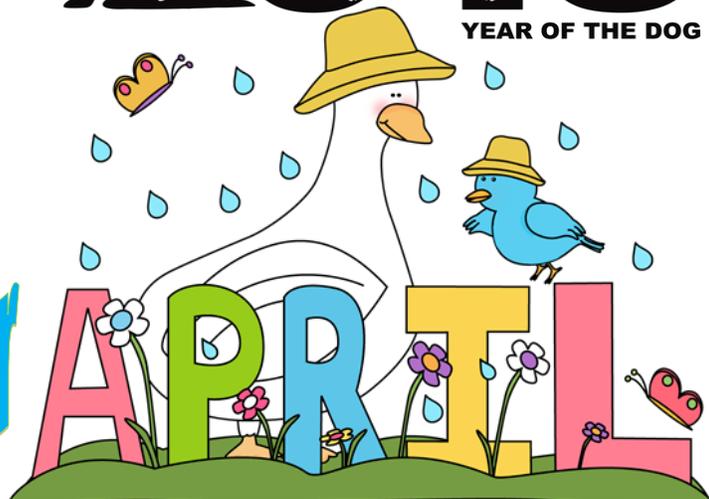


# Rimbey & Area Community Newsletter

**2018**  
YEAR OF THE DOG



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

## Community Fitness Centre



### Prices

Adult (year): \$215.00  
 Adult (6 months): \$130.00  
 Adult (3 months): \$78.00  
 Adult (1 month): \$39.00  
 Family (year): \$357.50  
 Family (6 months): \$195.00  
 Family (3 months): \$130.00  
 Family (1 month): \$65.00  
 Student (year): \$97.50  
 Student (6 months): \$71.50  
 Student (3 months): \$52.00  
 Student (1 month): \$26.00

GST is not included in the above fees.

### Drop in

(Available Monday-Friday  
 8:30am-12pm and 1pm-4:30pm)  
 \$5.00

Located in the Peter Lougheed  
 Community Centre.  
 (5109 54 Street)

Accessible 24/7 with a cardlock  
 (\$25 deposit).



### Fitness Centre Includes:

- Basic Gym w/ Cardio and Weight Rooms
- Squash & Raquetball Courts
- Showers in change rooms

**Sign up at Community Centre  
 403-843-3151**



## Community Garden

Community Garden Applications are available at the Recreation Office and online:

<https://www.rimbey.com/administration/forms-and-applications>.



## Dates to Remember

March 30-April 2: Community Centre and Arena closed for Easter.

April 7: Wellness Expo

April 13/14: Chamber of Commerce Trade Show

April 15-21: National Volunteer week

April 18: Volunteer Appreciation Banquet

April 23: Canadian Blood Donor Clinic

April 27: Christian School Annual Fundraiser

The Rimbey Aquatic Centre is now accepting applications for Junior and Senior Lifeguard Positions. Send your resume to [recreation@rimbey.com](mailto:recreation@rimbey.com) to apply. For more info call 403-843-3151



## \$2 Drop In Sports

Drop In sports are on various Tuesdays, Wednesdays, and Thursdays from 7:00pm-8:30pm. Please call ahead to confirm that drop in sports are running.

#403-843-3151



*“In the spring, at the end of the day, you should smell like dirt.”*

Margaret Atwood

FINALLY MY  
 WINTER FAT  
 IS GONE.  
 NOW I HAVE  
 SPRING ROLLS.



### Rimbe 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.

*if you watch how nature deals with adversity, continually renewing itself, you can't help but learn.*

— Bernie Siegel MD



## Catholic Social Services Family Counselling

Available in Rimbe, For Everyone. on a sliding scale fee.

**Call Red Deer Catholic Social Services intake 403 347-8844 and ask to be seen in Rimbe**

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Grief, Addiction, Depression, Anxiety, Self-esteem?

**RIMBEY & DISTRICT** Rimbe & District Victim Services' Services is seeking dedicated volunteer advocates to support people impacted by crime and tragedy. Make a important difference in their lives by supporting them during difficult times. Learn about us at [rimbeyvictimservices.com](http://rimbeyvictimservices.com) or [facebook.com/rimbeyvictimservices](https://facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.

