

April Rimbey & Area Community Newsletter 2023

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

Free Weights Strength Class

If you are a beginner or just coming off an injury
Join this class to learn how to properly lift free
weights and knowledge of working muscle
groups.

Certified Instructor: Leeann Cross



Peter Lougheed Community Centre – Upper Auditorium

Mondays

Starting April 3, 2023, 5:45pm-6:30pm – upper Auditorium

Sign up for 6 classes starting April 3 – May 15, 2023.
Excluding Easter Weekend April 10th, 2023.

Register for the 6 Classes for \$48.00 and save or Drop In \$10.00

Call 403-843-3151 or email programs@rimbey.com to register.

Employment Opportunities

We are now taking applications for
Lifeguard and Instructors positions
for the 2023 season!

Applicants must have current lifeguard and
First Aid/CPR Certifications. Positions will
be filled when suitable candidates are found.

Drop of your resume at the Recreation Office
Monday through Friday 8:30am-4:30pm the
office is closed for lunch 12-1pm or by
email: recreation@rimbey.com



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

Need to Talk? We're Listening.

Finances should never be a barrier to mental health support. We offer options for low cost and subsidized counselling services

Sessions are currently being offered virtually, by phone, and in person.

Call (403) 347-8844 or email info@cssalberta.ca to inquire.



cssalberta.ca



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 *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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GULL LAKE NORTH CITIZENS ON PATROL

19TH ANNUAL

COMMUNITY GARAGE SALE

SATURDAY MAY 27TH, 9:00 AM TO 2:00 PM

LES JOHNSON'S FARM, ON PARKLAND BEACH ROAD

CHECK FACE BOOK AND POSTERS COMING SOON FOR DETAILS

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

COMMUNITY GARDEN

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 April 3—7:00 maintaining a garden with Carolyn.

Monday April 24—7:00 Budget minded meals.

Tuesday Mornings 10:30 am – Story time with Sue. Tuesday evening—Pilates@7:00

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

Thursdays:

April 6 - Movie Night; "Troll's World Tour" @ 6:30 pm.

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

April 13—Inuit Connection —many different times, check with the library. And Hollywood party @ 6:30

April 20—beginner hair braiding 6:30

April 27—book club " Defending Jacob" 6:30

Fridays:

April 7 & 28—Fantastic Chef Fridays 2:00 pm

Saturday April 15—Movie Matinee, "Pete's Dragon"@ 2:00, pm. Sponsored by the Rimbey Lions Club. Pop & Popcorn available for \$2

April 22—Earth Day Extravaganza @ 1:00 and Top Drops @ 7:00

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.

PRESENTED BY THE RIMBEY FARMERS MARKET ASSOCIATION



SPRING Market

SATURDAY APRIL 8TH

Peter Lougheed Community Centre

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

Rimbey Wellness Expo 5th Year Celebration!!!

Sunday April 30, 2023

Rimbey Peter Lougheed Community Centre

5109 54 Street, Rimbey Alberta
T0C 2J0

11 am - 4 pm

- *Swag Bags for first 25 people through the door
- *FREE Admission: if you enjoyed the expo there will be a donation jar you can contribute to if you wish at the Exit
- *FREE Parking
- *3 Group Experiences for people to attend through the day
- *ATM Machine on Site
- *Door Prizes to Enter
- *NEW a book exchange, bring health, new age books you no longer use and leave them on the table for others to take if you see something that sparks your interest feel free to take it home
- *much to do, see and learn

Fabulous Fabric Sale

April 22, 2023
9:00 a.m. – 2:00 p.m.
Gaetz United Church
4758 Ross St.
Red Deer
Admission \$2

To donate fabric,
(one meter or more)
yarn, or notions
please contact:

Jane 403-343-1073
or
Donna 403-343-6141
Phone or text

Not later than
April 03, 2023



April 22, 2023

GrammaLink-Africa's Fabulous Fabric Sale

GrammaLink- Africa follows the AHS Guidelines.

All proceeds donated to the Stephen Lewis Foundation to support African Grandmothers raising grandchildren whose parents died of HIV/AIDS.

www.grammalink.ca

or find us on Facebook at Gramma-Link Africa

Rimbey's 34th Annual Women's Conference

A FRESH OUTLOOK



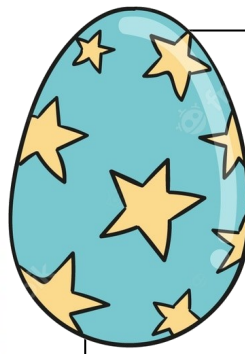
*Thursday,
APRIL 13th, 2023*

Peter Lougheed Community Centre
5109-54th Street

*FEATURING CAMILLA JONES
"LIFE GOES ON.....HITHER AND YON!"*

Concurrent Sessions :Daily Planning,
Jewelry Making, Cellphone tips, Brewery,
Succulent Planter, Pain free Movement
Catered Lunch , Fashion Show
Vendors , Prizes
\$45 (\$50 after April 6)
Register Rimbey FCSS 403-843-2030

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.



Spring Family Dance

April 14, 2023

6:30pm - 8:30pm

Rimbey Community Center

DJ, Silent Auction, Face Painting, Easter Bunny and Prizes for all Little Dancers

***Admission-Adult-\$5, Child-\$3 or Family-\$15
All children MUST be accompanied by an adult ***

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

Alzheimer Society

ALBERTA AND
NORTHWEST 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