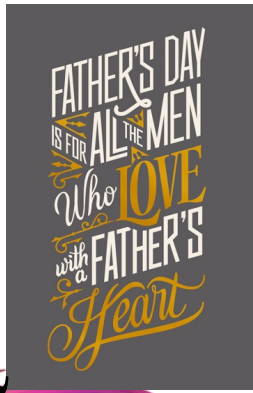


Rimbey & Area JUNE 2022 Community Newsletter



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

Summer Pool Schedule June 2022 (Excludes Holidays)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7:00am—8:30am		Lane Swim 7:00am—8:30am		Lane Swim 7:00am—8:30am	
Rental 11am-12pm	Parent & Tot/Lane Swim 12pm—1:00pm				Rental 11am-12pm	
Parent & Tot/Lane Swim 12pm-1:30pm	School Swim Classes 1pm-3pm				Parent & Tot/Lane Swim 12pm-1:30pm	
Public Swim 1:30pm-6pm	Public Swim 3:30pm-7:00pm				Public Swim 1:30pm-6pm	
Lane Swim 6pm-7pm	Lane Swim 7:00pm-8:00pm				Lane Swim 6pm-7pm	

watch our Facebook page for Updates: Rimbey Aquatics Centre.
Season passes available for Lane Swim only.
Public Swims can purchase 10 or 20 Punch cards/**no season passes available for Public Swims.**
Spray Park will be open when the pool is open.
Pool maximum number will be 80 at any one time in the pool.



Events @ Pas Ka Poo Park:

- PANCAKE BREAKFAST (\$) 8:30am-11:00am
- HISTORICAL TOURS 10:00am-3:00pm
- VARIOUS ACTIVITIES 10:00am-3:00pm
- Bouncy Castles, Face Painting, Balloon Animals, Barrel train,
- CONCESSION LUNCH (\$) 12:00pm-3:00pm
- CHILDREN'S DJ 10:00am-3:00pm
- OPENING CEREMONY 1:00pm-1:30pm
- BIRTHDAY CAKE 1:30pm-2:30pm



ORGANIZERS



CONTRIBUTORS



Public Swimming @ RIMBEY AQUATIC CENTRE 3-6PM

Fireworks @ BALL DIAMONDS 11PM



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



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MENTAL ILLNESS is characterized by changes in an individual's **thinking, mood, or behaviour** and is usually associated with significant distress or impaired functioning in social, occupational and other activities.¹



ABOUT 1 IN 3 CANADIANS WILL BE AFFECTED BY A **MENTAL ILLNESS** DURING THEIR LIFETIME.²

EARLY CARE AND SEEKING TREATMENT can help individuals recover from or manage a **MENTAL ILLNESS**. However, stigma and other barriers can delay people from seeking help.

Rimbey Community Addiction & Mental Health Services

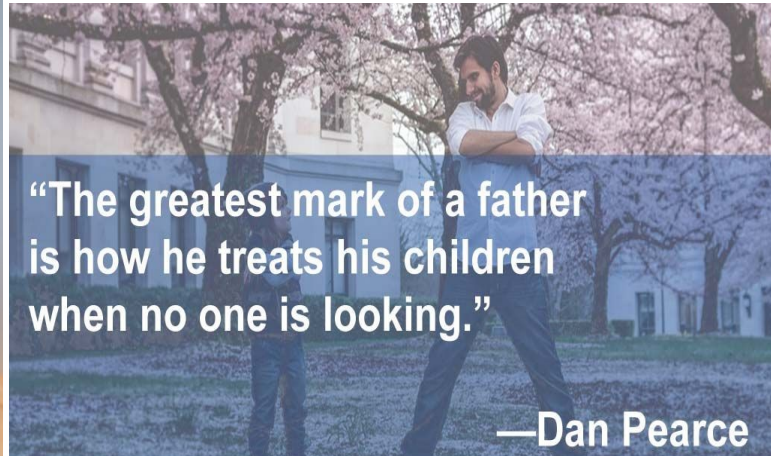
Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern.

“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.”



Rimbey Royal Canadian Legion News

*Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. ** Progressive BINGO. For Legion Hall Rentals call: 403 843-2184 or 403 843-2343. For Legion Memberships call 403 843-2464*



June is the last month for this program until September—there will be no programs during the summer!

**A PLACE FOR FAMILIES OF
0-6 YEAR OLDS TO CALL THEIR
OWN**



**RIMBEY NEIGHBOURHOOD
PLACE**



Drop in

GROW & PLAY

*Adults Please
still wear a
mask*

Monday's @ 10 am,

**BLINDMAN YOUTH ACTION BUILDING
BACK DOOR**

text 780 887-2702 for questions

Financial contribution from
Public Health Agency of Canada Agence de la santé
publique du Canada

Rimbey Library

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

403 843-2841

We are open on Mondays!

