

Rimbey & Area September Community Newsletter

Recreation Services 403-83-3151



END OF SUMMER POOL SCHEDULE Aug 30-Sept 6, 2020 (excludes stat holidays)

Sunday August 30	Monday August 31	Tuesday September 1	Wednesday September 2	Thursday September 3	Friday September 4	Saturday September 5	Sunday September 6
Parent & Tot/ Lane Swim 12-1:30pm	Parent & Tot/Lane Swim 12pm-1:30pm					Parent & Tot/ Lane Swim 12-1:30pm	
Public Swim 1:30pm-6pm	Public Swim 1:30pm-6pm					Public Swim 1:30pm-6pm	
Lane Swim 6-7pm	Closed					Closed	

Monday August 31 to Saturday September 5, 2020

Parent & Tot/Lane swim 12-1:30pm, Public Swim 1:30-6pm,

Last day of swimming is:

Sunday September 6, 2020 Parent & Tot/Lane Swim 12-1:30pm

Public Swim 1:30pm-6pm

The Rimbey Aquatic Centre will be CLOSED

on Labour Day September 7th, 2020

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

The Rimbey Community Newsletter is not being published or distributed in hard copy at this time. You can find all editions on the town of Rimbey website. Not for profits are still welcome to submit by the 20th of the month, thank you!

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!

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."



The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.

Brian Herbert

COVID resources from Alberta Health Services .

Mental Health Supports

We know during this time, you may be feeling stressed and tired. We all need to continue to take care of our physical and mental health for the weeks and months to come.

If you need help managing health, work and life challenges, you can access support services and resources such as [Text4Hope](#); a free daily text messaging service that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. To subscribe text COVID19HOPE to 393939.

We also encourage you to visit [Healthy Together](#) - a guide to family and home life during COVID-19, or to watch [Mental Wellness Moment with Dr. Nicholas Mitchell](#) - videos on topics including how to deal with stress and talking to kids about COVID-19.

For a huge variety of COVID help please go to:

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

FOR MORE INFORMATION PLEASE CONTACT
JACKI COLLISON @ 403-348-3008.



McMan

**OPEN YOUR HEART,
OPEN YOUR HOME**

MCMAN CENTRAL IS LOOKING FOR FOSTER HOMES TO PROVIDE YOUTH THE OPPORTUNITY TO GAIN LIFE SKILLS TO TRANSITION TO ADULTHOOD.

WE NEED YOU

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. Wednesday – Wacky Wednesdays – online programming

Friday – Bedtime Storytime – online programming

Closed – Saturday, September 5th

Music in the Park – Artists to be announced

September 4th – 7:00 pm – Ben Sures

September 11th – 7:00 pm

September 18th – 7:00 pm

September 26th – 2:00 pm – Mat Masters

United Church Book Club – How to be an Anti-racist. 7-8 PM

September 10

September 17

September 24

October 1

Anti – Opression Workshop series with Alberta Ubuntu – Held at the United Church Sept 26th, October 3rd, October 17th 1:00 – 4:00
Registration necessary.

An investment in knowledge pays the best interest.

Benjamin Franklin

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

Never stop learning, because life never stops teaching.

© LIN PERNILLE

“Education is not filling a pail but the lighting of a fire.”

- William Butler Yeats

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/>



Infant Nutrition Class answers all of your questions about how and what to feed your baby, introducing solid foods and textures, and establishing a healthy feeding relationship with your child. RDs answer questions and show parents how to make their own baby food using a variety of kitchen tools; like hand mixers, food mills and food processors. Parents learn how to prepare vegetables, fruits, meats, meat alternatives, infant cereals.

Location: Online with Zoom
Upcoming Dates: Sept. 9 & 23.

Time: 10 a.m. to 11:30 a.m.

Please call the Rimbey Community Health Centre to register: (403) 843-2288

You will receive an email with the Zoom link two days before the workshop.

Goodbye Mealtimes Struggles is a free workshop available for families with children 1-5 years of age who are experiencing challenging mealtimes or who want to prevent them. This class is a partnership between Nutrition Services and Children's Rehabilitation Services in Central Zone and co-taught by an RD and OT. This class is the first options for families experiencing mild feeding concerns/picky eating in Central Zone.

Please call the Rimbey Community Health Centre to register: (403) 843-2288



MCMAN IS NEEDING FOSTER HOMES IN YOUR AREA

For more information on how to become a Foster Parent please contact Jacki Collisson at 403-348-3008.

CMHA provides recovery focused mental health education over Zoom as well as in person which has created opportunities for people who live in the more rural part of Central Alberta to participate in CMHA Mental Health and Wellness Education through Recovery College. These courses can be accessed by anyone with a cell phone or other device. We could even refer people to other CMHA Recovery College programs throughout Alberta.

Call CMHA Recovery College at 403-342-2266 or email us at recoverycollege@reddeer.cmha.ab.ca

. Check out the huge list of courses at:

<https://recoverycollegecentralalberta.ca/courses/>

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



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

School & Playground Zones

Help keep children safe in school and playground zones.

SCHOOL ZONES

School zones are marked with a school sign that has a maximum speed limit for the school zone posted with it. The end of the school zone will also be marked along with the maximum speed limit that can be resumed.

School zones are in effect during the following times on school days:

- 8:00am - 9:30am
- 11:30am - 1:30pm
- 3:00pm - 4:30pm



PLAYGROUND ZONES

Playground zones are marked with a playground sign that has a maximum speed limit for the playground zone posted with it. The end of the school zone will also be marked along with the maximum speed limit that can be resumed.

Playground zones are in effect every day starting at 8:30am and ending one hour after sunset.



LOCAL BYLAWS

Make sure to check your local bylaws - some municipalities choose to have school or playground zones in effect for longer periods.

These times should also be posted below the school or playground sign.

DON'T PASS!

You are not allowed to pass another vehicle going the same direction in a school zone or playground zone, when the school or playground zone is in effect. The penalty is a \$243 fine and three demerit points.

SCHOOL & PLAYGROUND AREAS

If you see a school or playground sign without a posted speed limit sign, you are entering a school or playground area. The sign is to alert you that children may be walking or playing nearby or crossing the road. You are not required to slow down, but you should use caution and be alert for children.