

Rimbey & Area Community Newsletter April 2022

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

Looking for Instructors/Programs:
Do you have a skill that you would like to offer to the public through the community Centre.

Are you an instructor that can offer a program for the community.

Please contact :
Peter Lougheed Community Centre
At 403-843-3151 or by email
programs@rimbey.com

The Rimbey Aquatic Centre
is now accepting applications for :
-Junior/Senior Lifeguard Positions.
-Red Cross Instructors

Send your resume to
recreation@rimbey.com to apply.

For more info call 403-843-3151

**Neighbourhood
Place will get you
connected
locally!**

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

The great
gift of Easter
is hope.

—Basil C. Hume

Counselling

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

Available in Rimbe y, 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 Rimbe y

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



Made with PosterMyWall.com

MENTAL ILLNESS is characterized by changes in an individual's
thinking, mood, or behaviour and is usually associated with significant
distress or impaired functioning in social, occupational and other activities.¹



ABOUT 1 IN 3 CANADIANS WILL BE AFFECTED BY A
MENTAL ILLNESS DURING THEIR LIFETIME.²

EARLY CARE AND SEEKING TREATMENT can help individuals recover
from or manage a **MENTAL ILLNESS**. However, stigma and other
barriers can delay people from seeking help.

Rimbe y 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 ap-
pointment.”



Rimbe y 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

Dear Community member,

2022 has been proclaimed as “THE YEAR OF THE GARDEN.”

The activities of gardening have SO many benefits:

- Environmental - integration of plants into urban landscapes, impact on climate change
- Economic - tourism draw, economic development, enhancing quality of life.
- Health and wellness - improved health, active living, healthy eating strategies.

We are gathering interested people and groups together to make this a
great year for Rimbe y ... great community spirit and community pride!
We are inviting you to join us in the planning of events and celebration
...

So think about how you could participate and we will be in touch to talk
about the details.

From parks to playgrounds, front yards, backyards, balconies, baskets,
boulevards, barrels and planters ... wherever there is an empty space ...
this is our chance to grow together!

A PLACE FOR FAMILIES OF
0-6 YEAR OLDS TO CALL THEIR
OWN



Free for
all!

RIMBE Y NEIGHBOURHOOD
PLACE

Drop in
GROW & PLAY

Adults Please
still wear a
mask

Monday's @ 10 am,

BLINDMAN YOUTH ACTION BUILDING
BACK DOOR

text 780 887-2702 for questions

Financial contribution from
Public Health Agency of Canada Agence de la sant e
publique du Canada

Rimbey Library

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

403 843-2841

Our semi-annual book sale is the full month of April. All you can carry for as much as you would like to donate. Please come check out our selection.

Friday April 1st, Rooney & Punyi Reading show – 2:00 pm

Tuesday Mornings 10:30 am – Storytime with Sue

Wednesday afterschool 3:30 pm – Get you Geek on! Come explore our new technology with Julia. Julia

Thursday April 7th – Movie Night at the Library sponsored by the Rimbey Lions Club – Encanto – 6:30 pm

April 14th – Eggstravaganza Easter Party – 6:30 pm April 21st – Board Games and Hot Dogs – 5:30 pm April 28th – Book Club – The House in the Cerulean Sea by T.J. Klune – 6:00 pm

Saturday afternoon Matinees sponsored by the Rimbey Lion's Club – 2:00 pm April 2nd – Ron's Gone Wrong, April 9th – Hop, April 23 – Sing 2, April 30th – Paw Patrol the movie

Friday April 22nd – 50's 60's 70's Rock'n Roll Comedy Show with Richard and Deborah Popovich 8:00 pm Peter Lougheed Community Centre Tickets \$10.00 available at the Rimbey Library and the door Open to members of the library and their guests

Free memberships are available at the library, online, and at the door

We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples. Check out <https://rimbeylibrary.beanstack.com/reader365>

For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up



Neighbourhood Place
Family Programming

Located in the BIAS Building
back entrance: 4907 49st

THURSDAYS

9:30 – 11:30 AM



Parent
Support
Group

♡ PARENTS
SUPPORTING
PARENTS

♡ A PLACE TO
CONNECT

♡ CHILD CARE
PROVIDED

MORE INFO OR
TO REGISTER

Email: sam.rimbeynp@gmail.com
or Text/Call 403.872.1968

Financial contribution from
Public Health Agency of Canada Agence de la santé
publique du Canada

Rimbey Family
Community Collective



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

The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!



The Rimby Farmers' Market
presents a

Spring Market



Saturday
April
16th

11am
-
3pm



Don't Forget Your Basket!

Hop on down to the
Peter Lougheed Community Centre

Friendships: Enrich your life and improve your health—1st in a series from www.mayoclinic.org
Discover the connection between health and friendship, and how to promote and maintain healthy friendships. Part 2
[By Mayo Clinic Staff](#)

Why is it sometimes hard to make friends or maintain friendships?

Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people.

Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

What's a healthy number of friends?

Quality counts more than quantity. While it may be good to cultivate a diverse network of friends and acquaintances, you may feel a greater sense of belonging and well-being by nurturing close, meaningful relationships that will support you through thick and thin.

Everybunny
needs somebunny
sometimes.



Big Brothers Big Sisters of
Rimby

Become a mentor today! One hour a week is all it takes. Mentors are greatly needed in area. Call 403-843-1066 for more information.

One-on-One Employment Services

FREE EMPLOYMENT READINESS AND JOB PLACEMENT SERVICES

Are you finding it harder than 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



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

RIMBEY & AREA COMMUNITY NEWSLETTER - Available during Covid restrictions at: The Town Office, The, Blindman Youth Action Building, Rimby Foods, the Tickle Trunk, Subway, COOP & Bluffton Store Brought to you by Rimby Neighbourhood Place in partnership with the town of Rimby Recreation Department. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimby, AB T0C 2J0 phone: 403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: