



October RIMBEY & AREA



COMMUNITY NEWSLETTER

Recreation Services 403-83-3151

Pickle ball or badminton

Will Start up on Thursday October 1st 2020.
Main Auditorium at the Peter Lougheed Community Centre
Thursdays each week 7-8:30pm \$2.00 drop in fee.

The first Thursday of each month is proudly sponsored by:
Rimbey Keyera Gas Plant.

*Please note: can be **cancelled** due to community events

Please check our Facebook page: Rimbey Community and Recreation Services or call each week to confirm availability. 403-843-3151



The Canadian Mental Health Association is a great resource! They have a newsletter and an emergency hotline, as well as lots of great COVID mental health advice. <https://cmha.ca/>
Closer to home, the Central Alberta branch <https://reddeer.cmha.ca/> runs recovery college <https://recoverycollegecentralalberta.ca/> with lots of helpful programs.

The Edmonton Family Centre has many virtual programs that people from Rimbey are welcome to join! There is also a free newsletter, please go to their website.
<https://www.familycentre.org/>

Neighbourhood Place would like to hear from you! If you have feedback on the newsletter or ideas of things you would like to see happen in Rimbey in the future, please drop us an email: rimbeynp@telus.net.
Stay healthy!

“Acknowledging the good that you already have in your life is the foundation for all abundance.”
—ECKHART TOLLE

HAPPY THANKSGIVING

Counselling

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

Available in Rimbey. 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 Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



Rimbey Neighbourhood Place will get you connected locally!

e-mail; rimbeynp@telus.net

Or (P) 403.843.6299

Find us on facebook!



Alberta Healthy Living Program

Free online educational workshops

Diabetes the Basics

A workshop that provides information about Type 2 and pre-diabetes for those newly diagnosed or wanting an update.

4-Part series (4 X 2 ½ hours).

Dates: Sept 15, 22, 29 and Oct 6 from 9:30 a.m. to 12:00 p.m.
Sept 30, Oct 7, 14 and 21 from 1 p.m. to 3:30 p.m.
Nov 3, 10, 17 and 24 from 5:30 p.m. to 8 p.m.
Nov 25, Dec 2, 9 and 16 from 9:30 a.m. to noon.

Heart Wise

A 2-part workshop that provides information about nutrition, exercise, and other lifestyle choices to help you maintain or improve your heart health.

2-part series 2 X 2 ½ hours).

Dates: Sept 15 and 22 from 1 p.m. to 3:30 p.m.
Sept 29 and Oct 6 from 9:30 a.m. to noon
Oct 14 and 21 from 9:30 a.m. to noon.
Nov 26 and Dec 3 from 1:00 p.m. to 3:30 p.m.

Managing Emotional Eating

A series of workshops exploring why we eat the way we do and the factors that could be triggering food cravings.

Dates: Sept 17, 24, and Oct 1 from 1 p.m. to 3:30 p.m.
Oct 13, 20 and 27 from 5 pm to 7:30 p.m.
Nov 17, 24 and Dec 1 from 9:30 a.m. to 12:00 p.m.
Nov 30, Dec 7 and 14 from 9:30 a.m. to 12:00 p.m.

Minding Stress

A 2-part workshop, to learn what stress is, and how to reduce its effect on your health. Learn tips to identify what causes your stress, and some simple techniques to relax.

Dates: Sept. 21 and 28 from 1:30 p.m. to 4 p.m.
Oct. 19 and 26 from 1:30p.m. to 4 p.m.

Better Choices Better Health

A 6-week online workshop to help you learn techniques to better manage pain, and fatigue. Discuss better nutrition and exercise choices that work for you. Learn tips to improve communication with your doctor, and family about your health.

Dates: Sept. 17, 24, Oct. 1, 8, 15, and 22 from 9:30 a.m. to noon
Oct. 19, 26, Nov. 2, 9, 16, and 23 from 9:30 a.m. to noon
Nov 3, 10, 17, 24, Dec. 1 and 8 from 1 p.m. to 3:30 p.m.

