

# Rimbey & Area Community Newsletter



# 2018

Recreation Services 403-83-3151 [www.rimbey.com](http://www.rimbey.com)

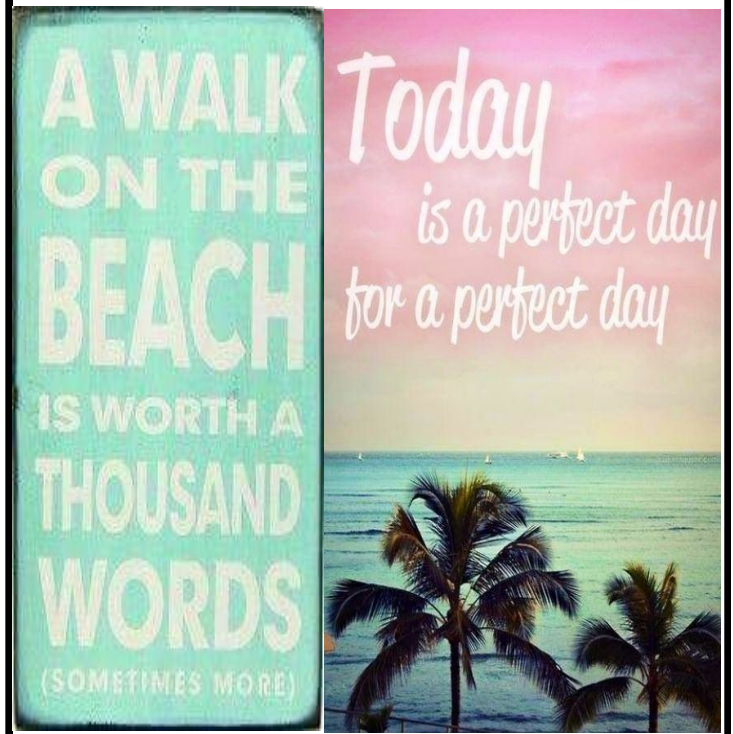
SUMMER POOL SCHEDULE July 2-August 26 2018 (excludes stat holidays)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7-9am					
Rental 11am-12pm	Swimming Lessons 9am-12pm					Rental 11am-12pm
Parent & Tot/Lane Swim 12-1:30pm						
Public Swim 1:30-6pm	Public Swim 1:30-6pm	Public 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					

END OF SUMMER POOL SCHEDULE Aug. 27-Sept.3 2018 (excludes stat holidays)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7-9am		Lane Swim 7-9am		Lane Swim 7-9am	
Rental 11am-12pm						Rental 11am-12pm
Parent & Tot/ Lane Swim 12:1-30pm	Parent & Tot/ Lane Swim 11am-12:30pm					Parent & Tot/ Lane Swim 12:1-30pm
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	Adult Swim 8-9pm					

## Mass Registration

Thursday September 6, 2018  
3pm-7pm

Peter Lougheed Community Centre.  
Community groups conveniently located in  
one place for registration. All groups  
welcome to attend at no cost.  
Groups set up and take down tables.







## 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 appointment.”

## Rimbey 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.

- For Legion Hall Rentals call: 403 843-2184 or 403 843-2343
- For Legion Memberships call 403 843-2464

## Rimbey Market at the Park

A great reason to get up on Saturday morning!



Join Us!

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

May 5 - October 6, 2018  
at PAS-KA-POO PARK

INFO? 403-704-4001  
rimbeyfarmersmarket@hotmail.com

Watch for upcoming events each month!

Don't just tell your kids to be active and to get outside and play. Lead by example.

Summer Sanders

## 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 ?

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 Rimbey & Area ECD Coalition in partnership with Rimbey Victim Services presents: Early Childhood Support Services &

### How our Past Shapes Our Present - Deepening our understanding of behaviours



**Thursday,  
August 30th @  
6:30, Rimbey  
Provincial  
Building**

MAKE IT A  
DATE  
NIGHT!  
SNACKS  
PROVIDED!

