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**10 – 4**  
**TUES TO**  
**THURS**

FUNDED BY CENTRAL  
ALBERTA CHILD AND  
FAMILY SERVICES  
AUTHORITY

### RIMBEY ADDICTION CLINIC

Addiction counseling every Thursday at Rimbeypnp Mental Health for people experiencing difficulties with alcohol, drugs, or gambling or who has a loved one having difficulties with addictions. Please call 403-340-5274 to arrange an appointment.

### RIMBEY ADULT LEARNING

#### Adult Learning Opportunities

- Ladies (only!) Car Care- Oct 20/11 7-9pm, sponsored by Integra Tire
- Vegetarian Cooking- Oct 25 and Nov 8/11 6-9pm
- Firearms Safety Course (acquisition and possession)- Oct 22/11 8am-5pm
- Excel- Oct 24/11 and 26/11 6:30-9:30pm
- Simply Accounting- Dec 3/11 10am-4:30pm
- We are collaborating with NAIT to offer an Office Career Training Program. It is a 20-week course starting Oct 12/11. It will be offered via video conferencing in the Provincial Building. Please contact Rimbeypnp for more information 403-843-3201

### CAREGIVERS

## Honoring Central Alberta Foster Parents During National Foster Family Week – October 16 to 22, 2011

National Foster Family Week (October 16 to 22, 2011) provides an opportunity to celebrate the thousands of Alberta foster families and their commitment to vulnerable children and youth. Foster families care for children and youth who are in need of safe and stable home environments. The children and youth served by Central Alberta Child and Family Services Authority (CFSA) share the need to be accepted and supported by caregivers who will nurture their development. Foster parents willingly embrace challenges and support the most vulnerable children and youth to reach their full potential in life.

**The Central Alberta Child and Family Services Authority extends a sincere thank you to foster parents for their hard work and dedication.**

More Caregivers are needed in Central Alberta communities! For more information on becoming a Caregiver, call toll free anywhere in Alberta by calling 310-0000 and then dialing (403) 755-6104 to speak to the Caregiver Recruiter. Information is also available online at <http://fostercarealberta.ca/>.

# RIMBEY AND AREA COMMUNITY NEWS

OCTOBER 2011

VOLUME 1 ISSUE 5

**FREE**

### BIG BROTHERS BIG SISTERS OF RIMBEY

Big Brothers Big Sisters welcomes everyone to the Grand Opening of the Rimbeypnp Office (4907-49 Street- Blindman Youth Centre) on 6 October 2011 at 2:00 p.m. Refreshments will be served following the ribbon cutting ceremony.

Become a Mentor- help a child build self-esteem, gain confidence, and acquire new skills. It's a life changing relationship- share a little magic!! For more information call (403) 843-1066.



**Big Brothers Big Sisters**  
of Rimbeypnp



### INSIDE THIS ISSUE:

### RIMBEY & DISTRICT EMPLOYMENT CENTRE

Rimbeypnp Employment Centre is located in the Blindman Youth Centre and is open from 8:30 to 12:30 Monday to Friday.

We provide assistance with resume writing, job searches, workplace training programs and job placements. Come and talk to us about opportunities for paid workplace training.

We can also help with workplace related faxes, photocopies and computer access.

#### Workplace Training Program

Employers, train your new employees and get paid for it; wages and training costs can be provided for up to 6 months. Job Seekers, use this opportunity to sell yourself to employers; they can be paid to train you. Call the Rimbeypnp Employment Centre for more information at 403-843-2034

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# Rimbey Community Services

Contact Recreation Department  
403-843-3151  
programs@rimbey.com  
www.rimbey.com

Rimbey is a unique and exciting community with all sorts of recreational activities and programs available. Each month brings new opportunities so be sure to check back regularly.

*Featured Programs & Events*

## Sports Swap

On October 29<sup>th</sup> from 10am - 2pm, the main auditorium of the Community Centre will be converted into a sporting goods market. Get rid of your old sporting equipment and exchange it for something new and different! You will be sure to find a steal of a deal.

\*Set-up a table (free).

\*Sell or trade any sport/recreation items.

\*Donate items to community children's programs.

## Babysitting Course

Are you or do you know of someone who would be interested in becoming a babysitter? The Town of Rimbey now has certified Babysitting instructors through the Red Cross that will hold courses as demand requires. This program covers care of infants, accident prevention, and the rights and responsibilities of the babysitter. We are now taking registrations for a course starting Oct. 11<sup>th</sup> at the Rimbey Community Centre. There are 12 spaces available.

## Belly Dancing

Belly Dancing is set to return to Rimbey this fall under the direction of the highly revered instructor Gabriellah. Many experts say belly dancing is the oldest form of dance, having roots in all ancient cultures from the orient to India to the mid-East. Probably the greatest misconception about belly dancing is that it is intended to entertain men. (©bellydancing.org) Belly dancing is a form of dance that is generally characterized by hip and abdominal movements and is a great way to develop and maintain body control. We are now taking registrations through Recreation Services.

