

2023 October

RIMBEY & AREA

COMMUNITY NEWSLETTER



**PETER LOUGHEED
COMMUNITY CENTRE**

Schedule for programs

Tuesdays Yoga – Starting Tuesdays 7pm-8pm

Wednesdays Free Weights – 5:45pm-6:30pm

Thursdays Zumba – Starting Thursday October 5, 2023, 7pm-8pm

Saturdays Pilates – Starting Saturday November 4, 2023, 10am-11am (come join us on Saturday September 30, 2023, for a free class of Pilates 10am-11am)

Sundays 1/2-hour Free Weights/1/2-hour Yoga 6pm -7pm

Buy a punch card that gives you access to use for Yoga, Pilates, Zumba, Free Weights Sessions from September 2023 to May 2024

\$90.00 for 10 sessions while the classes are running through the season. Expires May 31, 2024

or \$10.00 drop in

For more info call 403-843-3151 or email programs@rimbey.com

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



Weayaya

Announcement

SUNDAY OCT 1 - 11 am
MEETING FINAL CLEANUP

AGM - SUN. NOV 5. 11 AM

QUESTIONS?

Weayaya.spmf@gmail.com



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Neighbourhood Place Program

MUMSTERS & BABES



a group for parents with kids under 2

Monday mornings 10:00 am - 11:30am

Register by text Please 403 872-1968

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

4907 - 49 street




Rimby Neighbourhood Place

drop in

Grow and Play

Tuesday mornings - 9:30-11:30

Blindman Youth Action Building



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



Rimby Neighbourhood Place

Parents Time Out

Connection, support, and self care for parents of young children - with child care provided

Thursday Morning 9:30-11:30

registration required - text Sam @ 403 872-1968



located at the Blindman Youth Action Building 4907 - 49 street

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

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

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 the central intake line @ 1 -888-594-0211 for an appointment.”



Rimbey Library

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

403 843-2841

We are closed on Mondays until May 6 th , 2024

USED BOOK SALE – THE WHOLE MONTH OF OCTOBER – TAKE AS MAY AS YOU CAN, PAY

WHAT YOU WISH TO DONATE

Tuesday

Mornings 10:30 am – Storytime with Sue

After School 3:30 pm – Library Lego League (Not on October 31)

Evening 7:15 pm – Pilates (Not on October 31)

Oct 31 st – Halloween Howl 3:30 pm. Includes a light supper

Wednesday

Wacky Wednesday – 3:30 pm

Oct 4 th – Coffee Filter Bats

Oct 11 th – Play dough

Oct 18 th – Hand Print Flowers

Oct 25 th – Cotton Ball Ghosts

Thursday

Oct 5 th - Movie Night at the Library sponsored by The Rimbey Lion's Club – 6:30 pm –Elemental

Oct 12 th – Armchair Traveller with Jan Boyarzin – Destination Yukon & Northwest Territories- 7:00 pm

Oct 19 th – Author Talk – Kate A Boorman – 7:00 pm

Oct 26 th - Book Club: Lessons in Chemistry by Bonnie Garmus

Friday

Oct 13 th – Storyteller Bethany Ellis 10:00 am, 11:00 am, 12:45 pm, 1:45 pm

Oct 20 th – Fantastic Chef Friday – Mini Pizzas

Saturday

Oct 7 th – CLOSED FOR THANKSGIVING LONG WEEKEND

Oct 14 th – Spirt Doll Workshop – 2:00 pm

Oct 21 st – Afternoon Matinee sponsored by the Rimbey Lions Club – The Little Mermaid


Oct 21 st – Prairie Debut - Stéphane Tétreault & Akiko Tominaga – Rimbey United Church – 7:00 pm

Oct 28 th – Author Talk – Susan Glasier 2:00 pm

Oct 28 th – Wine Tasting – 7:00 pm Open to members of the Rimbey Library and their guests.

Sunday

Oct 22 nd – Free Community Dinner – Rimbey Municipal Library 5:00 pm – 7:00 pm sponsored by the Rimbey Community Wellness Association



HALLOWEEN

COMMUNITY DANCE PARTY

By the **Rimbey Nursery School**

Free Glow Stick and the concession is available for purchase

Oct. 27, 2023 • 6:00- 8:00 pm
\$5/Person or \$20/Family
Peter Lougheed Rec Center Gym

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*



Do you love to sing?

Come join the Rimbey (and district) Community Chorus as they prepare for their 2023 Christmas program.

Practices are every **Wed. 7:30** beginning **Oct 4th**, at **Rimbey United Church**

\$20 registration fee (\$10 for teens)

No auditions required.

A learning opportunity to participate in part singing.

Lower age limit 16

Please Call Annette 403 843-3115 for more information

**"Double, double toil
and trouble; Fire
burn and cauldron
bubble."**

William Shakespeare

Happy Halloween





May your

Thanksgiving

be full of peace, love, and joy.

Need to Talk? We're Listening.



Finances should never be a barrier to mental health support. We offer options for low cost and subsidized counselling services

Sessions are currently being offered virtually, by phone, and in person.

Call (403) 347-8844 or email info@cssalberta.ca to inquire.



cssalberta.ca

RIMBEY AA Meetings
Anglican Church - 5207 52 Ave
Wednesday Evenings @ 7:30

The Rimbey Medical Clinic is pleased to announce the initiation of a screening program for at risk seniors. The goal is to identify older adults that may have characteristics of frailty. We can then implement supports, treatments, and/or investigations to improve health outcomes, independence, and resilience. Patients must have a physician at the Rimbey Medical Clinic, be 75 years or older and meet certain criteria.

DIABETES EDUCATION & AWARENESS SOCIAL

NOVEMBER 19, 2023

Advance tickets \$12.00, includes lunch
EVERYONE WELCOME

Blood Sugar Testing
Patrick Rurka presents:
Sugars in Your Food

Lunch @ 1pm
doors open @ 12:30 pm
at the Seniors Drop-In
Centre

BLINDMAN VALLEY
LIONS CLUB
Email:
blindmanvalleylions@gmail.com



Rimbey & Area
Community Wellness Association

FREE COMMUNITY dinner

OCTOBER 22
5-7:00 PM
Rimbey Public Library

**ALL AGES
ALL ARE WELCOME**

PULLED PORK
COLESLAW/VEGGIES
DESSERT