Mondays afterschool 3:30 pm – Master Chef Mondays

Tuesday Mornings 10:30 am – Storytime with Sue

Tuesday June 28th – Ice Cream Social 6:30 pm - 8:00 pm

Come get the scoop on all the programs and services the library has to offer. All while enjoying a FREE ice cream cone!

Wednesday afterschool 3:30 pm – Imagination Station S.T.E.A.M. based programming

Wednesday, May 15th – Red Deer Symphony Orchestra presents Grounder's Grand Adventure; Julie Freedman Smith narrates this original story written by Liza Scriggins, with violinist Dian -Lane, violist Liza Scriggins, and cellist Andrea Case, plus artwork by Olga Cattel, in a storytelling concert for all ages to enjoy. 7:00 pm Lion's Park # 1 (Behind the RCMP station) (June 19th Rain out Date)

Thursdays afterschool 3:30 pm – Teen Hangout – must be in grade 7 – 12 to attend. Snacks will be provided.

Thursdays

June 2nd Movie Night at the Library sponsored by the Rimbey Lions Club – Turning Red – 6:30 pm

June 9th Nerf Night! – 6:30 pm

June 16th Board Games and Hot Dogs – 5:30 pm

June 23rd Glow in the Dark Party 6:30 pm

June 30th Book Club – From the Ashes, Jesse Thistle – 6:00 pm

Fridays 10:00 am – It Takes a Village, coffee time for Parents and Caregivers – bring the kids!

Friday Music in the Park (behind the RCMP building) – 7:00 pm In case of inclement weather we will be at the library

June 3rd Aaron Pollock

June 10th Mark Feduk

June 17th Noteworthy

June 24th Scott Cook

Saturday afternoon Movie Matinees sponsored by the Rimbey Lion's Club – 2:00 pm

June 4th Toy Story

June 11th Stuart Little

June 18th Despicable Me

June 15th Cars

We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples.

Check out <https://rimbeylibrary.beanstack.com/reader365>

For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!

The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!



Neighbourhood Place
Family Programming

Located in the BIAS Building
back entrance: 4907 49st

THURSDAYS

9:30 – 11:30 AM

June is the last month for
this program until
September—there will be
no programs during the
summer!

Parent Support Group

♡ PARENTS
SUPPORTING
PARENTS

♡ A PLACE TO
CONNECT

♡ CHILD CARE
PROVIDED

Email: sam.rimbeynp@gmail.com
or Text/Call 403.872.1968

MORE INFO OR
TO REGISTER

Financial contribution from
Public Health Agency of Canada Agence de la santé
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Rimbey Family
Community Collective



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

**"A father is
someone you look up
to no matter how
tall you grow."**

Launch—A Work Experience Program

If you are currently unemployed, are 20 to 30 years of age, have some post-secondary or trades training and are having difficulty finding employment, then the Launch program can help you. Participants earn a training allowance and are eligible for a program completion bonus.

Start Earning Today

www.mcgcareers.com

Call - 780-732-4283

Friendships: Enrich your life and improve your health—4th in a series from www.mayoclinic.org
Discover the connection between health and friendship, and how to promote and maintain healthy friendships.

What are some ways to meet new friends?

Persistence also matters. Take the initiative rather than waiting for invitations to come your way and keep trying. You may need to suggest plans a few times before you can tell if your interest in a new friend is mutual.

For example, try several of these ideas:

Attend community events. Look for groups or clubs that gather around an interest or hobby you share. You may find these groups online, or they may be listed in the newspaper or on community bulletin boards. There are also many websites that help you connect with new friends in your neighborhood or city. Do a Google search using terms such as [your city] + social network, or [your neighborhood] + meet ups.

Volunteer. Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.

Extend and accept invitations. Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.

Take up a new interest. Take a college or community education course to meet people who have similar interests. Join a class at a local gym, senior center or community fitness facility.

Join a faith community. Take advantage of special activities and get -to-know-you events for new members.

Take a walk. Grab your kids or pet and head outside. Chat with neighbors who are also out and about or head to a popular park and strike up conversations there.

Above all, stay positive. You may not become friends with everyone you meet but maintaining a friendly attitude and demeanor can help you improve the relationships in your life. It may also sow the seeds of friendship with new acquaintances.

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.



The **Community Wellness Association** is a group of citizens who meet once a month in the hope of addressing community social issues. Please call 403 843-4304 for more info.

Rimbey Rodeo Parade is back.

Mark your Calendar for

Friday July 8th, 2022.

Get your float ready to enter or your camping chair to watch.

Hope to see you there!

For more info call 403-843-3151



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

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & Bluffton Store Brought to you by Rimbey Neighbourhood Place in partnership with the town of Rimbey Recreation Department. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: rimbeynp@telus.net