

# Rimbey & Area Community Newsletter

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



You are invited to the annual  
Rimbey Rodeo Weekend

## PARADE

Friday July 8th  
11:00am



Find our Parade route  
at [www.rimbey.com](http://www.rimbey.com)

Summer Pool Schedule July 2 —September 4, 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	Swimming Lessons 8:30am—12:00pm				Rental 11am-12pm	
Parent & Tot/Lane Swim 12pm-1:30pm	Parent & Tot/Lane Swim 12pm—1:30pm				Parent & Tot/ Lane Swim 12pm-1:30pm	
Public Swim 1:30pm-6pm	Public Swim 1:30pm-7:30pm				Public Swim 1:30pm- 6pm	
Lane Swim 6pm-7pm	Lane Swim 7:30pm-8:30pm				Lane Swim 6pm-7pm	



Spray Park will be open when the pool is open!  
Pool maximum number will be 80 at any one time in the pool!

# 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.<sup>1</sup>



ABOUT 1 IN 3 CANADIANS WILL BE AFFECTED BY A  
MENTAL ILLNESS DURING THEIR LIFETIME.<sup>2</sup>

**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 ap-  
pointment.”



## 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

For local history check out the  
Smithson Museum at Pas-ka-poo park  
and the Beatty Heritage House. More  
information can also be found in the  
Rimbey Tourist Guide—pick it up at  
downtown businesses and the Tourist  
Information Booth.

**Forshee  
Summer  
Picnic**

Join us for our  
annual potluck!

July 6th. at 5pm  
Forshee Hall

Wieners & Buns Provided by Forshee Ladies  
Bring salads, desserts, drinks, chairs,  
utensils & wiener roasting sticks..

**I'm Canadian.  
What's your  
superpower?**



# Rimbey Library

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

403 843-2841

We are open on Mondays!

Our Summer Reading Program runs Tuesday – Thursday inclusive during July and August. Please

check out our website [rimbeylibrary.prl.ab.ca](http://rimbeylibrary.prl.ab.ca)

Mondays afterschool 2:00 pm – Master Chef Mondays

July 11 th -Kompany Theatre – Interactive Drama Production.

REGISTRATION NECESSARY

Kids Complete Guide to the Care and Feeding of Aliens ages 3 – 7

10:00 am

10:45 am

Drama games for ages 8 – 12

11:45

July 25 th - Medicine River Wildlife Centre 1:00 pm

Tuesday Mornings 10:30 am – Storytime with Sue

July 5 th – Paint Nite for kids 8+ 6:30 pm

July 26 th – Pirate Party 6:30 pm

Thursdays Movie Nights sponsored by the Rimbey Lions Club 6:30 pm

July 7 th Secrets of Dumbledore

July 14 th – Sonic the Hedgehog 2 \*pre-release\*

July 21 st – The Bad Guys

July 28 th – TBA

Book Club – July 28 th – The Midnight Library – Matt Haig

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

1:00 pm - Fabulous Friday 1:00

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

July 1 st – Ido Van Der Laan

July 8 th – King of Foxes

July 15 – The Peacocks

July 22 – Joe Nolan

July 29 th – Paddy J

Saturday

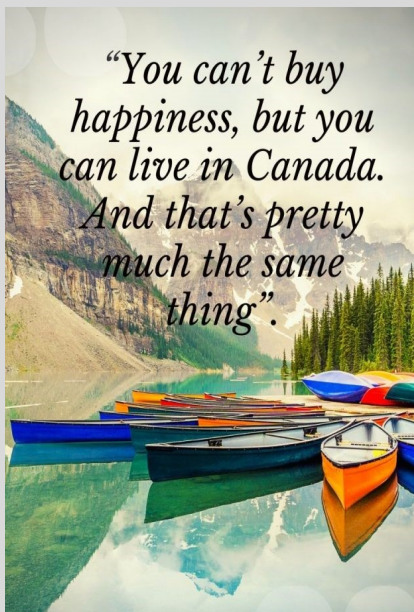
Lego Club – 2:00 pm

July 9 th - Penny Carnival - 1:00 – 3:00

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!

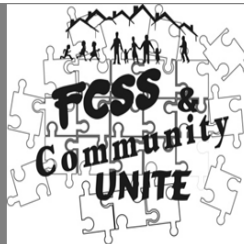


## Free Employment Services

FREE WORKSHOPS AND SERVICES OFFERED ACROSS CENTRAL ALBERTA

Seeking help with resume or cover letter development, interview preparation, job search assistance, career planning, require industry specific certifications or job placement?

We are here to help in your area! Contact Career Assistance Network to see what programs you are eligible for by calling us directly at (403) 341-7811.



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 re-

sources, 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](http://www.rfcss.com)

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!

## This Is The Scientific Way To Cure Loneliness (from Eric Barker)

The ghostly hollowness of feeling lonely. It's like your soul is being asphyxiated. You feel completely embalmed. We all dealt with it a bit during the pandemic.

So when you feel lonely, how do you prevent the demons from commandeering too much real estate inside your head? Many people would tell you to just spend more time with others. A good idea in general, but far from the killshot cure you think...

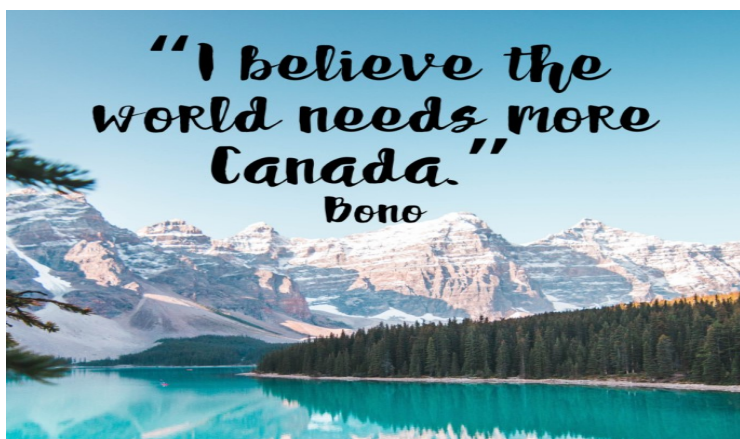
From [Plays Well With Others](#):

*A 2003 study by John Cacioppo showed, on average, lonely people actually spend as much time with others as nonlonely people do. Cacioppo writes: "The amount of time spent with others and the frequency of interaction did not add much to the prediction of loneliness. What did predict loneliness was an issue of quality: the individuals' ratings of the meaningfulness, or the meaninglessness, of their encounters with other people."*

If merely spending time with other people could remedy loneliness, we'd never feel "lonely in a crowd." But sometimes we do. That's because loneliness isn't really about proximity to people -- loneliness is how you feel *about* your relationships.

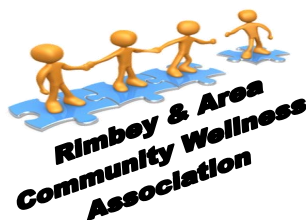
If you have a tight family and good friends, you might miss them when traveling but you wouldn't be in the despair of loneliness. And if your relationships are shallow, you can be surrounded by others and still feel a million miles away. A hug can just make you sadder.

So deepen those connections. Get to know your friends better and open up to them. Join a group. Form a group. Volunteer. We're looking for a home not a homepage. So get off the internet and deepen that connection to your tribe.



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](http://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.



### 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](mailto:rimbeYnp@telus.net)