

# FEBRUARY 2024

## Rimbey & Area Community Newsletter

**Recreation Services 403-843-3151**  
[www.rimbey.com](http://www.rimbey.com)

### Peter Lougheed Community Centre Programs 2023/24

Tuesdays and Thursday Gentle Movement exercise class 10:30am -11am \$2.00 drop in.  
Tuesdays and Thursday Walking group 11am – 12pm

Tuesday and Thursdays Badminton and Pickle Ball 1:30-3:00pm and 7:00pm-8:30pm  
\$2.00 Drop in or purchase a punch card for \$20.00.

We will be offering Free Weights class, Pilate's Class, and Zumba in the upper auditorium.

Get your Punch Card for \$90.00 for 10 classes that gives you access to anyone of the classes offered and save \$10.00. You can also do a \$10.00 drop in to either class.

Free Weights – Wednesday 5:45pm-6:30pm

Zumba - Thursdays 7pm-8pm

Pilates – Saturdays 10am-11am

Free Weights Sundays 5:45pm-6:30

Classes will run to May 2024; Punch cards will expire May 2024.

For more information call 403-843-3151 or email [programs@rimbey.com](mailto:programs@rimbey.com)

### Vern Poffenroth Memorial Arena

### Family/Public Skating on Sundays

From **5:15pm–7:30pm**



### The Sunday Family/Public Skate for January & March 2024


is Proudly Sponsored by



Evergreen



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](mailto:rimbeynp@telus.net)



# CALM DOWN KIDS

**Monday afternoons  
1-2:30 PM**

Join us for **Sensory Friendly Play!**

- Safe space for kids ages 0-5
- Low stimulating environment
- Variety of sensory focused activities

**BLINDMAN YOUTH ACTION BUILDING  
4907 49 STREET  
CALL 403-843-4304 FOR MORE INFO**

Rimby Family Resource Centre



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



# Stress & Self-Care Workshop

Join us for a workshop on managing stress and practicing self care, geared towards parents and caregivers! Learn about the signs and symptoms of stress, healthy coping techniques and the value of investing in yourself!

**Tuesday February 6th,  
2024  
7-8 PM**

Alberta Health Services

Call 403-843-4304 or email [rimbeynp@telus.net](mailto:rimbeynp@telus.net) to register!



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



# Caregiver Mental Health

Join us for a workshop on mental health geared towards parents and caregivers! Learn about the stressors that commonly affect the mental health of parents and caregivers, and how to manage your stress in a healthy way!

**Wednesday February 28th, 2024  
12-1 PM**

Register in person or zoom link participation!

Alberta Health Services

Call 403-843-4304 or email [rimbeynp@telus.net](mailto:rimbeynp@telus.net) to register!



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,**

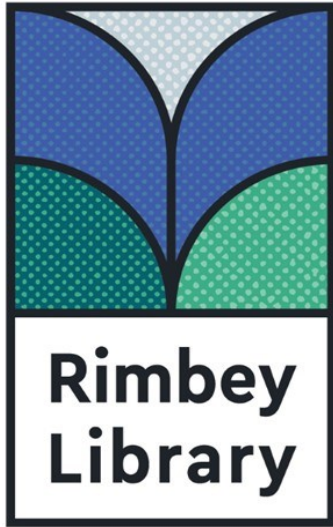
registration required - text Sam @ 403 872-1968

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



# February 2024



**403-843-2841**  
**ari@prl.ab.ca**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Family Movie: "Barbie" 6:30 PM	2 Gamer's Garage 3:30 PM	3 Card Making 2 PM
4	5	6 Storytime With Sue—10:30 AM  Lego League 3:30 PM  Pilates—7:15 PM	7 Wacky Wednesday: Mosaic Masters 3:30 PM	8 Terrarium Making 6:30 PM	9 Fantastic Chef Friday: Ice Cream 2:00 PM	10 DefendHer: Women's Personal Safety 2 PM  Prairie Debut 7 PM @ RUC
11	12	13 Storytime With Sue—10:30 AM  Lego League 3:30 PM  Pilates—7:15 PM	14 Wacky Wednesday: Valentine's Day Card Making 3:30 PM	15 Making Infused Herbal Oils 6:30 PM	16 Gamer's Garage 3:30 PM  Adult Movie: "Avatar: The Way of Water" 6:30 PM	17 Movie Matinee: "Butterfly Tale" 2 PM
18	19	20 Storytime With Sue—10:30 AM  Lego League 3:30 PM  Pilates—7:15 PM	21 Wacky Wednesday: Foam Animal Pencil Toppers 3:30 PM	22 Glow Stick Dance Party 6:30 PM	23 Fantastic Chef Friday: Rice Krispy Treats 2:00 PM	24 Movement Mayhem 2 PM
25	26	27 Storytime With Sue—10:30 AM  Lego League 3:30 PM  Pilates—7:15 PM	28 Wacky Wednesday: Elephant Toothpaste 3:30 PM	29 Sun 'n Putt 6:30 PM  Book Club 7 PM		

## 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

## Family Resource Network

Wetaskiwin, Ponoka, Rimbey, and surrounding areas

Alberta  
 Provincial Family  
 Resource Networks



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	Māmawipāyiwīn
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 Medical Clinic is expanding to better host our new physicians. Thank you for your patience and understanding during our construction.

**FORSHEE HALL**



**POTLUCK  
AND CARDS**

BRING YOUR FAVOURITE DISH TO SHARE

**SUNDAY, JAN. 28  
SUNDAY, FEB. 25  
SUNDAY, MAR. 24  
5:00 P.M.**




**4th  
SUN**

**HOME ROUTES IS BACK AT THE  
BEATTY HERITAGE HOUSE**

Tue. Feb. 6 Pat Byrne

Wed. Mar 13 Lynne Hanson

Thurs. Apr. 11  
Kitty and the Rooster

Fri. May 17 Kalyna Rakel and Dan Gurma

Concert time: 7:30 p.m.  
Cost \$30.00

Call Teri Ormberg 403-843-6497 or email  
bhhsociety@gmail.com to reserve a seat



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

**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*

**The invitation is out once again for every-  
one to join the World Day of Prayer. The  
2024 theme is “I beg  
you ... bear with one another in love.” A  
committee of from Palestine have prepared  
this year’s service.**

**We are offered an opportunity to reflect on  
the history and the challenges faced in this  
area as citizens  
struggle for security and peace in the geo-  
graphical area that is home to the birth of  
Christianity.**

**Consider joining us on Friday, March 1 at  
2:00 at the Rimbey Church of the Nazarene  
for the 2024 World  
Day of Prayer service!**

**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.”

