



Rimbey & Area Community Newsletter

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

Dates to Remember

- March 11: Day Light Savings
- March 16: Nursery School Spring Dance
- March 17: St. Patrick's Day
- March 30: Good Friday
- April 1: Easter Sunday & April Fools Day
- April 2: Easter Monday

Easter Closure: The Peter Loughheed Community Centre and Vern Poffenroth Memorial Arena will be closed March 30-April 2, 2018.



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



Babysitting Course
Ages 11+, \$50.00
April 7, 2018
9am-5pm
Call 403-843-3151 to register.



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
- Last Free Skate March 21, 2018**
- Ice out March 26, 2018.**



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



**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, 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.



Rimby 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.



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.

Catholic Social Services Family Counselling

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

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

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 Rimby Victim Services, Rimby FCSS and The Rimby Lions Club

PosterMyWall.com

Big Brothers Big Sisters of Rimby 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 Rimby



March 17th
Doors @ 7:30pm
Music @ 8:00pm
PETER LOUGHEED COMMUNITY CENTRE

Celtic Kitchen Ceilidh
Featuring Mac and Hawes

TICKETS \$25 IN ADVANCE, AVAILABLE AT THE LIBRARY
\$30 AT THE DOOR

SPONSORED BY:

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

March 1 - 19th Semi-Annual Book Sale

– as many as you can carry for as much as you would like to donate!

Tuesdays

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

Wiggle Worms (0-3) 10:30 am

Twisted Tuesdays (kg – gr 6) 3:30 pm

March 20 - Amnesty International Movie – (dis)placed 7:00

Wednesdays

After School Adventures 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (kg – gr 6)

March 1 – Movie Night sponsored by ConocoPhillips –6:30 pm

Ferdinand

March 8th – Armchair Traveller – destination England & Ireland – 7:00 pm

March 15th – Board Games & Pizza 5:30

March 22nd – Movie Night sponsored by ConocoPhillips – 6:30 - Coco

March 22nd – Book Club – The Silkworm by Robert Galbraith – 6:00 pm

Fridays

Pre-School Storytime 10:30 am

Sensory Sculptors – 3:30 pm March 2nd, 16th, 23rd

Fantabulous Friday 2:00 pm March 9th

Coffee with Council – 3:00 pm

Busy Parent's Book Club March 9th & 23rd -10:30 am. Children's programming provided

March 10 – Top Drops wine tasting – a Taste of Italy – please register at the library

Saturdays

Boredom Busters 2:00 pm

March 10th – Celtic Kitchen Ceilidh 8:00 pm – please purchase tickets at the library

Spring Festival

March 27th – 2:00 pm – Ventriloquist Val Hilliker

March 28th – 2:00 pm – Juno Award Winning Peter Puffin

March 29th – 2:00 pm - Kyle Keys the Magician
- 3:00 pm – Magic workshop

Check

<http://rimbeylibrary.pr.ab.ca/events>

For more info!



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

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

World Day of Prayer Service

March 2nd, 7 PM

Rimbey United Church

All are Welcome

*A best friend is like
a four leaf clover:*

*Hard to find and
lucky to have.*

Happy St Patrick's Day





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

Mar 14, 2018
Parkland Manor
9:30 Boosting Brain Health & Memory
10:30 Coffee/Socializing

Apr 11, 2018
Senior's Drop In 9:30
Money: Privilege, Preserve, Protect
10:30 Coffee/Socializing

STAY AWAKE, STAY ALIVE - 5 STEPS TO STAYING ALERT WHILE DRIVING

Driving tired is like driving impaired. Find out how fatigue slows your reaction time and can cause collisions on our roadways. Plus, learn how you can prevent sleepiness from putting your safety at risk. Did you know? Fatigue can be just as impairing as alcohol. Being awake for 23-24 hours causes the same impairment as having a blood alcohol level of 0.05. You may think drinking coffee, chewing gum, or rolling down the window will help you stay awake, but they won't. Here's what will:

- Sleep well before long road trips
- Share driving with other passengers
- Eat light meals or fruit and drink plenty of water. Overeating can make you even more tired.
- Take breaks every two hours or every 160 kms to stretch
- Keep the temperature on the cooler side. A warm vehicle makes it easier to fall asleep (From saferoads.ca)



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

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

Report Impaired Drivers




the (Red Deer) has Mental Health and Wellness Courses

No one is ever turned away from a CMHA Mental Health and Wellness course for financial reasons. Many people pay nothing at all for these three courses.

Art of Friendship is an eight-week Canadian Mental Health Association course. Meet new friends. Learn new skills. Make new community connections. Build self-confidence. Reduce loneliness and laugh more. Topics will include tolerance, healthy boundaries, values, trust, responsibility and commitment. It is particularly helpful for people who want to improve their quality of life by learning and practicing the skills needed to develop and keep healthy friendships through peer support and a focus on recovery.

For a complete list of available courses and more information please go to:
<http://reddeer.cmha.ca/news/winter-spring-education-at-cmha-2>

How to protect your child from screens (3rd and last 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 Balancing Act

Finding the right balance is hard, but it starts with recognizing that currently, we've erred on the side of too much screen time. From a developmental perspective, finding ways to minimize screen use is important. Interacting with people, instead of screens, is always a swap worth making. Trading indoor time for outdoor time is another step in the right direction. A half-hour walk always beats a half-hour television show. Another area of focus should be sleep. Bedrooms, and bedtime routines, should be screen-free. Screens aren't a good way to start or end the day. And finally, acknowledge that it's hard. No short list of tips is going to help you strike the perfect balance. Balancing is part of everyday life. It's an ongoing process. Less screen time is something we all must work toward, not a simple item to be crossed off our to-do lists.

