



Rimbey & Area

Community Newsletter

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

Need a night out!
Coming this January 2023
Wine pairing/Cooking Class

Peter Lougheed Community Centre.
Space is limited.
Watch our Facebook Page/Website for
more information
or call 403-843-3151



**If you're
going
to rise,
you might as
well shine**



**PETER LOUGHEED
COMMUNITY CENTRE**

**Drop In Sports
main auditorium
Pickle Ball or Badminton**

Schedule starting January 3, 2023—March 30, 2023

Tuesdays 1:00pm-3:30pm & 7:00pm-8:30pm

Thursday 1:00pm-3:30pm & 7:00pm-8:30pm

Please note that drop in sports can be cancelled due to
an event in the Main Auditorium.

Please watch our Facebook page:
Rimbey Community and Recreation Services for any
changes. Or call 403-843-3151

Rimbey 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

Your Mental Health is like vehicle maintenance:

Don't wait for a crisis - the oil is low and the tires are flat

we can all use a mental health "tune up" from time to time

Call Red Deer Catholic Social Services Intake line @ 403 347-8844 and ask to be seen in Rimbey. Services available on a sliding scale, barrier free!



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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."



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

RIMBEY NEIGHBOURHOOD PLACE

Drop in *Free!*

GROW & PLAY

Tuesday 10:00
11:30 am

**BLINDMAN YOUTH ACTION
BUILDING BACK DOOR**

text 780 887.2702 for questions

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

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Adult Learning will be putting together an English Language Conversation Cafe to practice speaking and listening in English in January and a Computer Basics class in February.

POTENTIAL NEW POST-SECONDARY PROGRAM!

ADMINISTRATIVE ASSISTANT CERTIFICATE

Highlights:

1. Offered in-person in Ponoka
2. Offered in one of two ways:
 - a. Full-time for 4 months (Mon-Fri)
 - b. Part-time evenings for 8 months (Mon - Fri)
3. Tuition for the five courses is \$2 715.60
4. For Employers interested in sending employees, this program does qualify for the Alberta Canada Job Grant
5. We need 15 - 18 students to be able to run this program



INTERESTED?
CONTACT US!
403-783-3285
EXT 101



Alberta Advanced Education



Rimbey Library

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

403 843-2841

We are closed Sunday and Mondays!

Tuesday Mornings 10:30 am – Storytime with Sue
Wacky Wednesdays - Crafts, science experiments, STEAM, and fun!! 3:30pm

Thursdays:

January 5 - Movie Night sponsored by the Rimbey Lions Club – 6:30 pm Ice Age

January 12—movie screening, “We Were Children” (*mature content) Indigenous awareness programming

January 19—Bean Art workshop 6:30

January 26—book club “Hidden Figures” + movie 6:00

Fridays:

January 6 & 27—Fantastic Chef Fridays 2:00

Saturday January 21 @ 2:00—Movie Matinee—Lyle, Lyle, Crocodile, sponsored by the Rimbey Lions Club. pop & Popcorn available for \$2

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!



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

Adoption Mosaic Support & Education will be hosting Virtual Support Groups for those impacted by Adoption and Permanency. Must be 18 to attend First Wednesday of each month at 7pm MST. Email: alesia@adoptionmosaicse.com www.adoptionmosaicse.com

UPSKILL with SkillTech
BREDIN CENTRE FOR CAREER ADVANCEMENT

START TODAY AT NO-COST TO YOU!

The program provides the Business and Technology skills you need to achieve your employment goals.

Call or Email us to learn more
+587-273-0225
reddeer@bredin.ca

Scan Here

The Province of Alberta is Working in partnership with the Government of Canada to provide employment support programs and services.



Thursdays 9:30 - 11:30 a.m.

Parents Time Out

Located at the BYAS Building - back entrance: 4907 49 st.

Neighbourhood Place Family Programming

- child care provided
- connection, support and self care

for 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

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CHANGE YOUR CAREER

Don't settle for dead end jobs or unfulfilling work! Change your career and take control of your life!



One-On-One Employment Services



BOOK NOW
8:45am-4:00pm
Virtual or in-person appointments

FREE EMPLOYMENT READINESS & 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. Services are available in Olds, Rocky Mountain House, Drayton Valley, Red Deer County, Ponoka County and Lacombe County regions and are needing support, call us at (403) 341-7811 today.

CAREER ASSISTANCE NETWORK
Let us help you find the work you need, build the career you love!

403-341-7811

www.rdcn.ca

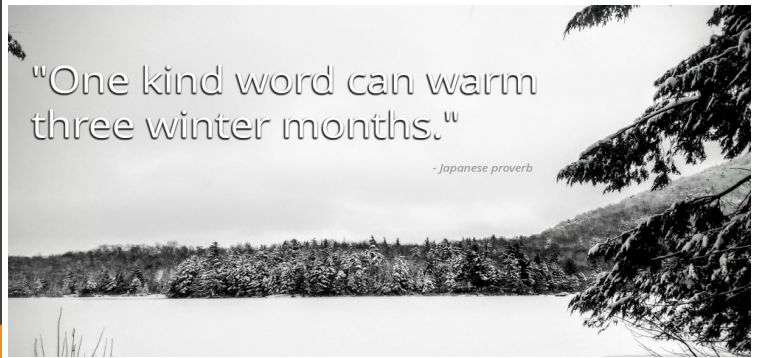
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Settlement Support in Regional Communities: Supporting Newcomers in Central Alberta
Do you know anyone who is new to Canada? Or, maybe you are a newcomer yourself?
The Regional Settlement program (through Central Alberta Refugee Effort, Red Deer) offers Permanent Residents support, information, and referrals on:
Documentation and Basic Needs
Improving English Language Skills
Interpretation and Document Translation
Settlement support in schools
Community Connections
Canadian Culture and Society
Volunteer and Employment Opportunities

Please contact our C.A.R.E. Regional Settlement Practitioner:
403-318-1706 regionalsettlement.care2centre.ca



"One kind word can warm three winter months."

- Japanese proverb



Big Brothers Big Sisters OF RIMBEY

Become a mentor today!

One hour a week is all it takes!

Mentors greatly needed in our area.

Call 403-843-1066 for more information!

Alzheimer Society

ALBERTA AND NORTH WEST TERRITORIES

Alzheimer/Dementia

Drop-in Care Partner Support Group

We invite you to join us...

Where: RimbeY Provincial Building
FCSS Boardroom
5025 55 St.
RimbeY

When: 4th Tuesday/month

Time: 10:30-noon

This is a drop-in support group for care partners, allowing them to meet with other care partners who are experiencing similar situations. Care partners will have a chance to connect with others and share what is going well and not so well, while talking about any other topics or questions.

For further information, please call: 403-342-0448 ext. 706

www.alzheimer.ab.ca | www.asantcafe.ca | 1-866-950-5465

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