

# December 2023

## Rimbey & Area Community Newsletter

Recreation Services 403-843-3151  
www.rimbey.com



Schedule for programs

**Tuesdays** Yoga – Starting Tuesdays 7pm-8pm

**Wednesdays** Free Weights – 5:45pm-6:30pm

**Thursdays** Zumba – Starting Thursday October 5, 2023, 7pm-8pm

**Saturdays** Pilates – Starting Saturday November 4, 2023, 10am-11am (come join us on Saturday September 30, 2023, for a free class of Pilates 10am-11am)

**Sundays** 1/2-hour Free Weights/1/2-hour Yoga 6pm -7pm

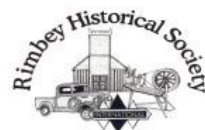
Buy a punch card that gives you access to use for Yoga, Pilates, Zumba, Free Weights Sessions from September 2023 to May 2024

\$90.00 for 10 sessions while the classes are running through the season. Expires May 31, 2024

or \$10.00 drop in

For more info call 403-843-3151 or email  
programs@rimbey.com

The Santa Night Committee would like to  
Thank the following Sponsors that helped  
to make our  
Santa Night 2023 a great Success.



Santa & Mrs. Claus

Thank you to all the businesses and organizations that help decorate the Pas Ka Poo Park. Servus Credit Union, Royal Canadian Legion #36 Rimbey, Recreation Department Town of Rimbey, Rimbey 4H, Rimbey Historical Society, Rimbey FCSS, Rimbey Nursery School, Blindman Valley Lions Rimbey, Keyera Rimbey Gas Plant, Bluffton 4H., RES Student /Parent Council, Joanne Reaugh, Rimbeek Farms Team, Evergreen Co-op Rimbey,

Thank you to all the volunteers that helped to make Santa night a great success. Lantin Ranch Rimbey Sleigh, Wagon and Saddle Club, Barry Nesbitt, FCSS, Rimbey Food Bank, RES Student and Parent Council, Santa Night Committee, Rimbey Historical Society.

The RIMBEY & AREA COMMUNITY NEWSLETTER -is brought to you by Rimbey Neighbourhood Place in partnership with the town of Rimbey Recreation Department and is available at: Neighbourhood Place, the Town Office, Rimbey Foods, the Tickle Trunk, Subway, COOP Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304, text 780 887-2702 or e-mail: rimbeynp@telus.net



# WOMEN'S CHRISTMAS LUNCH

YOU ARE CORDIALLY INVITED TO A CHRISTMAS LUNCH

WHERE: **RIMBEY UNITED CHURCH**

WHEN: **Tuesday, December 5th, 2023**

TIME: **11:30 AM**

PLEASE COME AND GET IN THE CHRISTMAS SPIRIT AS WE SING CAROLS AND ENJOY LUNCH TOGETHER

**IT IS OUR GIFT TO YOU. IT'S FREE!**

**SPONSORED BY RIMBEY UNITED CHURCH WOMEN**

## 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

## Rimby 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.”



Neighbourhood Place Program

# MUMSTERS & BABES

a group for parents with kids under 2

Monday mornings 10:00 am - 11:30am

Register by text Please 403 872-1968

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

4907 - 49 street

Rimby Neighbourhood Place

drop in

# Grow and Play

Tuesday mornings - 9:30-11:30

Blindman Youth Action Building

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

Rimby Neighbourhood Place

# Parents Time Out

Connection, support, and self care for parents of young children - with child care provided

Thursday Morning 9:30-11:30

registration required - text Sam @ 403 872-1968

located at the Blindman Youth Action Building 4907 - 49 street

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



rimbeylibrary.prl.ab.ca  
403.843.2841  
ari@prl.ab.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1 Charcuterie & Chat 7 PM	2 Christmas Movie Matinee Merry Medly 2 PM
3 Kevin & Lexie Christmas Music 7:00	4 	5 Storytime with Sue 10:30 Pilates 7:15 PM	6 Wacky Wednesday -	7 Cookie Contest & Christmas Gift Craft Night 5-8 PM	8 Fantastic Chef 2 PM Shark Dessert Cups Adult Movie Night Bad Mom's Christmas 7 PM	9 Christmas Movie Matinee Fred Claus 2 PM
10 	11	12 Storytime with Sue 10:30 Pilates 7:15 PM	13 Wacky Wednesday-	14 Family Movie The Grinch 6:30 PM	15	16 Christmas Movie Matinee Elliot the Littlest Reindeer 2 PM
17 	18	19 Storytime with Sue 10:30 Pilates 7:15 PM	20 Wacky Wednesday-	21 Movie Pyjama Party Polar Express 6:30	22	23 Christmas Movie Matinee Home Alone 2 PM
24	25 	26	27	28 Mine Craft Themed Party 2 PM	29 Fantastic Chef 2 PM Mac 'n Cheese	30 Movement Mayhem