### Rimbe Legion News

**Legion Bingo is the 2nd Friday of every month with the exception of November. NO Bingo July or August, regular Bingos resume in September. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.**

- For Legion Hall Rentals call: **403 843-2184 or 403 843-2343**
- For Legion Memberships call **403 843-2464**

*Rimbe Ladies Hospital Auxiliary Strawberry Tea May 9, 2018 @ the Seniors Drop In Centre, 2:00-4:00. \$5.00. Bring your mom, your daughter, your neighbour!*



### Blindman Youth Action Society News

- May 31, 2018 11:00-2:00—Community Awareness BBQ—come down and see what is happening! —by donation
- June 16, 2018 9:30-3:00—Fund raising garage sale, —donations accepted!
- Call Janet @ 403 843-2018 for more

### **HELP A CHILD BLOOM!**



**ONLY ONE HOUR PER WEEK!  
CALL: 403-843-1066**



**Big Brothers Big Sisters of Rimbe**

## 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.

If your legal and financial situation fits the guidelines of the Legal Clinic, an appointment to receive free legal advice from a volunteer lawyer will be scheduled. Family Law appointments are available in the towns of Rimbey and Ponoka at the FCSS offices. All other areas are available at the Red Deer Legal Clinic offices. The phone numbers for the Legal Clinic are:  
Phone:403-314-9129 Toll Free:1-877-314-9129



**Rimbey  
Neighbourhood Place**

e-mail:rimbeynp@telus.net

Or (P) 403.843.4304

Find us on facebook!

Do you have car seat questions or need your car seat checked by a certified technician? Call Neighbourhood Place @ 403 843-4304,

or email rimbeynp@telus.net Find us on facebook:  
<https://www.facebook.com/Rimbeycarseats/>



### CHECK OUT OUR NEW PROGRAMS

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



# Rimbey Library

403 843-2841

Check  
<http://rimbeylibrary.prl.ab.ca/events>  
For more info!

## April 1 - 30<sup>th</sup> Semi-Annual Book Sale –

as many as you can carry for as much as you would like to donate!

### Tuesdays

Pre-school Storytime (3-5) 10:30 am

Wiggle Worms (0-3) 10:30 am

Twisted Tuesdays (kg – gr 6) 3:30 pm

### Wednesdays

After School Adventures 3:30 pm

April 18<sup>th</sup> – Author Talk Karen Bass 1:00 pm

### Thursdays

Let's Go Lego! 3:30 pm (kg – gr 6)

April 5<sup>th</sup> – Movie Night sponsored by ConcocPhillips – 6:30 pm Paddington 2

April 12<sup>th</sup> – Armchair Traveller – destination Cambodia – 7:00 pm

April 19<sup>th</sup> – Board Games & Pizza 5:30

April 26<sup>th</sup> – Book Club – The Silkworm by Robert Galbraith – 6:00 pm

### Fridays

April 6<sup>th</sup> – Adult Movie – The Greatest Showman – Must be 18 to attend 7:00 pm

Pre-School Storytime 10:30 am

Sensory Sculptors – 3:30 pm April 6<sup>th</sup> & 20<sup>th</sup>

Fantabulous Friday 2:00 pm April 13<sup>th</sup> & 27<sup>th</sup>

Coffee with Council – 3:00 pm

Busy Parent's Book Club April 13<sup>th</sup> & 27<sup>th</sup> -10:30 am.

Children's programming provided

### Saturdays

Boredom Busters 2:00 pm

**THE LIBRARY WILL BE CLOSED APRIL 21 – 25<sup>TH</sup>**

**We apologize for the inconvenience.**

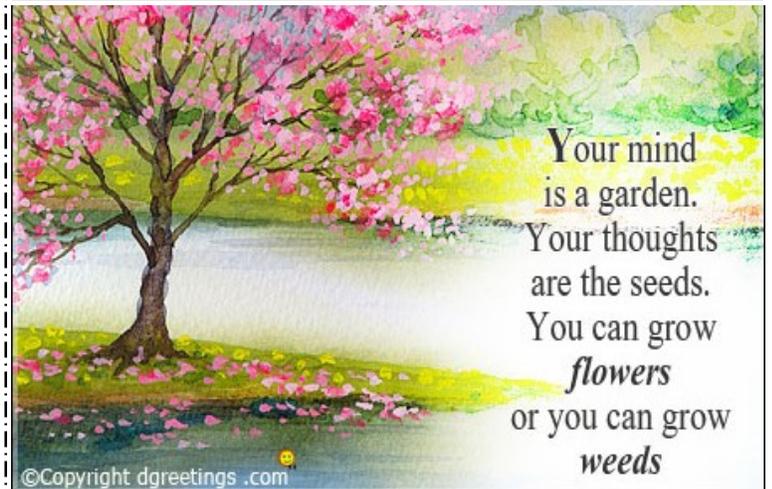


### Community Information & Referral Clinic

The 2<sup>nd</sup> Tuesday of each month  
Rimbey Drop In – computer room  
From 10 a.m. – til Noon.

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](http://www.rfcss.com)

Healthy Families Program is asking if you know of a young mom in need of support to 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



©Copyright dgreetings .com



We are offering a free one hour information session followed by an hour of socializing and refreshments the 2<sup>nd</sup> Wednesday of each month to learn from speakers covering a variety of topics relevant to seniors.

These ongoing sessions will alternate between the Manor and Seniors Drop-In

**Apr 11, 2018**  
**Senior's Drop In 9:30**  
**Money: Privilege, Preserve, Protect**  
**10:30 Coffee/Socializing**



**Report Impaired Drivers**  
**Pull Over call 911**

**Rimbey & Area Community Wellness Association**

The Community Wellness Association is a group of citizens who meet once a month in the hope of addressing family violence, bullying (caring community) mental health and addiction in our community.

Alberta Health Services is committed to providing an array of tobacco cessation supports and services that meet the needs of a variety of Albertans, including vulnerable population groups. Alberta Health Services Tobacco Reduction Program and Lander Treatment Centre are partnering to provide an eight-day residential tobacco treatment program for individuals seeking a more intensive tobacco cessation program. The next dates for this program are **May 2 – 9, 2018 and October 17 – 24, 2018** with 4-8 participants <https://www.albertaquits.ca/helping-others-quit/healthcare-providers/residential-tobacco-treatment-program>

**Child Safety Seat Facts: (from: saferoads.com)**

Always refer to the car seat manufacturer's instructions for the maximum weight and height limits of the child's particular [car seat](#), and to the vehicle manual for installation instructions.

- In Alberta, the fine for not wearing a seat belt or child safety seat is \$155.
- A child is safest staying rear-facing until he/she is at least 2 years of age or reaches the maximum weight or height limit of the rear-facing seat, as stated by the manufacturer.
- Once a child is at least 2 years of age or reaches the maximum weight or height limit of their rear-facing car seat, as stated by the manufacturer, he/she can move into a forward-facing car seat.
- Once a child reaches the maximum weight or height limit of their forward-facing car seat, as stated by the manufacturer, he/she can move into a booster seat.
- Without a booster seat, a child is three and a half times more likely to suffer a significant injury.
- All child passengers are safest when secured in proper restraints based on their age, height and weight and those restraints are used according to the restraint and vehicle manufacturer's instructions.
- Children under the age of 13 are safest in the back seat.

If a child safety seat has been involved in a collision, replace it immediately.

**PREVENTING MEDICATION POISONING IN CHILDREN**

Improperly-stored medications is a leading cause of childhood poisoning in Alberta.

- In 2016, 1,723 children under 10 years old visited emergency departments for unintentional poisoning.
- Medication was involved in 7 out of 10 of these visits.
- The Poison and Drug Information Service (PADIS) received over 16,200 calls in 2017 concerning unintentional poisoning incidents involving young children.



**Keep all prescription and over-the-counter medications locked up tight, out of sight, and in their original containers. Remember, child-resistant caps on medication bottles are not childproof.**

- **When taking your medications, do it away from children. Children often copy the actions of their parents.**
- **Guests, family or friends may bring their own medication into your home. Put purses, backpacks and coats out of children's reach.**
- **Put the Poison and Drug Information Services (PADIS) emergency number in your phones. If you have a poisoning emergency call PADIS at 1-800-332-1414.**