



Rimbey & Area DECEMBER Community Newsletter

Recreation Services 403-83-3151
www.rimbey.com

Check the Rimbey Neighbourhood Place facebook page regularly—many new exciting programs coming soon!

Peter Lougheed Community Centre - Closed until further notice

Pickle Ball and Badminton drop in on Thursdays are cancelled until further notice.

Vern Poffenroth Memorial Arena

Sunday Family Skate cancelled until further notice.

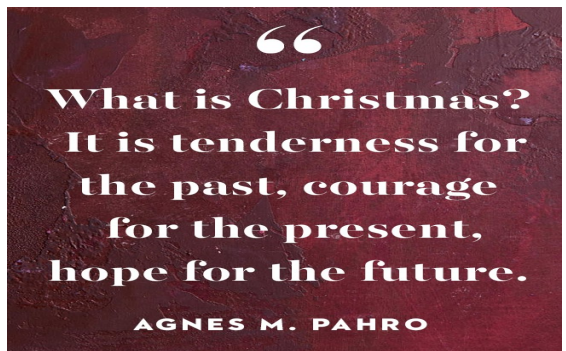
Sunday Shinny cancelled until further notice.

Wednesday Parent & Tot/Senior skate cancelled until further notice.

Introducing Togetherall: An online peer-to-peer mental health community available free to Albertans!

In an effort to enhance mental health supports for Albertans, Togetherall has partnered with Alberta Health Services and the Alberta Government to offer an online anonymous network that offers, peer-to-peer mental health services 24 hours a day, seven days a week. Best of all, Togetherall is FREE to ALL Albertans aged 16+! Register today using a valid Alberta postal code or learn more at ahs.ca/virtualmentalhealth.

New COVID restrictions can be found on the AHS website, please go to <https://www.alberta.ca/enhanced-public-health-measures.aspx>



Counselling

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

Available in Rimbey. 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 Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



Rimbey Neighbourhood Place will get you connected locally!

e-mail; rimbeynp@telus.net
Or (P) 403.843.6299
Find us on facebook!

December 2019 CAN Workshops Schedule




To get more information on these workshops or to register for one of the upcoming dates, please feel free to contact us at 403.341.7811 or at 866.341.7810 if you are outside of Red Deer. You can also visit our webpage at www.rdcn.ca to book online.

- INKED IN (1:00 PM-4:15 PM)**
December 14, 2020 ** VIRTUAL WORKSHOP ONLY **
- SIMPLIFIED | TECHNOLOGY + APPS (8:45 AM-12:00 PM)**
December 7, 2020 ** VIRTUAL WORKSHOP ONLY **
December 21, 2020
- SIMPLIFIED | SOCIAL MEDIA (1:00 PM-4:15 PM)**
December 7, 2020 ** VIRTUAL WORKSHOP ONLY **
December 21, 2020
- RETHINK | CAREER PLANNING (8:45 AM-4:15 PM)**
December 1 & 2, 2020 ** VIRTUAL WORKSHOP ONLY **
December 8 & 9, 2020 ** VIRTUAL WORKSHOP ONLY **
December 15 & 16, 2020 ** VIRTUAL WORKSHOP ONLY **
- RETHINK | JOB SEARCH (8:45 AM-4:15 PM)**
December 3 & 4, 2020 ** VIRTUAL WORKSHOP ONLY **
December 10 & 11, 2020 ** VIRTUAL WORKSHOP ONLY **
December 17 & 18, 2020
- RETHINK | RESUMES (8:45 AM-12:00 PM)**
December 3, 2020 ** VIRTUAL WORKSHOP ONLY **
December 10, 2020 ** VIRTUAL WORKSHOP ONLY **
December 17, 2020
- RETHINK | INTERVIEWS (8:45 AM-12:00 PM)**
December 4, 2020 ** VIRTUAL WORKSHOP ONLY **
December 11, 2020 ** VIRTUAL WORKSHOP ONLY **
December 18, 2020



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 Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.

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.”



spread kindness



Mentoring is Still Happening!
To Find Out How Call 403-843-1066
Rimbey Kids Need Your Support Now More Than Ever.
1 Hour a Week is All It Takes to Be the Change You Wish to See



Physical Distance Doesn't Have to Mean Emotional Distance

Rimbey Library

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

403 843-2841

We are open Tuesday – Saturday 10 – 5. You MUST wear a mask if you are going to be inside the library. We now have in person programming. Pre-registration is mandatory. All programs will run for one month. Tuesday 10:30 am – You, Me, and a Book. Discovery Time – for parents and their children under the age of six.