## Zumbatomic Fitness - For Youth

Due to the huge success of Rimbey's Zumba Fitness Program, we will be offering a new Zumba program geared towards youth from the ages of 12-15. This is a great program designed to teach young people good fitness habits in a fun, uplifting and controlled environment. The program will run on Monday's from 4pm - 5pm starting October 17<sup>th</sup>. Now taking registrations in the Rimbey Community Centre

[www.rimbey.com](http://www.rimbey.com)

## Upcoming Programs & Events...

~ **Babysitting Course** - Register now!  
Oct. 11 - Oct 14; 6:30pm - 8:30pm; ages 11+  
Rimbey Community Centre (KR)  
• **Belly Dancing** - Wednesday's  
8pm; Sept 28 - Nov. 16th; ages 16+  
Rimbey Community Centre (UA)  
~ **Zumbatomic Fitness** - Monday's  
4pm - 5pm; ages 12-15;  
Oct. 17th - Dec. 5th  
Rimbey Community Centre (MA)  
• **Sports Swap** - Oct. 29th;  
10am - 2pm, All are welcome  
Rimbey Community Centre (MA)

## Running Programs & Events...

~ **After School Program** - Mon - Fri  
3:10pm - 6:10pm = School days  
8:30am - 6:10pm = Sched non-school days  
K - grade 6 (ages 5-12)  
Register at Community Centre  
~ **Zumba Fitness Program** - Monday's  
6:30pm - 7:30pm; ages 16+;  
Sept 12 - Dec. 5th  
Rimbey Community Centre (MA)  
~ **Geo-caching** - 24/7  
GPS units available at the  
Rimbey Community Centre  
Program now online @ [www.rimbey.com](http://www.rimbey.com)  
~ **Racquet Tuesday's** - Tuesday's  
6:30pm - 9:00pm; all ages & abilities; Tennis/  
Squash/Racquetball Courts

## Upcoming Community Events...

~ **Alberta Arts Days** - Sept 30th - Oct 2nd  
~ **Artability Expo** - Oct. 1  
~ **Art Club** - Abstract Acrylic Painting with Collage -  
Oct. 1st  
~ **"The Peacocks" Celtic folk band** - Oct. 1st  
~ **Munsch-a-palooza & Munsch-a-mia** - Oct. 2  
~ **Recycled Art Challenge** - Oct. 1st - 2nd  
~ **Rimbey Farmer's Market** - Oct. 1st & 8th, 2011  
~ **Semi-Annual Used Book Sale** - Oct 1 - 31

## Rimbey Library

For more info call 403-843-2841

Pre-school Story time . Tuesdays, Fridays 10:30 am  
Pat-a-Cake Kids for the under three crowd . Tuesdays 10:30 am  
Used Book Sale . October 4 . 29<sup>th</sup>  
Artability Expo . Community Centre 1:00 pm  
Munch-a-Palooza & Munch-a-Mia . Community Centre 2:00 pm  
October 4<sup>th</sup> - C.O.W. bus . 1 . 5pm  
October 4<sup>th</sup> . Family Barbeque with Ventriloquist Val Hilliker . 5:00 pm  
October 5<sup>th</sup> - C.O.W. bus 1 . 5pm  
October 6<sup>th</sup> . Movie Night at the Library Sponsored by ConocoPhillips . 6:30pm  
October 8<sup>th</sup> . Closed for Thanksgiving Weekend  
October 13<sup>th</sup> . ArmChair Traveller . Destination TBA . 7:00pm  
October 14<sup>th</sup> - NO PRESCHOOL STORYTIME  
October 14<sup>th</sup> . Kathy Jessup Storyteller 10 am, 11 am, 1pm, 2pm  
October 18 . 29 . Food For Fines . fines will be forgiven if you bring non-perishable food items to donate to the food bank.  
October 20<sup>th</sup> . Board Games & Pizza 5:30 pm  
October 27<sup>th</sup> . Book Club . 6:00 pm . Discussing Never Cry Wolf by Farley Mowatt  
October 29<sup>th</sup> . Scary Halloween Stories for Teens with Gail DeVos 7:00 pm  
October 31<sup>st</sup> . Halloween party . 3:30pm

~ **BBQ, Ventriloquist Val Killiker**, Legacy Library Presentation - Oct. 4th  
~ **No More Stolen Sisters** - Candle-Lighting Vigil - Oct. 4th  
~ **COW Bus** (Rimbey Library) - Oct. 4th & Oct. 5th  
~ **Big Brother Big Sister Grand Opening Celebration** - Oct. 6th  
~ **Forshee Hall Family Dance** - Oct. 7th  
~ **Saddle Horse Poker Rally** - Oct. 15th  
~ **Art Club** - Beautiful Landscapes in Acrylic - Oct. 29th