

DECEMBER

Rimbey & Area Community Newsletter 2018

Recreation Services 403-83-3151 www.rimbey.com

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.



Christmas Free Family Skates
Dec. 23: 4:00pm-6:45pm
Dec. 27: 1pm-4pm
Dec 30: 2:00pm-6:00pm
Dec 31: 1:00pm-8:00pm
Free Shinny:
Dec 23: 7pm-8:15pm
Dec 30: 6:00pm-8:00pm

Facility Closures:

The Peter Lougheed Community Centre & Vern Poffenroth Memorial Arena will be closed Dec 22-26 & Jan 1st, 2019

\$2 Drop In Sports

Drop In sports 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



Merry Christmas

Thank you to the following individuals and businesses for their contributions and support to:
Santa Night 2018.

Evergreen Co-op Rimbey, Canalta Hotel, UFA, Midwest Propane, Stationary Stories & Sounds, Barry Nesbitt, The Historical Society, Red Apple, Pharmasave, Rimbey Value Drug Mart, Santa & Mrs. Claus, The Andersons, Keith Kendrew, Stewart Lyster, Rimbey Early Child Development, The Town of Rimbey & The Santa Night Committee.



Rimby 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-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment.”

Rimby Legion News

Legion Bingo will now be twice a month; September 14 & 28, October 12 & 26, November 16 & 30 and December 14th. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.

- For Legion Hall Rentals call: 403 843-2184 or 403 843-2343
- For Legion Memberships call 403 843-2464

Farmers' Market

Live Music,
Concession &
Kids' Playroom

Two Saturdays!
**Nov. 10th &
Dec. 1st**

9:00 am - 1:00 pm
at Rimby's
Peter Lougheed
Community Centre

**GLASSWORKS
QUILTING TOYS**



IMAGINE WHO THEY WILL BECOME BECAUSE OF YOU...

**It only takes one hour a week!!
Please Call: 403-843-1066**



Counselling

Available in Rimby. For Everyone – on a sliding scale fee – no financial barriers.

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

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



This Service is brought to you by the Rimby & Area Community Wellness Association

Rimby & District Victim Services Working in partnership with the Rimby RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



Nowhere to go for Christmas?

Join us for entertainment and Christmas Dinner
Singles, Couples, and Families welcome

Potato Peelers—10:00 am
Program—1:00 pm
Dinner—2:00 pm
Rimby Drop In Centre
December 25th

To volunteer, donate food or other inquiries
Gayle—403-704-4001

For donations of Gifts Dave
403-843-6727



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. The phone numbers for the Legal Clinic are:

Phone: 403-314-9129 Toll Free: 1-877-314-9129

Do you have car seat questions or need your car seat checked by a certified technician? Call Neighbourhood Place @ 403 843-4304, or email rimbeynp@telus.net Find us on facebook: <https://www.facebook.com/Rimbeycarsseats/>



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 www.rfcss.com

Rimbey Library

403 843-2841

For more info. Check <http://rimbeylibrary.prl.ab.ca/events>

All fines and late fees will be waved with every donation to the Food Bank.

Tuesdays

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

Wednesdays

After School Adventures 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (k – gr 6)
December 6th movie night- The Star- 6:30
December 13th movie night- Home Alone- 6:30
December 20th movie night- Arthur's Christmas- 6:30

Fridays

Pre-School Storytime 10:30 am
Sensory Sculptors – 3:30 pm December 7th, 21th
Fantabulous Friday- 2:00 pm December 14th, 28th
Coffee with Council – 3:00 pm
December 7th Christmas Crafts- 5:30

Saturdays

Boredom Busters- 2:00 pm



Library closed
December 22nd-26th

IT'S THE MOST wonderful TIME OF THE year



Healthy Families Program is asking if you know of a young mom in need of support to 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 rfcss.com

DENTAL HEALTH TIPS

NEED HELP WITH DENTAL COSTS?



The Alberta Child Health Benefit is a free insurance for low income families that provides:
Dental care
Eye care
Prescription drugs
Emergency ambulance service
Essential diabetic supplies
Call toll free @
1-877-469-5437

Oral Health Program – Alberta Health Services

It's your community. It's your call.

Report Impaired Drivers

Pull Over Call 911

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

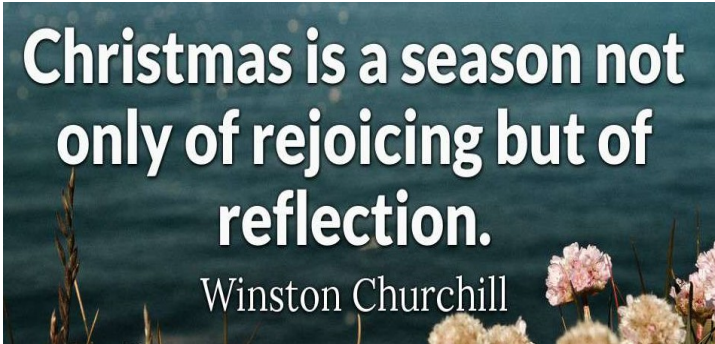
Rimbey Neighbourhood Place





The Community Wellness Association is a group of citizens who meet once a month in the hope of addressing family violence, bullying (caring community) mental health and addiction in our community.

The Rimbey & Area Community Wellness Association "Voices of Men" 2019 calendars are available at the Stationary Store, the COOP office and Neighbourhood Place, come and get yours today and see what the positive role models in our community have to say!



Christmas is a season not only of rejoicing but of reflection.

Winston Churchill

Occupant Restraints—it's only safe if it fits. *From safe roads.ca*

Alberta Transportation partners with Alberta Health, Alberta Health Services and the Injury Prevention Centre to help Albertans learn more about occupant restraints. *Proper use of a child safety seat or booster seat can reduce the likelihood of your child being injured or killed in a crash by up to 75 per cent.*

- **Child Safety Seat Facts:** Always refer to the car seat manufacturer's instructions for the maximum weight and height limits of the child's particular car seat, and to the vehicle manual for installation instructions.
- In Alberta, the fine for not wearing a seat belt or child safety seat is \$155. A child is safest staying rear-facing until he/she is at least 2 years of age or reaches the maximum weight or height limit of the rear-facing seat, as stated by the manufacturer. Once a child is at least 2 years of age or reaches the maximum weight or height limit of their rear-facing car seat, as stated by the manufacturer, he/she can move into a forward-facing car seat.
- Once a child reaches the maximum weight or height limit of their forward-facing car seat, as stated by the manufacturer, he/she can move into a booster seat.
- Without a booster seat, a child is three and a half times more likely to suffer a significant injury.
- All child passengers are safest when secured in proper restraints based on their age, height and weight and those restraints are used according to the restraint and vehicle manufacturer's instructions. Children under the age of 13 are safest in the back seat.
- If a child safety seat has been involved in a collision, replace it immediately.

Gifts of time and love are surely the basic ingredients of a truly merry Christmas.

PEG BRACKEN

NON-TOY GIFTS *for children*

incite wonder
provoke discovery
fuel passion
nurture creativity
cherish traditions

There is nothing more precious or important to give than your TIME.

