Rimbey & Area Community Newsletter November 2016



- FOR THE FALLEN -

Public Skating

Mondays 3-4pm

Tuesdays 3-4pm Fridays 3-4pm

ZUMBA



A blend of Classic Zumba, Zumba toning and the brand new STRONG by Zumba...

You will need clean indoor shoes and a water bottle. Mondays (occasional Wednesday) \$10 drop in.

Drop in **Badminton/Pickleball** Tues. Nov 1, 8, 15, 29 Wed. Nov 9, 16, 30 7-8:30pm \$2.00 drop in Main Auditorium in the Peter Lougheed **Community Centre**

Rimbey Arena Public Skates and Shinny

No sticks or pucks allowed on the ice for all Public, Parent & Tot, Senior and Family Skates.

Parent & Tot/Senior Skate

Thursdays 2-3pm

Rimbey Coop & Servus Credit Union **Family Skate**

Shinny

Youth Shinny: Wednesdays 3-4pm

Adult Shinny: Sundays 7-8:15pm

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

We Remember...



Local Businesses Decorate the PasKaPoo Park Vote for the best on Santa Night

SANTA ARRIVES November 25th

3:30pm - 6:00pm @ Pas Ka Poo Park

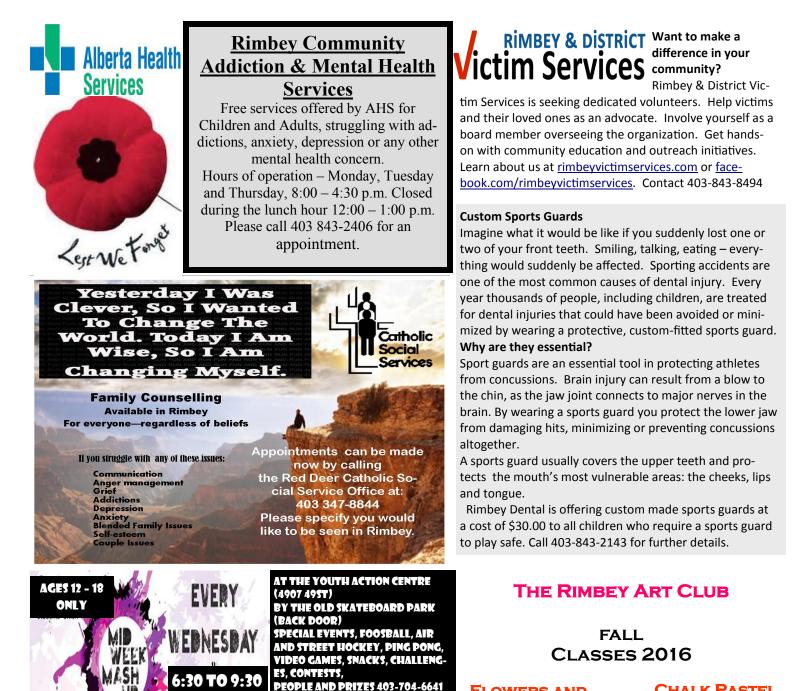
Eniov for Free

Take your own photo with Santa, Hotdogs, Hot Chocolate, Hay Rides, Donkey Rides, Christmas Caroling, the Grinch and more!

Please consider making a donation to the Rimbey Food Bank Donations will be collected at this event.

Men's Curling Bonspiel: November 18-20th Zone 4 Playdowns for Alberta 55+ Winter Games Dec. 2-4 For more information call Herman at 403-816-8001

Sundays 5:15-6:45pm



FLOWERS AND FAIRIES BATIK DAWN NAWROT NOVEMBER 5TH CHALK PASTEL LANDSCAPES SUSAN WOOLGAR NOVEMBER 26TH

All workshops will be held Saturdays from 10 a.m. to 4 p.m. in the Rimbey Art Studio located in the SW corner of the Community Centre. They are for all levels of artists and a supply list is available upon registration. Fees are \$50 (\$40 for members) per class and must be paid in advance at the Community Centre. Call the rec. office at 403 -843-3151 for registration info or Annette at 403-843-6458 or <u>annette_peck@yahoo.ca</u> for class info.

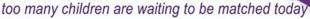
Remembrance Day



BIG BROTHERS BIG SISTERS

Boys & Girls Clubs

of Wolf Creek









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FOR MORE INFO



make <mark>८ (d</mark>ifference

<u>BEY@PONOKAYOUTHCENTRE.COM</u>

You Don't Have to Change Your Life to Change Theirs! Make a BIG difference in only one hour a week. Call Annette at 403-843-1066 for more information.



