

# March Rimbey & Area Community Newsletter 2023

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



Need a night out.  
We have a great fun night happening again Thursday March 30, 2023  
The Peter Lougheed Community Centre will be hosting a wine and cheese cooking class. 6:30pm-9pm  
Pasta night with home made Alfredo sauce and Cheese sticks.  
Great for couples or a group of friends.  
Space is limited.  
Cost is \$65.00  
Must be 18 years or older.  
To register call 403-843-3151



Starting February 21, 2023 We will be offering both Gentle Fit & Pilates Classes in the Kinsmen room.  
Gentle Fit will be Tuesdays and Thursdays 10:20am –10:50am. This is a \$2.00 drop in class.  
Pilates will be Monday and Wednesdays 5pm-6pm. This is a \$15.00 drop in class or a \$75.00 punch card for 6 classes.  
Our Certified instructor is Angie Brooks.  
Angie lives just outside of town, has been teaching Pilates for 6 years and just finished her certification last November for Elder fit.  
For more information please call 403-843-3151  
The classes will run till the end of May as long as we have participants to keep the classes going.



Peter Lougheed Community Centre-Upper Auditorium  
Thursdays Mar 9– April 13, 2023  
7:00-8:00pm

You will need clean indoor shoes and a water bottle.

Instructor: Melissa Thompson - has been teaching Zumba for 5 years. It is her absolutely favorite cardio workout. She loves how everyone moves to the beat in their own way. Melissa loves making fitness a fun experience for everyone.

Melissa is a mother of 3. Melissa's family love hiking and camping out west.

To register : Call: 403-843-3151  
Email: programs@rimbey.com  
www.rimbey.com

\$48.00 for 6 week session or \$10.00 Drop in  
Every Thursday 7pm-8pm  
Starting March 9, 2023  
A blend of Classic Zumba and .  
Zumba is exercise in disguise. It is a total workout that combines  
cardio, strength, balance and flexibility with fun Latin dance. No dance or previous fitness class experience required!



## 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!



## 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 the central intake line @ 1-888-594-0211 for an appointment."



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

## RIMBEY NEIGHBOURHOOD PLACE

Drop in <sup>Free!</sup>

# 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

Made with PosterMyWall.com

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.

DO YOU NEED:  
EXERCISE, FRESH AIR, ORGANIC PRODUCE, TO MEET NEW PEOPLE? ALL OF THIS AT THE

# COMMUNITY GARDEN

MEETING MARCH 8TH 7 P.M.  
LEGION BASEMENT  
THIS MEETING IS FOR THOSE WITH RAISED BEDS AND THOSE INTERESTED IN SHARING A PLOT.

FOR MORE INFO  
CALL GAYLE AT 403-704-4001 OR  
CHRISTINE AT 902-309-9420

FAMILIES WELCOME  
NO EXPERIENCE NECESSARY



# Rimbey Library

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

403 843-2841

We are closed Sunday and Mondays!

Monday March 20—Planning and starting a garden from seed with Carolyn Rallison 7:00

Tuesday Mornings 10:30 am – Storytime with Sue

March 21—Gwynne Dyer—7:00

Wacky Wednesdays - Crafts, science experiments, STEAM, and fun!! 3:30pm

Thursdays:

March 2 - Movie Night; "Strange World" @ 6:30 pm. Sponsored by the Rimbey Lions Club, Pop & Popcorn available for \$2

March 9—"To Be or Not to Be Sami" —7:00

March 16—Shamrock Bash 6:30

March 23— Trio Regard 7:00

March 30— Book Club "Water for Elephants" @6:00

Fridays:

March 10 & 24—Fantastic Chef Fridays 2:00 pm

Saturday March 11—Paint workshop—2:00

March 25—Movie Matinee, "Puss in Boots"@ 2:00, pm.

Sponsored by the Rimbey Lions Club. Pop & Popcorn available for \$2

March 25—BLACKWATER CRUDE—8:30 @ the Community Centre—\$10 a ticket!

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](http://www.rfcss.com)

PRESENTED BY THE RIMBEY FARMERS MARKET ASSOCIATION

# SPRING Market

SATURDAY APRIL 8TH

Peter Lougheed Community Centre

11 A.M. TO 3:00 P.M.

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

## Parents Time Out

Neighbourhood Place Family Programming

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

- child care provided
- connection, support and self care

for more info or to register;  
email: [sam.rimbeynp@gmail.com](mailto: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



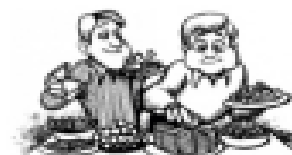
# Potluck

*Forshee Hall Community Potluck  
and cards for those who want to stay*

Last Sunday Jan/Feb/March

Jan. 29th,  
Feb. 26th,  
March 26th.

5:30 p.m.



RIMBEY AA Meetings  
Anglican Church - 5207 52 Ave  
Wednesday Evenings @ 7:30

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:** 4<sup>th</sup> 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

 World Day of Prayer 2023  
Journée mondiale de la prière

**Taiwan**  
"I Have Heard About Your Faith"  
Artwork by Hui-Wen HSAIO



**Taiwan**  
«J'ai entendu parler de votre foi»  
œuvre d'Hui-Wen HSAIO

Ecumenical Worship Service Information/Renseignements sur la célébration œcuménique

**FRIDAY, MARCH 3<sup>rd</sup> 2pm**  
Day, Time/la date, l'heure

**RimbeY United Church**  
Location/l'endroit

**All Welcome**  
Additional Information/informations supplémentaires

Services written by the World Day of Prayer Committee of Taiwan, prepared and adapted for use in Canada by the Taiwan's Inter-Church Council of Canada  
Services rédigés par le Comité de la Journée mondiale de la prière de Taiwan, préparés et adaptés pour le Canada par le Conseil inter-églises de Taiwan au Canada

The RimbeY Medical Clinic is pleased to announce the initiation of a screening program for at risk seniors. The goal is to identify older adults that may have characteristics of frailty. We can then implement supports, treatments, and/or investigations to improve health outcomes, independence, and resilience. Patients must have a physician at the RimbeY Medical Clinic, be 75 years or older and meet certain criteria.

**"Never iron a four-leaf clover, because you don't want to press your luck."**

— IRISH PROVERB

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