

March 2019 Rimbey & Area Community Newsletter

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



Free Skates at the Rimbey Arena:

Public Skate: Mondays, Tuesdays,
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

**The last family Skate will
be Sunday March 23rd,
2019**



\$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

Community Fitness Centre



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

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



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

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**



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

**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 403-843-2406 for an appointment.”

Rimby Legion News

Legion Bingo will now be twice a month, 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

Counselling

Available in Rimby, For Everyone – on a sliding scale fee – no financial barriers.

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 brought to you by the Rimby & Area Community Wellness Association



**IF WE HAD NO WINTER,
THE SPRING WOULD NOT
BE SO PLEASANT: IF WE
DID NOT SOMETIMES
TASTE OF ADVERSITY,
PROSPERITY WOULD
NOT BE SO WELCOME.**



Speakers 4 Seniors



Fun for Seniors

**Mar 13, 2019
Manor
9:30 Sleep Hygiene
Presenter: Lara Willows**

**May 8, 2019
Manor
9:30
Diabetes
Presenter: Rachel
Murray RN**

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.

**Apr 10, 2019
Senior's Drop In
9:30
Hearing Health
Presenter: Sandra
Duncan**



Rimby & District Victim Services Working in partnership with the Rimby 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.rimbyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



**A good laugh and
a long sleep
are the two best cures
for anything.**



Irish Proverb

Potluck

Forshee Hall Community Potluck and Cards (for those who want to play)

Sunday, Feb. 17
Sunday, March 17
5:30 p.m.

FORSHEE HALL



Aster School Program **NEW!**

Crafts, gym games, activities and more!

Tuesdays, Wednesdays & Thursdays!

Ages 6 to 12

**Drop-In Program
\$2.00/Day**

**Located at the Peter Lougheed
Community Centre**



Boys & Girls Clubs
of Wolf Creek
RIMBEY

**Call:
403-704-6641**

Rimbey Library

Tuesdays

Pre-school Storytime (3-5) 10:30 am
Wiggle Worms (0-3) 10:30 am
Twisted Tuesdays (k – gr 6) 3:30 pm

Wednesdays

Get Your Geek On! 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (k – gr 6)
March 7th – Movie Night at the Library sponsored by the Rimbey Lions Club – Ralph Breaks the Internet – 6:30 pm
March 14th – Armchair Traveller – Destination TBA – 7:00 pm
March 21st – Walking Dead Winding – 6:30 pm
March 28th – Book club – 6:00 pm North of Normal; Cea Sunrise Person

Fridays

Pre-School Storytime 10:30 am
March 1st & 29th Paint like Picasso 3:30 pm
March 8th – Fantabulous Friday 2:00 pm
Coffee with Council – 3:00 pm

Saturdays

DIY day – 2:00
March 2nd – Top Drops Wine Tasting – 7:00 pm - \$160.00 per person. Must pre-register
March 16th – Party Elvis – 8:00 pm Peter Lougheed Community Centre \$20.00
March 23rd – Jalapeno Mama Instant Pot Course - \$25.00 for beginner or intermediate \$45 for both. Please register either through FB or at the library.

14th Annual Spring Festival

March 14th – Zoo 2 U – petting zoo – 2:00 pm
March 15th – Kompany Family Theatre – Adventures of the Squealy-Moo Pirates
2:00 pm
March 19th – Lorna Bennett Illustration Workshop –
10:00 am, 12:30 pm, 2:30 pm

Please register at the library

March 19th – Peter Puffin – 6:30 pm
March 20th – Friends Forever Puppets – 2:00 pm
March 21st – Chris Gowan – Magician – 2:00 pm
March 22nd – Spring Festival Wrap up – 2:00 pm

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

403 843-2841



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/Rimbeycarsseats/>



CHECK OUT OUR NEW PROGRAMS

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

parentLINKcentre



Community Information & Referral Clinic

The 2nd 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

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

DENTAL HEALTH TIPS

NEED HELP WITH DENTAL COSTS?



The Alberta Child Health Benefit is a free insurance for low income families that provides:
Dental care
Eye care
Prescription drugs
Emergency ambulance service
Essential diabetic supplies
Call toll free @
1-877-469-5437

Oral Health Program – Alberta Health Services

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

**Report
Impaired
Drivers**



e-mail;
rimbeynp@telus.net
Or (P) 403.843.4304
Find us on facebook!

