

Rimbey & Area Community Newsletter

November 2016

We Remember...



THEY SHALL NOT
GROW OLD
AS WE THAT ARE LEFT

† GROW OLD

AGE NOR THE
YEARS
SHALL NOT
wear **CON-**
T·H·E·M **DEM**

AT THE GOING DOWN
OF THE SUN
&
IN THE MORNING

WE WILL
REMEMBER
THEM.

- FOR THE FALLEN -
LAURENCE BINYON

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

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



SANTA NIGHT & the Festival of Lights

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

Enjoy 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.

Rimbey Arena Public Skates and Shiny

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

Public Skating

Mondays 3-4pm
Tuesdays 3-4pm
Fridays 3-4pm

Parent & Tot/Senior Skate

Thursdays 2-3pm

Rimbey Coop &
Servus Credit Union
Family Skate

Sundays 5:15-6:45pm

Shiny

Youth Shiny:
Wednesdays 3-4pm

Adult Shiny:
Sundays 7-8:15pm

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



**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, Tuesday and Thursday, 8:00 – 4:30 p.m. Closed during the lunch hour 12:00 – 1:00 p.m.

Please call 403 843-2406 for an appointment.

**RIMBEY & DISTRICT
Victim Services** Want to make a difference in your community?

Rimbey & District Victim Services is seeking dedicated volunteers. Help victims and their loved ones as an advocate. Involve yourself as a board member overseeing the organization. Get hands-on with community education and outreach initiatives. Learn about us at rimbeylvictimservices.com or [facebook.com/rimbeyvictimservices](https://www.facebook.com/rimbeyvictimservices). Contact 403-843-8494

Custom Sports Guards

Imagine what it would be like if you suddenly lost one or two of your front teeth. Smiling, talking, eating – everything would suddenly be affected. Sporting accidents are one of the most common causes of dental injury. Every year thousands of people, including children, are treated for dental injuries that could have been avoided or minimized by wearing a protective, custom-fitted sports guard. **Why are they essential?**

Sport guards are an essential tool in protecting athletes from concussions. Brain injury can result from a blow to the chin, as the jaw joint connects to major nerves in the brain. By wearing a sports guard you protect the lower jaw from damaging hits, minimizing or preventing concussions altogether.

A sports guard usually covers the upper teeth and protects the mouth's most vulnerable areas: the cheeks, lips and tongue.

Rimbey Dental is offering custom made sports guards at a cost of \$30.00 to all children who require a sports guard to play safe. Call 403-843-2143 for further details.

**Yesterday I Was
Clever, So I Wanted
To Change The
World. Today I Am
Wise, So I Am
Changing Myself.**



Family Counselling

Available in Rimbey
For everyone—regardless of beliefs

If you struggle with any of these issues:

- Communication
- Anger management
- Grief
- Addictions
- Depression
- Anxiety
- Blended Family Issues
- Self-esteem
- Couple Issues

Appointments can be made now by calling the Red Deer Catholic Social Service Office at: 403 347-8844
Please specify you would like to be seen in Rimbey.

**AGES 12 - 18
ONLY**

**EVERY
WEDNESDAY
6:30 TO 9:30**

**MID
WEEK
MASH
UP**



Boys & Girls Clubs
of Wolf Creek

**AT THE YOUTH ACTION CENTRE
(4907 49ST)
BY THE OLD SKATEBOARD PARK
(BACK DOOR)
SPECIAL EVENTS, FOOSBALL, AIR
AND STREET HOCKEY, PING PONG,
VIDEO GAMES, SNACKS, CHALLENGES,
CONTESTS,
PEOPLE AND PRIZES 403-704-6641
RIM-
BEY@PONOKAYOUTHCENTRE.COM
FOR MORE INFO**

THE RIMBEY ART CLUB

**FALL
CLASSES 2016**

**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 annette_peck@yahoo.ca for class info.

BIG BROTHERS BIG SISTERS

too many children are waiting to be matched today



make a BIG difference

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.

Remembrance Day





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 everything 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.

Teach Your Children To Remember



"Lest We Forget"

Find us on facebook: <https://www.facebook.com/Rimbeycarseats/>

Do you have car seat questions or need your car seat checked by a certified technician? Free of charge!

Call Neighbourhood Place @ 403 843-4304, or email rimbeynp@telus.net



Check out our new programs

<http://www.centralparklandparentlink.ca/>

parentLINKcentre



Community Information & Referral Clinic
The 2nd Tuesday of each month
Rimbeys Drop In – computer room
From 10 a.m. – til Noon.

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

Rimbeys 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 Alberta

(Alberta Human Services)

Family Violence Prevention Month started in 1986 as a local initiative in the town of Hinton, Alberta where concerned residents launched a family violence education and prevention campaign. This year marks the 30th anniversary of Family Violence Prevention Month. This grassroots effort inspired the Alberta Legislature to support family violence prevention as an ongoing provincial initiative, resulting in the creation of Family Violence Prevention Month. Today, hundreds of Alberta communities and thousands of individuals are actively involved in preventing family violence by providing public education and services.

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.



November is **FAMILY VIOLENCE PREVENTION MONTH**

EVERY DAY. EVERY MONTH. EVERY YEAR.
ENDFAMILYVIOLENCE.ALBERTA.CA



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.

Rimbey Library

Tuesday and Friday mornings
10:30 am – Children's Story Time ages 3-5
Tuesday mornings 10:30 am – Wiggle Worms
for the under 3 crowd

403 843-2841

Tuesday afternoons – 3:30 pm – Twisted Tuesdays
1st – Masterful Painting
8th – Book Sculptures
15th – Button Blowout
22nd – Book Bingo

2nd & 4th Wednesday mornings 10:30 am – Laugh and Learn with Lynn (9th & 23rd)

Wednesday 3:30 – Geek Out – Not suited for young children

Thursdays 3:30 – Let's Go Lego

2nd and 4th Thursdays – Exploration Station

Thursday, November 3rd – Movie Night at the Library Sponsored by ConocoPhillips – 6:30 pm Angry Birds

Friday, November 4th – Adult Movie Night sponsored by ConocoPhillips
7:00 pm Must be 18 to attend – Florence Foster Jenkins

Thursday, November 10th – Armchair Traveller Destination Belize – 7:00 pm

Friday, November 11th – CLOSED

Thursday, November 17th – 5:30 pm Family Board Games.

Thursday, November 27th – 6:30 pm Book Club – The Lifeboat by Charlotte Rogan

School Day Friday afternoons 3:30 – Fantabulous Fridays

November 4th – Let's Go Mining

November 15th – Button Blowout

November 25th – Mythbusters

Pd Day Friday – November 18th – 2:00 pm Sensory Sculptors

Saturdays 2:00 pm – Boredom Busters

The Baying Buffoon in \$38,000 for a Friendly Face

By Kristin Shepherd "Produced by special arrangement with Samuel French, Inc." Licence #L186812

November 24th – Dessert Theatre

November 25th – Dinner Theatre

November 26th – Wine and Cheese Theatre

November 27th – Brunch Theatre

Contact the library for times, prices and ticket availability

Rimbey Neighbourhood Place

e-mail: rimbeynp@telus.net

Or (P) 403.843.4304

Find us on facebook!



PRESENTED BY
CORA HOEKSTRA
TRIPLE P
SUPPORT
COORDINATOR

Supper is included and child care options are available with registration,
403 843-4304

DEALING WITH DISOBEDIENCE

While it is extremely rewarding and enjoyable to be a parent, it is not always easy. There are some common challenges all parents face as they grow.

Triple P Discussion Groups are short sessions bringing together parents who are experiencing the same parenting issues.



**TUESDAY,
NOVEMBER
29TH @ 5:00
RIMBEY
PROVINCIAL
BUILDING**

It's your community. It's your call.

**Report
Impaired
Drivers**

**Pull Over
Call
911**

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 T0C 2J0

phone:403.843.4304 e-mail: rimbeynp@telus.net