



Rimbey & Area

Community Newsletter



Recreation Services 403-843-3151 www.rimbey.com

Community Fitness Centre



Located in the Peter Lougheed Community Centre. (5109 54 Street)

Accessible 24/7 with a cardlock (\$25 deposit).



Fitness Centre Includes:

- Basic Gym w/ Cardio and Weight Rooms
- Squash & Raquetball Courts
- Showers in change rooms

Sign up at Community Centre 403-843-3151



Prices

Adult (year): \$215.00
 Adult (6 months): \$130.00
 Adult (3 months): \$78.00
 Adult (1 month): \$39.00
 Family (year): \$357.50
 Family (6 months): \$195.00
 Family (3 months): \$130.00
 Family (1 month): \$65.00
 Student (year): \$97.50
 Student (6 months): \$71.50
 Student (3 months): \$52.00
 Student (1 month): \$26.00

GST is not included in the above fees.

Drop in

(Available Monday-Friday 8:30am-12pm and 1pm-4:30pm) \$5.00

Dates to Remember

- Feb 8: Women's Conference
- Feb 10: Valentine's Gala
- Feb 14: Valentine's Day
- Feb 19: Stat Holiday. The Rimbey Community Centre and Arena will be closed.



Art Fusion for Youth 10 to 14 years

At the Rimbey Community Centre in the Art Room. Register to reserve your spot by Feb 20.



Rimbey's Vern Poffenroth Memorial Arena Free Skates

Public Skate: Mondays, Tuesdays, Fridays 3:00-3:45pm

Family Skate: Sundays 5:15-6:45pm

Parent & Tot/Senior: Wednesdays 2:00-3:00pm

Youth Shinny: Wednesdays 3:00-3:45pm

Adult Shinny: Sundays 7:00-8:15pm

No sticks or pucks allowed on the ice for all Public, Parent & Tot, Senior and Family Skates.



The Rimbey Aquatic Centre is now accepting applications for Junior and Senior Lifeguard Positions. Send your resume to recreation@rimbey.com to apply. For more info call 403-843-3151



\$2 Drop In Sports

Drop In sports are on various Tuesdays, Wednesdays, and Thursdays from 7:00pm-8:30pm. Please call ahead to confirm that drop in sports are running #403-843-3151





There is no
remedy for love
but to
love more.
Henry David Thoreau

Rimbe 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** Rimbe & 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 or [facebook.com/rimbeyvictimservices](https://www.facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.



Besides chocolate
you're my
favorite. :)

Catholic Social Services Family Counselling

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

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

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 Rimbe Victim Services, Rimbe FCSS and The Rimbe Lions Club

Rimbe Legion News
Legion Bingo is the 2nd Friday of every month with the exception of November. NO Bingo July or August, regular Bingos resume in September. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.

RIMBEY'S 32nd ANNUAL WOMEN'S CONFERENCE ENERGIZE !

February 8 , 2018 8am-4pm Peter Lougheed Community Centre

KEYNOTE SPEAKER
Brenda Robinson - **Laughter in Your Family, Your Life & Your Community**

CONCURRENT SESSIONS
Home Gardening -Vegetables : Martha Krause
What to Wear Now-For Women 50+ : Mary Lynn Ilnitsky
Painting - Find Your Hidden Talent : Jessica Kaprowski
Bio-Energy Healing - Reach for Greater Levels of Health : Emma Kellgren
Drumming - Circle : Samantha Sansome & Andrea Ramage
Women's Health Issues : Marcia Ziegler & Dawne MacDonald

LUNCHEON PRESENTATION
Protecting Your Home and Your Belongings
 Constable Audrey Bernier ; Rimbe RCMP & Kristine Stebanuk ; Victim Services

CATERED LUNCH , VENDORS , PRIZES
COST : \$45 , Early Bird \$40 (Deadline February 1, 2018)

REGISTER: RIMBEY FCSS - Provincial Building 403-843-2030

**Big Brothers Big Sisters of Rimbe Invites
You To...**



HELP US, HELP US REACH OUR GOAL!!
YOU CAN DO THIS WHILE YOU BOWL!

\$ \$ 15,000.00!!

SUNDAY,
MARCH 11,, 2018
AT STRIKERS ALLY

TO FORM A TEAM, BE A
SPONSOR OR MAKE A
DONTION! CALL: 403-843-

1066



**Big Brothers Big Sisters
of Rimbe**



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.

If your legal and financial situation fits the guidelines of the Legal Clinic, an appointment to receive free legal advice from a volunteer lawyer will be scheduled. Family Law appointments are available in the towns of Rimbey and Ponoka at the FCSS offices. All other areas are available at the Red Deer Legal Clinic offices.