PLEASE REGISTER  
FOR CHILDCARE;  
TEXT OR CALL 780  
887-2702

PosterMyWall.com



## 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. The phone numbers for the Legal Clinic are:

Phone:403-314-9129 Toll Free:1-877-314-9129

## Rimbey Library

403 843-2841

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

### Monday

Monday Mayham – 2:00pm

### Tuesdays

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

Wiggle Worms (0-3) 10:30 am

Crafternoon – 2:00 pm

Bluffton Summer Hangout – 2:00 pm – Bluffton Hall

August 7<sup>th</sup> – Adult Movie Night – Book Club – 7:00 pm

### Wednesdays

Summer Reading Club – 10:00 am

Summer Reading Club – 2:00 pm

August 15<sup>th</sup> – The Peacocks – Musical Night at the Beatty House – 7:00 pm

### Thursdays

Summer Reading Club – 10:00 am

Summer Reading Club – 2:00 pm

Movie Night at the Library – 6:30 pm

August 2<sup>nd</sup> – Show Dog

August 9<sup>th</sup> – BFG

August 16<sup>th</sup> – Cars 3

August 23<sup>rd</sup> – Bolt

August 30<sup>th</sup> – Lilo & Stitch

August 30<sup>th</sup> – Book Club at the Beatty House – 6:00 pm-

The Little OldLady Who Broke All the Rules – Catharina Ingelman Sundberg

### Fridays

Pre-School Storytime - 10:30 am

Freaky Friday - 2:00 pm

### Saturdays

Fun at the Farmer's Market – 9:30 am

Boredome Busters – 2:00 pm

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

### RIMBEY FCSS

would like to invite you to their Urban Poling Walks. Poles will be available to borrow from our lending library. Nordic Walking is one of Canada's fastest growing Fitness Activities!

Every Tuesday @ Noon

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



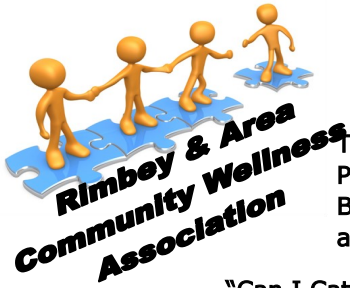
### Community Information & Referral Clinic

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 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](http://rfcss.com)



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

The Rimbe & Area Community Wellness Association has a "Centre for Positive relationships" which is housed at the Blindman Youth Action Building; the same building where Neighbourhood Place is located. NEW at the Centre - KIDS books:

"Can I Catch it Like a Cold? - Coping with a Parents Depression"

"When My Grammy Forgets, I Remember—a Child's Perspective on Dementia"

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

**Report  
Impaired  
Drivers**



## RECREATIONAL VEHICLES

IF YOU'RE HITTING THE OPEN ROAD IN AN RV, DRIVE SAFELY AND COMFORTABLY WITH THESE TIPS For many of us, summer means hitting the open road, getting back to nature and enjoying all of the comforts of home in a fully equipped RV. To make sure families ride safely and comfortably throughout the summer, RV drivers need to keep several things in mind.

Before you leave, complete a [checklist](#) to make sure your RV is in good working order.

Driving Tips and Reminders

1. RVs have wide turning patterns. You may have to swing into another lane to round a corner.
2. If you are [towing](#) a trailer with your RV, make sure the hitch is suitable for the trailer's weight and is fitted with approved safety chains or cables - any trailer weighing more than 910 kg must be fitted with its own set of brakes.
3. The turning radius of an RV increases with a trailer in tow
4. Your total vehicle length can't exceed 20 metres
5. RVs are heavy. They take longer to stop and are more difficult to steer around other vehicles.
6. RVs can't accelerate quickly. Be cautious when passing other vehicles.
7. Learn how your RV reacts to sudden manoeuvres and high winds to avoid being caught by surprise
8. When backing up your RV, have a "co-pilot" help you park it by standing outside and using hand signals

## The Playground Project: Freedom & Anarchy for kids

(part 1 from [www.dw.com/en/playground-project-freedom-and-anarchy-for-kids](http://www.dw.com/en/playground-project-freedom-and-anarchy-for-kids))

The playground: What started out as a gathering point has become a vital part of urban planning in many cities, especially in northern Europe – and an important element in children's development.

Playgrounds have become a ubiquitous part of the urban environment in Germany. From red roped climbing gyms to rainbow-shaped monkey bars to tunnel slides painted to look like a dragon's head, play equipment for children can be found in public places around the country – and are often filled with laughing children.

That's not always been the case. A by-product of the industrial revolution, playgrounds first came about in the late 19th century in the US and UK. These areas, often empty lots in the midst of housing projects, initially served both as meeting point as well as a place for the children of immigrants and those living in poverty to interact with the outdoor world.

The Playground Project, an exhibition at Bonn's Bundeskunsthalle traces the development of these common areas as they went from barren urban niches to the adventure playgrounds so frequently seen today. (to be continued)