Tuesday 3:30 pm – Afterschool Adventures

Wednesday 3:30pm – Game On! Video games & technological fun

Thursday 3:30 pm – Book Buds – a book club for jr and sr high school students

Wednesday December 2, 9, 16 – Movie Night Sponsored by The Rimbey Lions Club. Titles to be announced. Peter Lougheed Community Centre. Pre-registration and pre-ordering of pop/popcorn is mandatory

December 11th – Christmas Crafts – stay tuned for times and details

December 22nd – Christmas Centerpieces 7:00 pm \$20.00/person

December 23rd – Crazy Christmas activities – details to be announced

Online Programming

Wednesday – Wacky Wednesdays

Friday – Bedtime Storytime

We have many contests for both children and adults through beanstack.com

Closed December 24-28th

Christmas is not as much about opening our presents as opening our hearts.

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

This is how to make your kids amazing: 4 secrets from research Part 2—continued from last month—Let's get to work... Collect Them All While Supplies Last



Siegel and Payne establish 4 critical skills children need to learn:

- **Balance:** Managing their emotions and behaviour. Fewer screaming meltdowns in the cereal aisle of the grocery store.
- **Resilience:** Bouncing back after life inevitably reminds them just how not-the-center-of-the-universe they really are.
- **Insight:** The ability to understand themselves. To learn lessons, not make the same mistake 65 times in a row and to apply that wisdom to other areas of life.
- **Empathy:** To understand the perspectives of other people, to care, and to be able to apologize and set things right without an authority figure forcing you.

(to be continued...) From Barking up the wrong tree

One-on-One Employment Services

FREE EMPLOYMENT READINESS AND JOB PLACEMENT SERVICES

Are you finding it harder then ever to find the work you want? Do you live in rural areas that seem to have fewer work options? Don't worry, you're not alone, and we can help. If you are living in the Olds, Rocky Mountain House, Drayton Valley, Red Deer County, Lacombe County and Ponoka County regions and are needing support, call us at (403) 341-7811 today.

WWW.RDCAN.CA



Don't get your tinsel in a tangle

Rimbey Royal Canadian Legion News

*Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. ** Progressive BINGO. For Legion Hall Rentals call: 403 843-2184 or 403 843-2343. For Legion Memberships call 403 843-2464*



What's happening at Ponoka & Rimbey Adult Learning

Basic Computer Use Workshop - \$40

A series of 3 in-person, small group workshops that will teach you the basics of using a computer, how to operate files and folders and use the internet and email. Date TBA

Internet Matters - Free

A workshop to help you gain the confidence to go online. We will cover some internet safety and how to spot fake news.

Connecting with ZOOM - Free

Bring your device to us and we will help you set the Zoom program and teach you how to set up and accept meeting invites. A great way to stay connected during the winter months!

Spanish for Travelers - \$120

A six-week course where you will learn Spanish from a native Spanish speaker. *This course has been rescheduled for the New Year.*

The Next Chapter Online Book Club – Free via Facebook Live

Every Wednesday afternoon starting at 1:30 we will be reading the entire Harry Potter book series. Get the book and read along or just come to listen to the story!

Foundations in Learning - Coming in the New Year

This 13-week course is designed to help adult learners build the skills and habits needed to set their own learning goals, be successful in further learning, and increase confidence in their ability to become a more self-directed and independent learner.

WINTER DRIVING SAFETY

Winter conditions, such as snow, slush, and ice, mean you need to plan ahead to stay safe on the roads. Here are some tips that will help.

Make sure you're ready in case you become stranded. Before heading out, always make sure your cell phone is fully charged and someone knows where you're going and when you're due to arrive. In addition, have an emergency road kit (find details on our website)

DRIVE TO CONDITIONS

Don't expect clear and dry summer road conditions in the winter. In addition, winter conditions can change quickly, so be cautious. Remember, drivers must drive at a speed that is reasonable for the conditions - if you don't, you'll receive a \$243 fine and four demerit points.

Slow down - the posted speed limit is for ideal (e.g. sunny and dry) road conditions. Even if the speed limit is 110 km/h, you should not drive that fast in icy or snowy conditions.

Plan ahead - check [511 Alberta](#) and your local weather for road conditions and plan the best route to your destination before you leave. Unless absolutely necessary, stay off the road during major storms.

Light it up - keep your headlights on at all times so that vehicles behind you can also see your taillights. Don't rely only on daytime running lights. Remember that low beams are more effective than high beams in fog or heavy snow conditions.

Don't cruise - never use cruise control in winter conditions. Cruise control is designed for ideal road conditions.

Don't tailgate - leave more room between you and the vehicle ahead of you. On a wet or icy surface, allow at least three times the normal following distance.

Get out of the rut - try driving outside the ruts of previous tire tracks to give you some extra traction. This also helps when the ruts become packed, shiny, and icy.

Brake gently - avoid slamming on your brakes, as this can cause you to slide or spin out of control. If your vehicle begins to skid, take your foot off the brake and steer in the direction you want to go (in a front- or all-wheel drive). When the wheels regain grip, brake gently and smoothly increase pressure.

To be continued... From [saferoads.ca](#)

Sometimes the
magic
of Christmas is found in the
simple things.

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, 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