# CHRISTMAS MARKETS

Presented by the Rimbey Farmers' Market

AT THE PETER LOUGHEED COMMUNITY CENTRE

CRAFTS - BAKING - GIFTS - DECOR - ART - FOOD - BEVERAGES and MORE!

**NOVEMBER 18TH & DECEMBER 2ND**  
11 AM - 3 PM

## Family Resource Network

Wetaskiwin, Ponoka, Rimbey, and surrounding areas

The Family Resource Network provides a variety of programs in the community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community.

Early Child Development	Wahkohtowin Traditional Parenting
Child and Youth Development	Mámawipaiwín
Parent Education	In home support for parents, caregivers, and youth 13 and up

CONTACT THE FRN HUB TODAY FOR MORE INFORMATION:  
780-352-4643 EXT. 3  
KATHRYN@WETASKIWINYOUTH.CA  
@FRNWET

## 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

# Rimbey Family Resource Centre

Providing local, in person support to individuals and families on their journey of navigating life with developmental disabilities.

We are here to help!

## WHAT WE DO

- Support accessing disability supports and resources available to individuals and families in Alberta
  - FSCD and PDD support
  - Learning opportunities and workshops
  - Family Managed Services (FMS) support



www.neighbourhoodplace.com

Contact Us  
**403-843-4304**

Visit us in person!  
Monday-Friday  
9AM-4PM  
4907 49 Street (BYAS Building)  
Rimbey AB

**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](mailto:info@cssalberta.ca) to inquire.



Hope!

[cssalberta.ca](http://cssalberta.ca)



Rimbey Community Chorus  
presents

**"Sing Alleluia"**

Wednesday, Dec 20th  
and Thursday, Dec 21st

**TIME: 7:30 PM**

Rimbey United Church

free concert - all donations gratefully accepted for the

Canadian Foodgrains Bank

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

## RIMBEY UNITED CHURCH COLLECTING WINTER ITEMS

Again this winter Rimbey United Church is coordinating the collection of winter articles for Turning Point.

Turning Point Society in Red Deer has been responding to the needs of communities using a harm reduction approach for 30 years.

Turning point runs 6 different programs. One of these is called "NightReach".

365 evenings a year, a team of two NightReach staff walk the streets and paths offering after-hour support to a wide range of individuals facing vulnerability due to place or circumstance.

NightReach staff are easily recognizable by their bright red backpacks, which are packed with a wide range of harm reduction materials, clothing, first aid supplies and snacks

NightReach also provides non-judgmental support and referrals for food, housing, health care, addictions, pregnancy support, legal concerns and employment services to many street-involved individuals. Staff also do debris clean-up as required.

This is the fifth year Rimbey United Church plans to support this program by collecting winter clothing for adult men and women. Gently used winter boots and clothing may be dropped off at the church or Rimbey Public Library. Gloves, hand warmers and new toothbrushes are also needed. The church will accept any monetary donations for this program and forward them to Turning Point.

Collection date Oct 15th to Jan 15th.

You're Invited to Participate

**Christmas**  
*Forshee Hall Concert*  
**DECEMBER 2, 2023 7PM**

**YOU COULD READ A STORY OR A POEM, SING A SONG, OR USE ANY TALENT YOU HAVE. A GROUP COULD DO A SKIT, OR DANCE AROUND THE STAGE.**



**THERE WILL BE GOODY BAGS DELIVERED BY SANTA. IF ENTERTAINING IS NOT UP YOUR ALLEY, PLEASE COME AND ENJOY THE ENTERTAINMENT.**

**Lunch Served**

Admission  
Donations to the  
Food Bank

To be part of the program  
Please Call Susanne Mueller  
403-748-4804