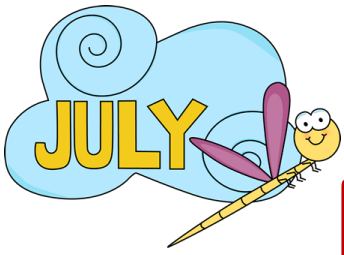


# Happy Canada Day!



# Rimbey & Area Community Newsletter

**OH  
CANADA:  
A YOUNG  
150!**

Recreation Services 403-843-3151 [www.rimbey.com](http://www.rimbey.com)



## Rimbey Aquatic Centre Schedules

SUMMER POOL SCHEDULE July 2-August 27 2017 (excludes stat holidays)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7-9am					
Rental 11am-12pm	Swimming Lessons 9am-12pm					Rental 11am-12pm
Parent & Tot/Lane Swim 12-1:30pm						
Public Swim 1:30-6pm	Public Swim 1:30-6pm	Public Swim 1:30-8pm				Public Swim 1:30-6pm
Adult Swim 6-7pm	Value Drug Mart Free Swim 6-8pm					Adult Swim 6-7pm
	Adult Swim 8-9pm					

### Statutory Holiday Hours:

Victoria Day, Monday, May 22nd – Public Swim 12-6pm  
 Canada Day, Saturday, July 1st – Free Swim 3-6pm  
 Heritage Day, Monday, August 7th – Public Swim 12-6pm  
 Labour Day, Monday, September 4th – Public Swim 12-6pm

Single Admission Rates: Adult \$5.50, Senior/Student \$4.50, Youth \$4.00, Child \$3.00, Family \$15.00

Punch Pass: Adult \$49.50, Senior/Student \$40.50, Youth \$36.00, Child \$27.00, Family \$135.00

Rimbey Aquatic Centre Ph: 403-843-2437  
[www.rimbey.com](http://www.rimbey.com) [www.facebook.com/rimbeyaquaticcentre](https://www.facebook.com/rimbeyaquaticcentre)

**VALUE DRUG MART**  
 Sponsored Free Swim  
**Mondays 6-8pm**  
**May-August**

## Rimbey Rodeo Weekend **PARADE**

Sat. July 8th at 11am

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



CANADA 150  
1867-2017

RIMBEY,  
AB

## Celebrate Canada JULY 1ST, 2017

### Events @ PAS KA POO PARK: Free Public Swimming

PANCAKE BREAKFAST (\$) 8:30am-11:00am

GYMNASTICS 9:30am-10:30am

HISTORICAL TOURS 10:00am-3:00pm

VARIOUS ACTIVITIES 10:00am-3:00pm

DOG AGILITY DEMO 1 11:00am-12:00pm

CONCESSION LUNCH (\$) 12:00pm-3:00pm

CHILDREN'S DJ 12:00pm-3:00pm

OPENING CEREMONY 1:00pm-1:30pm

BIRTHDAY CAKE 1:30pm-2:00pm

DOG AGILITY DEMO 2 2:00pm-3:00pm

@ RIMBEY AQUATIC CENTRE 3-6PM

### Fireworks

@ BALL DIAMONDS 11PM

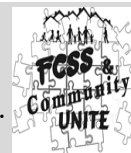
#### ORGANIZERS



#### CONTRIBUTORS



RIMBEY FCSS Would like to Invite you to their Urban Poling Walk (Poles Provided). Also known as Nordic Walking one of Canada's Fastest growing fitness Activities Use 90% of your muscles while improving posture, balance and building core strength.



This project is funded by the Government of Canada's New Horizons for Seniors Program



### FALLS PREVENTION NORDIC WALKING SCHEDULE

July 11 @ 5pm, July 27 @ Noon,  
 Aug. 8 @ 5pm, Aug. 22 @ Noon,  
 Sept. 7 @ 5pm, Sept 19 @ Noon,  
 Oct. 5 @ Noon, Nov. 2 @ Noon

COME JOIN US FOR THE NEWEST TREND IN EXERCISE

IF YOU ATTEND 3 OF OUR WALKS WE WILL GIVE YOU A SET OF OUR URBAN WALKING POLES ABSOLUTELY FREE STAY ACTIVE AND HAVE FUN

Meet at the Provincial Building  
 5025-55 street Rimbey, AB  
 Any Questions call Pam 403-843-2030



