AB Any Questions call Pam

COME JOIN US FOR THE NEWEST TREND IN EXERCISE IF YOU ATTEND 3 OF OUR WALKS WE WILL GIVE YOU A SET OF OUR URBAN WALKING POLES ABSOLUTELY FREE STAY ACTIVE AND HAVE FUN

This project is funded by the Government of Canada's New Horizons for Seniors Program



# Rimbey Library



Join us on the 2<sup>nd</sup> Wednesday of each month to learn from speakers covering a variety of topics relevant to seniors. This free one hour information session will be followed by an hour of socializing and re-

## Tuesdays

Pre-school Storytime (3-5) 10:30 am  
Wiggle Worms (0-3) 10:30 am  
Twisted Tuesdays (kg – gr 6) 3:30 pm

## Wednesdays

After School Adventures 3:30 pm

## Thursdays

Let's Go Lego! 3:30 pm (kg – gr 6)

## Evening programs:

November 2<sup>nd</sup> – Movie Night Sponsored by ConocoPhillips- Nut Job 2-6:30pm

November 9<sup>th</sup> – Armchair Traveller – Destination Belize – 7:00 pm

November 16<sup>th</sup> – Family Games Night – 5:30 pm

November 23<sup>rd</sup> –Movie Night Sponsored by ConocoPhillips – Rock Dog – 6:30 pm

November 30<sup>th</sup> - Book club – Disussing Treasure Island by Robert Louis Stevenson –6:00 pm

## Fridays

Pre-School Storytime 10:30 am

Fantabulous Friday 2:00 pm November 10<sup>th</sup>, 24<sup>th</sup>

Sensory Sculptors – 3:30 pm November 3<sup>rd</sup>, 7<sup>th</sup>

Busy Parent's Book Club – November 10<sup>th</sup> -24<sup>th</sup> – 10:30 am. Children's programming provided

## Evening Programs:

November 3<sup>rd</sup> – Movie - The Glass Castle sponsored by ConocoPhillips must be 18 to attend.

November 10<sup>th</sup> – Wine Tasting “Big Red Blends” - \$50.00 – register at the library

November 17<sup>th</sup> – Vin Gogh take 4 - \$45.00 – register at the library

November 24<sup>th</sup> – Velvet Hand “Beatles Cover Band” Tickets available at the library

## Saturdays

Boredom Busters 2:00 pm

**CLOSED NOVEMBER 11<sup>TH</sup> FOR REMEMBRANCE DAY!**

403 843-2841

Check

<http://rimbeylibrary.prl.ab.ca/events>

*This speaker series will be ongoing, with the location to alternate between the Manor, FCSS and Seniors Drop In. Future topics and dates will be posted as they become available. Come out and bring a friend!*



Nov 8, 2017

9:30 Patrick Rurka

Inspiring

Seniors

10:30 Coffee/Socializing



## November - Pedestrian Safety

Both drivers and pedestrians are responsible for safety. Pedestrians have the right of way in crosswalks, but pedestrians also have the responsibility to cross safely. From 2009 to 2013, on average each year in Alberta, more than 40 pedestrians were killed and almost 1,160 were injured.

### Facts to Know

Don't assume drivers see you and will stop. Always be cautious and watch for vehicles that are not stopping.

Be visible. More pedestrian collisions occur during months of low light conditions. Wear reflective clothing and carry a flashlight!

Pay attention! Remove headphones and put away cellphones or other electronic devices when crossing the street.

Walk on the sidewalk. If there is no sidewalk, walk off the road, facing traffic, staying as far away from the vehicles as possible.

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluffton Store** Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0  
phone:403.843.4304 e-mail: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)