

JANUARY
2019
happy new year

Rimbey & Area

And now we welcome the
new year. Full of things that
have never been.

Rainer Maria Rilke

Community Newsletter

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



Facility Closures:

The Peter Lougheed Community Centre & Vern Poffenroth Memorial Arena will be closed Jan 1st, 2019

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

**No Public or Shinny Skating on
Jan. 6, 2019**

Come on out to show your support for the 2019 Winter Games. Torch Relay arriving in Rimbey Wednesday January 23rd support our local torch relay runners. Route will be posted on our website and Facebook. For more information call Recreation Services # 403-843-3151

\$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

**Dream it.
Wish it.
Do it.**



Rimbe 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.”

Rimbe 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

Speakers 4 Seniors



Fun for Seniors

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.

Jan 9, 2019
Manor

9:30
Vision Loss
Presenter: Merico
Tesolin, CNIB

Feb 13, 2019
Seniors Drop In

9:30
United Conserva-
tive Party
Presenter: Jason
Nixon MLA

Mar 13, 2019
Manor

9:30
Sleep Hygiene
Presenter: Lara Willows

Apr 10, 2019
Senior's Drop In

9:30
Hearing Health
Presenter: Sandra
Duncan

May 8, 2019
Manor

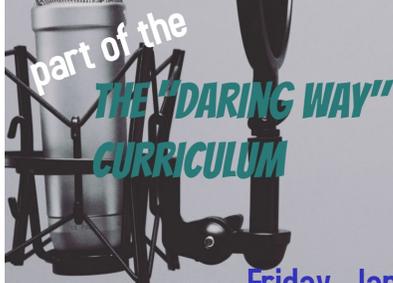
9:30
Diabetes
Presenter: Rachel
Murray RN



Presents: **Danielle Reed**

FROM COACH
ON THE GO

THE VALUES WORKSHOP



what matters?
how can values help us;
- manage conflict?
- choose curiosity
and compassion over
judgement

Friday, January 18, 2019, 8:30 a.m.

child care available, call 403
843-4304 or text 780 887-2702

Rimbe Elementary School



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

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

Living Loving - Life

RIMBEY'S 33rd ANNUAL WOMEN'S CONFERENCE

February 14, 2019 8am-4pm
Peter Loughheed Community Centre

KEYNOTE SPEAKERS—Patrick & Heather Rurka

Growing Healthy Living Relationships

CONCURRENT SESSIONS

ATCO Blue Flame Kitchen - For the Love of Chocolate

Maxine Spence - Three stories for Navigating Change

Panel Discussion - Because I love you - Information session

Dwight Arthur - Tips & Tricks of Smart Phone Photography

Kori Hart - Fluid Art Painting (Hands-on/Take Home)

Dr. Nicole Fox - Health/Wellness/Fitness

ENTERTAINMENT

Korean Women's Association Dancers

Cared Lunch/Vendors/Prizes

REGISTRATION

\$40.00 (After Feb 7 - \$45.00)

Registration forms at Rimbe FCSS, 5025 55st

Contact FCSS 403-843-2030

Ireen Steves 403-843-6257

Teri Ormberg 403-843-6497



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

403 843-2841

For more info. Check
[http://rimbeylibrary.prl.a
b.ca/events](http://rimbeylibrary.prl.a
b.ca/events)

Tuesdays

Pre-school Storytime (3-5) 10:30 am
Wiggle Worms (0-3) 10:30 am
Twisted Tuesdays (k – gr 6) 3:30 pm
January 15th – Nan reads bedtime stories – 6:30 pm. Come in Pjamas

Wednesdays

Get Your Geek On! 3:30 pm
January 2nd – Harry Potter escape room 5:30, 6:30, 7:30, 8:30 Must pre-register

Thursdays

Let's Go Lego! 3:30 pm (k – gr 6)
January 3rd -Movie Night – Small Foot 6:30 pm
January 10th -Armchair Traveller – From Bentley – Tuktoyaktuk
January 17th – The UnBirthday Pary 6:30 pm
January 24th – Movie Night – Christopher Robin
January 31st – Book Club – The Bear: Claire Cameron – Valley View Manor 6:00 pm