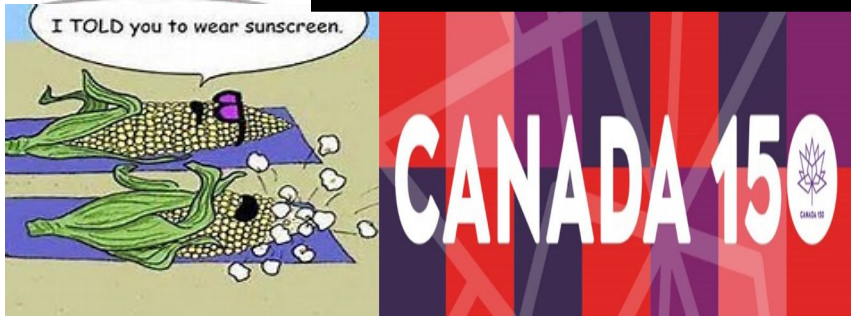
**Rimbey Community  
Addiction & Mental Health  
Services**

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

Hours of operation – Monday, Tuesday and Thursday, 8:00 – 4:30 p.m. Closed during the lunch hour 12:00 – 1:00 p.m.

Please call 403 843-2406 for an appointment.

**RIMBEY & DISTRICT Victim Services** Rimbey & District Victim Services is seeking dedicated volunteer advocates to support people impacted by crime and tragedy. Make a important difference in their lives by supporting them during difficult times. Learn about us at [rimbeyvictimservices.com](http://rimbeyvictimservices.com) or [facebook.com/rimbeyvictimservices](https://facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.



**Catholic Social Services Family Counselling**

Available in Rimbey, For Everyone. on a sliding scale fee.

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

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

This Service is made available by contributions from Rimbey Victim Services, Rimbey FCSS and The Rimbey Lions Club

**Rimbey Market at the Park**

A great reason to get up on Saturday morning!



**Saturdays 9:30-11:30 am  
BUY LOCALLY**

May 6 - October 7, 2017  
at PAS-KA-POO PARK

INFO? 403-704-4001  
[rimbeyfarmersmarket@hotmail.com](mailto:rimbeyfarmersmarket@hotmail.com)

Watch for upcoming events each month!

Introducing **Speakers 4 Seniors**

Join us 9:30 am - 11:30 am on the 2<sup>nd</sup> Wednesday of each month to learn from speakers covering a variety of topics. Come to socialize and enjoy coffee and tea, all free of charge!



**Fun for Seniors**

The following outlines the first 3 sessions, however these sessions will be ongoing. Watch for further updates!

**July 12' 2017**

Nutrition for Seniors  
Location: FCSS

**Aug 9' 2017**

Recognizing Depression  
Location: Seniors Drop In

Brought to you by: Rimbey Medical Clinic, Wolf Creek PCN, Rimbey FCSS, Seniors Drop In, Rimbey Manor

**START SOMETHING BIG**

Big Brothers Big Sisters

**One Hour a Week is All It Takes!**

**Mentors greatly needed in our area.**

**Call 403-843-1066**



## Raising Resilient Kids

( as presented by Beth HaChkowski from the Neufeld Institute – specializing in attachment) April 26.

### What are the keys to resilience?

#### Key #1

The child is insulated against a wounding world by safe emotional attachments to caring adults.

Parental Challenges:

1. to capture and hold on to the child's heart
2. to be the one that matters more
3. to keep from being a source of wounding Experiences

#### Key #2

Resilience develops when encounters with futility are truly felt

Parental Challenges:

1. to keep the child's heart soft
2. to be the child's attachment-designated Comforter
3. to 'hold' the child in the experiences of futility until there is nothing left to do but cry
4. to not get in the way of the adaptive process

Common Childhood Futilities

- holding on to good experiences
- making something work that doesn't
- possessing mummy (or anyone for that matter)
- sending the sibling back from whence he came
- being smarter than one is
- being perfect or avoiding failure
- controlling circumstances or knowing the future
- turning back time or undoing what's been done
- making magic work or defying the laws of nature
- winning all the time
- being bigger than one is
- being best at everything
- being wanted where one isn't
- doing anything one wants
- getting one's way all the time
- knowing what's going to happen
- avoiding upset

#### Key #3

believing that one is strong enough to handle what could happen

Parental Challenges:

1. take the LEAD by perceiving the child as strong
2. when protecting a child from stressful experiences, take care NOT TO CONVEY DOUBT in their strength
3. IMMUNIZE by introducing stressful experiences in a form or in a way that are easier to manage

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken.

