

Rimbey & Area Community Newsletter

August 2017

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



Rimbey Aquatic Centre Schedules

SUMMER POOL SCHEDULE July 2-August 27 2017 (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					

Statutory Holiday Hours:

Victoria Day, Monday, May 22nd – Public Swim 12-6pm

Canada Day, Saturday, July 1st – Free Swim 3-6pm

Heritage Day, Monday, August 7th – Public Swim 12-6pm

Labour Day, Monday, September 4th – Public Swim 12-6pm

Single Admission Rates: Adult \$5.50, Senior/Student \$4.50, Youth \$4.00, Child \$3.00, Family \$15.00

Punch Pass: Adult \$49.50, Senior/Student \$40.50, Youth \$36.00, Child \$27.00, Family \$135.00

Rimbey Aquatic Centre Ph: 403-843-2437
www.rimbey.com www.facebook.com/rimbeyaquaticcentre

VALUE DRUG MART
Sponsored Free Swim
Mondays 6-8pm
May-August

Rimbey Aquatic Centre
Heritage Day, August 7th
12-6pm Public Swim

Did you know...?

The water in the spray park is
recirculated and treated water

That means:

- To keep the water nice and clean-
 - Shower before using
 - Keep food and drinks away from the spray pad
- Do NOT drink the water (it is the same as pool water)



AUGUST IS LIKE
THE SUNDAY OF
SUMMER.



**HAPPY
AUGUST!**



Mass Registration
Thurs, September 7
3-7pm
Peter Lougheed Commu-
nity Centre

Community groups and clubs
all in one spot for
registrations.
Groups set up and take down
own 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, Tuesday and Thursday, 8:00 – 4:30 p.m. Closed during the lunch hour 12:00 – 1:00 p.m.

Please call 403 843-2406 for an appointment.



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 ?

This Service is made available by contributions from Rimbey Victim Services, Rimbey FCSS and The Rimbey Lions Club

PosterMyWall.com



Big Brothers Big Sisters of Rimbey



One Hour a Week is All It Takes! Mentors greatly needed in our area. Call 403-843-1066



RIMBEY & DISTRICT Victim Services Rimbey & District Victim Services is seeking dedicated volunteer advocates to support people impacted by crime and tragedy. Make a important difference in their lives by supporting them during difficult times. Learn about us at rimbeyvictimservices.com or [facebook.com/rimbeyvictimservices](https://www.facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.

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 6 - October 7, 2017 at PAS-KA-POO PARK

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

Watch for upcoming events each month!

Introducing **Speakers 4 Seniors**

Join us 9:30 am - 11:30 am on the 2nd Wednesday of each month to learn from speakers covering a variety of topics. Come to socialize and enjoy coffee and tea, all free of charge!



Fun for Seniors

The following outlines the first 3 sessions, however these sessions will be ongoing. Watch for further updates!

Aug 9th 2017

Recognizing Depression
Location: Seniors Drop In



Raising Resilient Kids (as

presented by Beth Hachkowski from the Neufeld Institute – specializing in attachment) April 26.

10 Things to Say Instead of 'Stop Crying'

1. IT'S OK TO BE SAD
2. THIS IS REALLY HARD FOR YOU
3. I'M HERE WITH YOU
4. TELL ME ABOUT IT
5. I HEAR YOU
6. THAT WAS REALLY SCARY/DISAPPOINTING/UPSETTING/SAD, ETC
7. I WILL HELP YOU WORK IT OUT
8. I'M LISTENING
9. I HEAR THAT YOU NEED SPACE. I WANT TO BE HERE FOR YOU. I'LL STAY CLOSE SO YOU CAN FIND ME WHEN YOU'RE READY
10. IT DOESN'T FEEL FAIR

HAPPINESSISHEREBLOG.COM

Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.



-- Regina Brett

THE TANS WILL FADE BUT THE MEMORIES WILL LAST FOREVER

Palm trees, ocean breeze, salty air, sun kissed hair. That endless summer, take me there.

A life without love is like a year without summer.



Do you have car seat questions or need your car seat checked by a certified

Call Neighbourhood Place @ 403 843-4304, or email rimbeynp@telus.net ^{Free of charge!}

Find us on facebook:

<https://www.facebook.com/Rimbeycarseats/>



CHECK OUT OUR NEW PROGRAMS

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

parentLINKcentre



Community Information & Referral Clinic

The 2nd Tuesday of each month
Rimbe Drop In – computer room
From 10 a.m. – til Noon.