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

www.albertahealthservices.ca



Rimbey & District Victim Services Working in partnership with the Rimbey 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.rimbeyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.

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-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.”



THERE IS
always, always,
ALWAYS
something
to be thankful for

Rimbey Library

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

403 843-2841

We are open Tuesday – Saturday 10 – 5. You MUST wear a mask if you are going to be inside the library.

Closed – Saturday, October 10th

Starting October 6th we will be having in person programming at the library. Pre-registration is mandatory. All programs will run for six weeks.

Tuesday 10:30 am – You, Me, and a Book. Discovery Time – for parents and their children under the age of six.

Tuesday 3:30 pm – Afterschool Adventures

Wednesday 3:30 – Game On! Video games & technological fun

Friday evenings Music in the Park – 7:00 pm behind the RCMP building

Oct 2 - Heather Blush

Oct 9 - Maddie Horvald

Oct 16 - Mark Times

United Church Book Club – How to be an Anti-racist. 7-8 PM

October 1

Anti – Oppression Workshop series with Alberta Ubuntu – Held at the United Church Sept 26th, October 3rd, October 17th 1:00 – 4:00 Registration necessary.

Online Programming

Wednesday – Wacky Wednesdays

Friday – Bedtime Storytime

October 14th – Movie Night at the Library sponsored by the Rimbey Lions Club – 6:15 pm Peter Loughheed Community Centre – Scooby Doo

October 28th – Movie Night at the Library sponsored by the Rimbey Lions Club – 6:15 pm Peter Loughheed Community Centre – The Adams Family

“Every day is Halloween,
isn't it? For some of us...”
TIM BURTON

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.

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

Halloween
is an opportunity
to be really creative.

-- Judy Gold

Ideas for Celebrating Quarantine-O-Ween

Alternatives to traditional trick or treating.

How to Celebrate Halloween During COVID-19

Decorate Your House to the Max

Haunt the neighborhood with DIY (or shall we say boo-it-yourself) Halloween decorations to transform the inside of your home, porch and more. Lots of ideas on line.

Be on the Lookout for Socially Distant Bicycle Parades and Reverse Trick-or-Treating in Neighborhoods

How about Halloween parades or a form of drive-by trick-or-treating. With the former, costume wearers take to the street as a catwalk to show off their costumes and hand out and collect candy. People also decorate bikes, wagons, golf carts and cars to show off their looks!

With reverse trick-or-treating, you'll see people drive by houses similar to the [COVID-19 birthday parades](#). Those in the car will throw candy at the kids in costumes in their yards.

Boo People

Spread anonymous cheer by dropping a Halloween goodie bag or pumpkin on the doorsteps of friends and loved ones as a contact-free way to celebrate. This usually works by sneaking to your boo-ing subjects home after dark, ringing the doorbell, leaving the treats on their doorstep and running!

Have a Halloween Movie Marathon

You can choose to do this one via a projector in the backyard, through [Netflix Party](#) or just with your family bubble on the couch. Pop some popcorn and throw on your favorite spooky movies and TV shows.

Whip Up DIY Treats

Brew up your own Halloween desserts and snacks ([popcorn balls](#), anyone?) to enjoy at home.

Celebrate Halloween Around the World but From Home

You might not be able to travel the globe right now, but you can do so in spirit. Educate your family and friends on Día de los Muertos in Mexico, Samhain in Ireland and Scotland, Dzień Zaduszny in Poland or Ghost Festival in East Asia. Celebrate these other traditions, and consider cooking or baking traditional foods and making crafts associated with those international events.

P.S. *The Halloween Tree* is a great animated movie to watch with the family; it educates and celebrates the origins and influencers of Halloween around the world. The movie is based on the novel by Ray Bradbury, and he even narrates the film!

Halloween Piñatas, Anyone?