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

Find us on facebook:

<https://www.facebook.com/Rimbeycarseats/>



### CHECK OUT OUR NEW PROGRAMS

<http://www.centralparklandparentlink.ca/>

parentLINKcentre



#### Community Information & Referral Clinic

The 2<sup>nd</sup> 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](http://www.rfcss.com)

Healthy Families Program is asking if you know of a young mom in need of support 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](http://rfcss.com)



"Chasing the ice cream truck does not count as a summer fitness program."



# Rimbey Library

## Mondays

Monday Mayhem (kg – gr 6) 2 – 3 pm

Teen Takeover (Ages 12+) 5 – 7 pm

Bluffton Bash – Bluffton Community Hall (kg – gr 6) 10 – noon

## Tuesdays

Pre-school Storytime (3-5) 10:30 am

Wiggle Worms (0-3) 10:30 am

Crafternoon (k-6) 2-3 pm

## Wednesdays

Canada! Summer Reading Club(k-3) 10 – noon

Canada! Summer Reading Club (gr 4-6) 10 – noon

Canada! Summer Reading Club (k-3) 2-4 pm

Canada! Summer Reading Club (gr 4-5) 2-4 pm

## Thursdays

Canada! Summer Reading Club(k-3) 10 – noon

Canada! Summer Reading Club (gr 4-6) 10 – noon

Canada! Summer Reading Club (k-3) 2-4 pm

Canada! Summer Reading Club (gr 4-5) 2-4 pm

Movie Night at the Library sponsored by ConocoPhillips 6:30 pm

July 6 – Boss Baby

July 13 – Hercules

July 20 – Middle School: The Worst Years of my Life

July 27 – Alice in Wonderland

## Fridays

Pre-School Storytime 10:30 am

Freaky Fridays 2 – 3 pm

## Saturdays

Farmers Market 9:30 – 11:30 am

Boredom Busters 2 – 3 pm

403 843-2841



**WIN a return trip for  
two people on WestJet!**

(Valid on any WestJet regular scheduled destination)

**WESTJET RAFFLE!!**

**\$5.00/ticket**

**Draw made August 31, 2017!**

**Proceeds go to support Big Brothers Big Sisters of Rimbey mentoring programs. Tickets at Esso, Stationery, Stories and Sounds and Striker's Alley or the Farmers' Market.**



For more information, call 403-843-1066.



**Rimbey  
Neighbourhood  
Place**

e-mail: [rimbeynp@telus.net](mailto:rimbeynp@telus.net) Or (P) 403.843.4304  
Find us on facebook!

## July - Motorcycle Safety

Drivers play a large role in motorcycle safety. On a motorcycle, a rider is vulnerable. Be aware of motorcyclists on the road and give them the space they need. Motorcycle riders need to concentrate on the road and make sure other drivers see them.

### Facts to Know

Between 2009 and 2013, 3,415 motorcycles were involved in casualty collisions. These collisions resulted in 155 deaths and 3,548 injuries.

Motorcycles are less stable and less visible than cars and often have high performance capabilities. When motorcycles crash, their riders lack the protection of an enclosed vehicle, so they are more likely to get injured or killed.

Nearly two-thirds of the collisions involving a motorcycle resulted in death or injury. This compares to approximately one in 10 for all collisions.

In Alberta, wearing a helmet is the law when you are on a motorcycle. Head injury is a leading cause of death in motorcycle crashes. A rider with a helmet is 37 per cent less likely to incur a fatal injury in a crash than a rider without a helmet.

Replace a helmet that has been damaged, and avoid buying a used one. A used helmet may have been involved in a crash and could be damaged in ways that are not obvious.

Wearing comfortable and weather appropriate gear provides the best comfort and allows riders to stay alert and maintain their ability to react.

Antilock Braking System (ABS) equipped motorcycles help reduce fatalities and reduce stopping distances on wet and dry surfaces.

Motorcycles demand a high degree of skill - proper training and preparation are essential to having a safe trip.

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluffton Store** Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0

phone:403.843.4304 e-mail: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)