**Rimbey
Neighbourhood Place**

e-mail: rimbeynp@telus.net

Or (P) 403.843.4304

**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 Find us on facebook: <https://www.facebook.com/Rimbeycarseats/>



CHECK OUT OUR NEW PROGRAMS

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



Rimbey Library

403 843-2841

Check
<http://rimbeylibrary.prl.ab.ca/events>

Tuesdays

Pre-school Story time (3-5) 10:30 am
Wiggle Worms (0-3) 10:30 am
Twisted Tuesdays (kg - gr 6) 3:30 pm
Valentine Book Art - February 6th - 7:00 pm Adults only

Wednesdays

After School Adventures 3:30 pm
February 21nd - No School Nonsense - 2:00 pm
February 21 - Movie Night in Partnership with Amnesty International - Beasts of No Nations 7:00 pm

Thursdays

Let's Go Lego! 3:30 pm (kg - gr 6)
February 1 - Movie Night sponsored by Conoco Phillips - Despicable Me 3 6:30 pm
February 8th - Armchair Traveller - destination Morocco - 7:00 pm
February 15th - Board Games & Pizza 5:30
February 22nd - No School Nonsense - 2:00 pm
February 22nd - Book Club - The Truth According to Us by Annie Barrows - 6:00 pm

Fridays

February 2nd - Animals of Argentina by **Myrna Pearman**- 7:00 pm
Pre-School Story time 10:30 am
Fantabulous Friday 2:00 pm January 19th
Coffee with Council - 3:00 pm
Sensory Sculptors - 3:30 pm February 2nd and 16th
Busy Parent's Book Club February 9th & February 23rd -10:30 am. Children's programming provided
Saturdays
Boredom Busters 2:00 pm



**Community Information &
Referral Clinic**
The 2nd Tuesday of each month
Rimbey Drop In - computer room

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

Healthy Families Program is asking if you know of a young mom in need of support to 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

*Annual Rimbey Cutter Parade February 3, 2018
@ Rimbey Agrim. Doors open @ 10:00 a.m. Cutter Parade starts at noon.*

*Meet the mini horses,
Medieval Horse Demo,
Petting Zoo
Concession
Vendors*



*Silent Auction
Hosted by: Rimbey Agr Society & Rimbey Sleigh, Wagon, & Saddle Club*



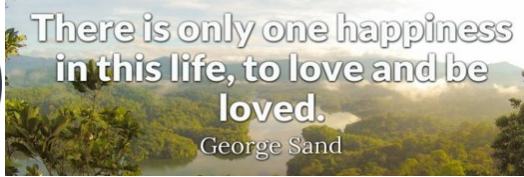
Fun for Seniors



We are offering a free one hour information session followed by an hour of socializing and refreshments the 2nd Wednesday of each month to learn from speakers covering a variety of topics relevant to seniors.

These ongoing sessions will alternate between the Manor and Seniors Drop-In

<p>Feb 14, 2018 Senior's Drop In 9:30 Get Active/ Stay Young 10:30 Coffee/ Socializing</p>	<p>Mar 14, 2018 Parkland Manor 9:30 Boosting Brain Health & Memory 10:30 Coffee/ Socializing</p>	<p>Apr 11, 2018 Senior's Drop In 9:30 Money: Privilege, Preserve, Protect 10:30 Coffee/ Socializing</p>
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How to protect your child from screens (2nd part from <https://www.participaction.com/en-ca/blog/kids-parenting/how-to-protect-your-child-from-screens-and-prepare-them-for-life-in-the-21st>)

The Reality

The reality is that kids of all ages are getting too much screen time. Let's face it, the world is getting too much screen time. According to a national study, just 24% of Canadian preschoolers (aged 3-4 years) get less than an hour of screen time. According to an Edmonton-based study, only 15% of toddlers (aged 1-2 years) meet screen time guidelines. In a lot of ways, these numbers aren't surprising. Screens are good at keeping kids occupied. Sometimes parents just need a moment, and a tablet or television is an easy way to get it. The latest stats and studies aren't about assigning blame. They're about recognizing the difficult challenge parents are currently facing. Technology has quickly invaded our lives and we're only now beginning to understand the consequences. Reaping the benefits, while minimizing the harms, is no small feat. (to be continued next month)



It's your community. It's your call.

Report Impaired Drivers



The Community Wellness Association is a group of citizens who meet once a month in the hope of addressing family violence, bullying (or a caring community) mental health and addiction in our community. Did you know:

The Safer Communities and Neighbourhoods (SCAN) unit helps Albertans take back their neighbourhoods by dealing with problem properties. Under the *Safer Communities and Neighbourhoods (SCAN) Act*, SCAN targets and shuts down properties that are regularly used for illegal activities such as:

- drugs
- gangs
- prostitution
- child exploitation

If there's a suspicious property in your neighbourhood, don't investigate it or approach its occupants.

To file a complaint call 1-866-960-SCAN (7226)



Rimbeys
Provincial
Building

**Attachment:
Relationship
is the key**

Tammy Auten-Dye,
Registered Psychologist



Thursday,
February
22, 2018
6:30



childcare available - no charge
REGISTER BY PHONE 403 843-4304 OR TEXT 780 887-2702