Rimbe 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 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

RIMBEY FCSS Would like to Invite you to their Urban Poling Walk (Poles Provided) . Also known as Nordic Walking one of Canada Fastest growing fitness Activities Use 90% of your muscles while improving posture , balance and building core strength.



FALLS PREVENTION NORDIC WALKING SCHEDULE
Aug. 8 @ 5pm, Aug. 22 @ Noon, Sept. 7 @ 5pm, Sept 19 @ Noon, Oct. 5 @ Noon, Nov. 2 @ Noon

COME JOIN US FOR THE NEWEST TREND IN EXERCISE IF YOU ATTEND 3 OF OUR WALKS WE WILL GIVE YOU A SET OF OUR URBAN WALKING POLES ABSOLUTELY FREE

This project is funded by the Government of Canada's New Horizons for Seniors Program



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

I WISH I HAD MORE VACATION DAYS™

Rimbey Library

Mondays

Monday Mayhem (kg – gr 6) 2 – 3 pm

Teen Takeover (Ages 12+) 5 – 7 pm

Tuesdays

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

Wiggle Worms (0-3) 10:30 am

Crafternoon (k-6) 2-3 pm

Wednesdays

Canada! Summer Reading Club(k-3) 10 – noon

Canada! Summer Reading Club (gr 4-6) 10 – noon

Canada! Summer Reading Club (k-3) 2-4 pm

Canada! Summer Reading Club (gr 4-5) 2-4 pm

Thursdays

Canada! Summer Reading Club(k-3) 10 – noon

Canada! Summer Reading Club (gr 4-6) 10 – noon

Canada! Summer Reading Club (k-3) 2-4 pm

Canada! Summer Reading Club (gr 4-5) 2-4 pm

Movie Night at the Library sponsored by ConocoPhillips 6:30 pm

Aug. 3 – Ballerina

Aug 10 – Ozzy

Aug 11—Baywatch (adult movie night must be 18+)

Aug 17 – The Princess & the Frog

Aug 24 – Lego Batman movie & Stuffie sleepover

Aug 31—The Incredibles

Fridays

Pre-School Storytime 10:30 am

Freaky Fridays 2 – 3 pm

Busy Parents book club—Aug 11 & 25 10:30 a.m.

Saturdays

Farmers Market 9:30 – 11:30 am

Boredom Busters 2 – 3 pm

403 843-2841

Don't Forget!

Booknic - Aug 25 @
11:00

Sleepover—Aug 12
@ 7:00

The DIVE in movie,
Pirates of the Carib-
bean, the curse of
the black pearl—
shown at the Rim-
bey Pool, Aug 15 @
9:30

BEER
TASTING
FOR
ADULTS!
AUG 19 @
7:00 P.M.

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



**WIN a return trip for
two people on WestJet!**

(Valid on any WestJet regular scheduled
destination)

WESTJET RAFFLE!!

\$5.00/ticket

Draw made August 31, 2017!

**Proceeds go to support Big Brothers Big
Sisters of Rimbey
mentoring programs. Tickets at Esso,
Stationery, Stories and Sounds and
Striker's Alley or the Farmers' Market.**



Big Brothers Big Sisters
of Rimbey

For more
information,
call
403-843-1066.



Rimbey
Neighbourhood
Place

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

August - Impaired Driving

Driving impaired, whether by alcohol, drugs, fatigue or distraction, imposes enormous costs on our society. Families, the health care system, the legal system, insurance companies and the general public all pay the price for impaired drivers. If you drive impaired, your luck will run out – you will get caught. Even worse, you may be involved in a severe collision that harms someone you love.

Facts to Know

Choosing to drive while impaired by drugs or alcohol can get you a criminal record and will cost you: your freedom, your dignity; your job; your chance of future employment and even your life.

If the police determine your ability to operate a vehicle has been impaired by alcohol or drugs, even if your Blood Alcohol Concentration (BAC) is below .08, you can be charged with impaired driving.

Refusing to provide a breath sample will result in a criminal charge and an immediate suspension in the same manner as other *Criminal Code* (Canada) charges (over .08).

Police may disqualify you from driving for 24 hours if they believe your ability to safely operate a motor vehicle is affected by drugs, alcohol, medical condition or physical ability. Police may also seize your vehicle for 24 hours.

Designated drivers should not consume **any** alcohol or use any drugs.

On average over the past five years, approximately 8,600 people were convicted of impaired driving in Alberta each year.

According to statistics, males between 18 and 21 years of age are most likely to have been drinking before the crash. Also, male drivers are much more likely to have consumed alcohol prior to a collision compared to female drivers.

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, 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