Make It Easy for Your Child to Behave Well

(first in the series of parent tip sheets from "nobody's perfect")

- Make your child's surroundings safe and interesting. Children are active so make your home a safe place to play. It is better to make your home safe for learning and exploring than it is to keep saying "No." When you go out, take a snack and a toy or book for your child.
- Create family routines. Children feel more secure • when the same things happen in the same order every day. It is easier for children to follow rules when an activity becomes a habit, for example rules about picking up toys. Set up a daily routine so your child gets regular meals and snacks and enough sleep. Include lots of physical activities indoors and outdoors. Your child will fall asleep more easily if you follow the same bedtime routine every night.
- Praise and encourage your child. Let your child know you notice when he behaves well. Praise and encouragement work best when you tell your child very clearly what you like about what he has done. This will help your child understand what you expect of him.
- Be a good example. Your child learns almost eve-• rything by watching what other people do. Behave in a positive way yourself so your child will know what you expect. If you want your child to be polite, make sure she hears you saying "please" and "thank you."

Key Message:

When you and your child have a strong attachment, she will be more likely to follow your directions.



Healthy Families Program is asking if you know of a young mom in need of support please pass our name along. Adult Day Support Program has space for new clients, seniors who want some company and would enjoy organized activities and snacks one or two days a week. Call FCSS @ 403-843-2030 for information on these and other activities and programs or go to rfcss.com

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



November Is Family Violence Prevention Month in

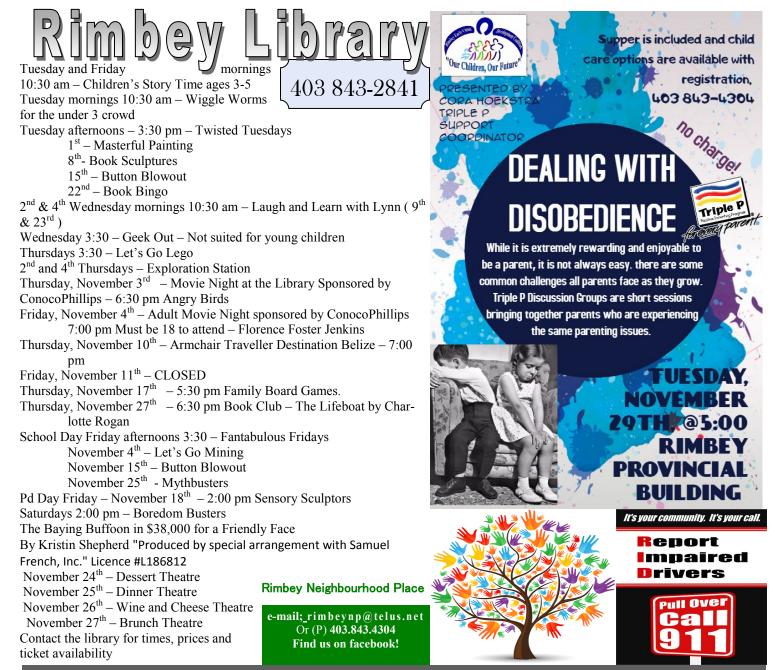
Family Violence Prevention Month started in 1986 as a local initiative family violence education and prevention campaign. This year marke the 30th anniversary of Family Violence Prevention community vention

Prevention Month. Today, hundreds of Alberta communities and thousands of individuals are actively involved in preventing family violence by providing public education and ser-

This year's provincial theme is **Reach Out. Speak Out.** It inspires all of us to take action now and in the future to end family violence and support survivors. At the same time, the theme also recognizes those who have worked tirelessly over the years to make a difference in their communities. The key to preventing family violence is raising awareness. We can all play a role in preventing family violence and helping people get the help they need to get their lives back on track.



The Community Wellness Association is a group of citizens who meet once a month to address family violence, bullying, mental health and addiction in our community. Please contact Neighbourhood Place for more information.



November - Pedestrian Safety

Both drivers and pedestrians are responsible for safety. Pedestrians have the right of way in crosswalks, but pedestrians also have the responsibility to cross safely. From 2009 to 2013, on average each year in Alberta, more than 40 pedestrians were killed and almost 1,160 were injured.

Facts to Know

Don't assume drivers see you and will stop. Always be cautious and watch for vehicles that are not stopping.

- Be visible. More pedestrian collisions occur during months of low light conditions. Wear reflective clothing and carry a flashlight!
- Pay attention! Remove headphones and put away cell phones or other electronic devices when crossing the street.
- Walk on the sidewalk. If there is no sidewalk, walk off the road, facing traffic, staying as far away from the vehicles as possible.
- Alcohol is often a factor in serious pedestrian collisions. On average, 42% of pedestrians in fatal crashes and 12 per cent in injury crashes had consumed alcohol prior to the collision.

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluffton Store Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB TOC 2J0 phone:403.843.4304 e-mail: rimbeyn@telus.net