Rimbey
Neighbourhood
Place





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 substance use in our community.

The Rimbe & Area Community Wellness Association is proud to host the Centre for Positive Relationships in the Blindman

Youth Action Building. There are many great resource books for adults AND kids that anyone can check out any time! Come see if we have something for you!

Parent Link Centre's believe that children enter the world full of potential. The extent to which a child's potential is realized is strongly influenced by early experiences. Children thrive in families and communities that protect their health and safety, nurture and respect them, and provide opportunities for involvement with caring adults, stimulating play and safe exploration of their environment. Join us at the Rimbe Parent Link Centre for a wonderful Parent – Child EXPERIENCE! To see our full FREE programming calendar and for more info on who we are and what we do, go to our website @ <http://www.centralparklandparentlink.ca/plc-rimbe.html> or contact Samantha Sansome Coordinator @ 403.318.5454, Email: ssansome@lacombefcss.net



**WILDLIFE WARNINGS
PAY ATTENTION TO SIGNS OF ANIMALS ON
THE ROAD AND LEARN HOW TO REACT**

Did you know?
From 2011 to 2015, more than 470 people were injured in traffic collisions involving an animal
Roads attract wildlife because they give animals a travel corridor, easy access to food, and a source of salt in the winter. Many species are active at dawn and dusk when visibility is poor and traffic volume is high. Here's what to do to reduce road risks.

Wildlife Safety Tips

- Scan the roadway and ditches ahead for animals
- Slow down in a curve, when reaching the crest of a hill or in wildlife-populated areas
- Watch for the shining eyes or silhouette of an animal at night and use high beams
- Improve visibility by keeping your windshield and headlights clean
- Slow down if an animal is on or near the road and be prepared to stop. Their behaviours are unpredictable.
- Look for more than one animal - some travel in groups
- Brake firmly if an animal is in your path, and don't swerve to avoid it
- Honk in a series of short bursts to chase animals away
- Don't throw food or food wrappers out your vehicle as this attracts animals
- Watch for wildlife warning signs and slow down in areas where animal crossing signs are posted
- Report all collisions
- Contact the nearest Sustainable Resource Development office in cases where an animal is injured or a threat
- Remember that collisions with wildlife can result in extensive damage to your vehicle and serious injury

What's being done to help?

The Alberta government helps reduce the number of collisions with wildlife by installing fences, warning signs, roadside reflectors, and by maintaining vegetation control along highways. Bushes and trees are also cut back to allow you to see animals on either side of the road.
From saferoads.ca

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



Greener Childhood Associated with Happier Adulthood (part one)

The experience of natural spaces, brimming with greenish light, the smells of soil and the quiet fluttering of leaves in the breeze can calm our frenetic modern lives. It's as though our very cells can exhale when surrounded by nature, relaxing our bodies and minds.

Some people seek to maximize the purported therapeutic effects of contact with the unbuilt environment by embarking on sessions of [forest bathing](#), slowing down and becoming mindfully immersed in nature.

But in a rapidly urbanizing world, green spaces are shrinking as our cities grow out and up. Scientists are working to understand how green spaces, or lack of them, can affect our mental health.

A study [published](#) Monday in the journal *PNAS* details what the scientists say is the largest investigation of the association between green spaces and mental health.

Researchers from Aarhus University in Denmark found that growing up near vegetation is associated with an up to 55 percent lower risk of mental health disorders in adulthood. [Kristine Engemann](#), the biologist who led the study, combined decades of satellite imagery with extensive health and demographic data of the Danish population to investigate the mental health effects of growing up near greenery.

"The scale of this study is quite something," says [Kelly Lambert](#), a neuroscientist at the University of Richmond who studies the psychological effects of natural spaces. Smaller studies have hinted that lack of green space increases the risk of [mood disorders](#) and [schizophrenia](#) and can even affect [cognitive development](#).

But more practical factors, like socioeconomic status, family history of mental illness, and urbanization can also have large effects on mental health. Wealthier families, for instance, might be able to afford to live in neighborhoods with more access to nature and also have access to other wealth-related resources that could enhance childhood development.

From npr.org(to be continued..)



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

Rimbe, AB T0C 2J0 phone:403.843.4304 e-mail: rimbeynp@telus.net