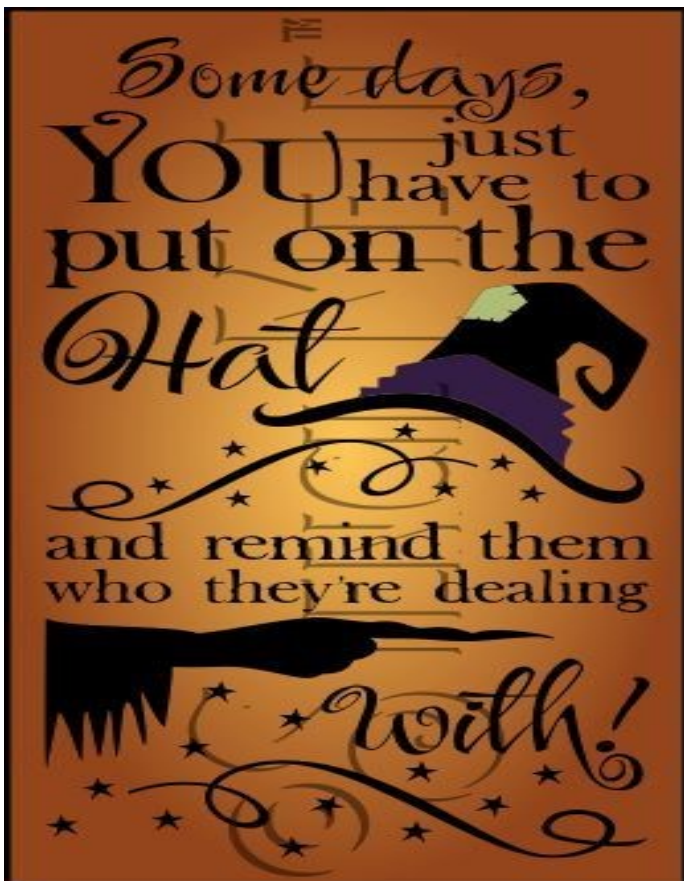
either in your house or in the yard, string up a Halloween-themed piñata filled with candy.

from

<https://www.retailmenot.com/blog/ideas-for-celebrating-halloween-during-covid-19.html>

IT'S
SHOWTIME





Mentoring is Still Happening!

To Find Out How Call 403-843-1066
Rimby Kids Need Your Support
Now More Than Ever.

1 Hour a Week is All It Takes
to Be the Change You Wish to See



Physical Distance
Doesn't Have to Mean
Emotional Distance

WILDLIFE WARNINGS

Roads attract wildlife because they give animals a clear travel corridor, easy access to food, and a source of salt in the winter. Plus, many species are active at dawn and dusk when visibility is poor and traffic volume is high. In 2017, the majority (58%) of reported collisions on rural highways involved an animal!

Here's what to do to reduce road risks.

WILDLIFE SAFETY TIPS

- Watch for wildlife warning signs and slow down in areas where animal crossing signs are posted.
- Scan the roadway and ditches ahead for animals. Improve your ability to see by keeping your windshield and headlights clean.
- Slow down in curves and when reaching the crest of a hill.
- Watch for the shining eyes or silhouette of an animal at night and use high beams when there are no oncoming vehicles.
- Slow down if an animal is on or near the road and be prepared to stop. Their behaviour is unpredictable.
- If you see one animal, be on the look out for more - some travel in groups.
- Be particularly careful in November, as days get shorter and animals begin to migrate.
- Brake firmly if an animal is in your path, and don't swerve to avoid it.
- Honk in a series of short bursts to chase animals away.

WHAT IF I HIT AN ANIMAL (OR SEE AN INJURED OR DEAD ANIMAL)?

If you do have a collision with an animal, report the collision to the RCMP or local police.

If the animal is injured, do not approach it - injured animals can be very dangerous. Contact the nearest Fish and Wildlife Area Office.

If the animal is dead, report the location on the Wildlife Watch app.

WILDLIFE WATCH

The Alberta Wildlife Watch Program collects and analyzes data on animal-vehicle collisions in order to improve both driver and animal safety, reduce the number of animal collisions, provide information to inform mitigation strategies, and to help evaluate mitigation activities.

You can find out more about the Wildlife Watch Program on Alberta.ca.

You can download the Wildlife Watch App on albertawildlifewatch.ca.

From saferoads.ca