Fridays

Pre-School Storytime 10:30 am
Coffee with Council – 3:00 pm
January 4th – Harry Potter Escape Room 5:30, 6:30, 7:30, 8:30 Must pre-re January 11th – 3:30 pm. Paint like Picasso Zentangle with Jan Boyarzin
January 11th – Adult night at the Movies – Bohemian Rhapsody 7:00 pm
January 18th – Fantabulous Friday – 2:00 pm
January 25th – Paint Like Picasso – 3:30pm
January 25th – Busy Parent's Book Club – 10:30 am
Saturdays DIY day – 2:00

Rimbey Adult Learning

Keeping Your Brain Healthy As You Age
Thursday January 17th - 1-3 pm
Tuesday January 22nd - 1-3 pm
Thursday January 24th - 1-3 pm
Cost is \$20
Call 403-843-3201 to register

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**

**Pull Over
Call
911**

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 addiction in our community.

The Rimbey & Area Community Wellness Association "Voices of Men" 2019 calendars are available at the Stationary Store, the COOP office and Neighbourhood Place, come and get yours today and see what the positive role models in our community have to say!

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 Rimbey 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-rimbey.html> or contact Samantha Sansome Coordinator @ 403.318.5454, Email: ssansome@lacombecss.net

IF YOU DON'T STOP THEM FROM DRIVING HIGH, SOMEONE ELSE WILL. (SAFERROADS.CA)

Always plan a safe way home – call a taxi or ride share company, take transit, or have a friend drive you. Impaired driving laws in Canada have changed. This includes the introduction of three new cannabis and cannabis/alcohol blood concentration limits. The new cannabis limits work the same way as .08 blood concentration does for alcohol. If you are found driving over the limits, you are considered impaired behind the wheel.

Facts to Know: Cannabis impairs your ability to drive safely

Simulated and on-road studies of driving performance found using cannabis increased a driver's likelihood of swerving, as well as showed an inability to maintain a safe distance and difficulty controlling speed.

A study by the Canadian Centre on Substance Use and Addiction, reports that cannabis creates performance deficits in many skills required to drive safely, such as tracking, reaction time, visual function, concentration, short-term memory and divided attention.

The Traffic Injury Research Foundation determined that, in 2013, of Alberta drivers killed in collisions, more than one in four were over the legal limit for alcohol, and one in two had used drugs.

Drug impaired driving has serious consequences

Drug impaired driving has serious consequences including criminal charges and provincial sanctions. Driving while impaired by drugs and refusing to comply with a demand for physical sobriety tests or to provide bodily fluid samples is a criminal offence.

Drivers who are pulled over on suspicion of drug impairment may be asked to complete a Standardized Field Sobriety Test, which checks for divided attention impairment. This test gives an officer reasonable and probable grounds to then ask for a drug recognition investigation.

Albertans are charged with drug impaired driving each year

On average, 7,550 people were convicted of impaired driving in Alberta each year for the last five years. Impaired driving convictions are highest for young drivers aged 21-24. Alberta is slightly above the national average for drugged driving at 55 per cent.

Law enforcement agencies have been detecting and convicting drug impaired driving since 1925.

Learn about the current status of cannabis laws in Canada.

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**: Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you.
- COPING SKILLS**: Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging.
- TALKING**: Support your child to talk about their problems and how they are feeling.
- WELLBEING**: Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety.
- SLEEP**: Support your child to build positive sleep habits. Develop a good sleep environment with your child.
- SELF CARE**: Make sure your child has time and space to look after themselves. Involve yourself in their hobbies.
- PLAY**: Promote play and creativity among your child. Allow them to explore.
- AUTONOMY**: Allow your child to make their own decisions. This will help to build resilience.
- RELAXATION**: Help your child to relax. Teach them relaxation skills such as deep breathing.
- RELATIONSHIPS**: Support your child to build positive relationships with friends and family.

RIMBEY EARLY CHILD DEVELOPMENT CENTRE
"Our Children, Our Future"