



Rimbey & Area Community Newsletter

Recreation Services 403-83-3151 www.rimbey.com

Family Skate

Sundays 5:15-6:45pm

No sticks or pucks allowed on the ice for family skate.

Proudly Sponsored by:

You're at home here.



servus
credit union

Free public skate for the whole family.

SANTA NIGHT & the Festival of Lights



Enjoy for Free:

Taking a selfie with Santa, Hotdogs, Hot Chocolate, Hay Rides, Donkey Rides, Scavenger Hunt, the Grinch and more!

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

SANTA ARRIVES!

Friday November 23rd

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

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



Rimbey Community and Recreation Services



Drop In Sports

November 2018

Badminton, Pickleball and Basketball

Drop In \$2

Thursday November 1: 7:00pm-8:30pm

Tuesday November 6: 7:00pm-8:30pm

Thursday November 8: 7:00pm-8:30pm

Tuesday November 13: 7:00pm-8:30pm

Thursday November 15: 7:00pm-8:30pm

Tuesday November 20: 7:00pm-8:30pm

Thursday November 22: 7:00pm-8:30pm

Tuesday November 27: 7:00pm-8:30pm

Thursday November 29: 7:00pm-8:30pm

Drop In Sports are held in the main auditorium of the Rimbey Community Centre.

*Drop In Sports are subject to change and may be canceled at any-time. Please call ahead to confirm that drop in sports are running.

Recreation Services #403-843-3151

Follow us on Facebook: Rimbey Community and Recreation Services



Facility Closure

The Community Centre will be closed November 12, 2018 in lieu of Remembrance Day.



There will be a Remembrance Ceremony held at the Rimbey Community Centre promptly starting at 10:45am on November 11th. Late admission will not be permitted.



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 403-843-2406 for an appointment.”

Rimby Legion News

Legion Bingo will now be twice a month; September 14 & 28, October 12 & 26, November 16 & 30 and December 14th. 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

Counselling

Available in Rimby. For Everyone – on a sliding scale fee – no financial barriers.

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

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



This Service is brought to you by the Rimby & Area Community Wellness Association

Rimby & District Victim Services Working in partnership with the Rimby RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



Rimby's Annual Christmas Farmers' Market



Live Music, Concession & Kids' Playroom

Two Saturdays!
Nov. 10th & Dec. 1st

9:00 am – 1:00 pm
at Rimby's Peter Loughheed Community Centre



GLASSWORKS
QUILTING TOYS
CRAFTS CHOCOLATES
WOODWORKS BAKING
CLOTHING POTTERY
JEWELLERY ARTS PAPER CRAFTS
COOKING MIXES



A great reason to get up on a Saturday morning!

IMAGINE WHO THEY WILL BECOME BECAUSE OF YOU...

It only takes one hour a week!!
Please Call: 403-843-1066



Big Brothers Big Sisters of Rimby

In Remembrance...



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

Report Impaired Drivers



Rimby Neighbourhood Place



e-mail; rimbyn@telus.net
Or (P) 403-843-4304
Find us on facebook!

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 Library

403 843-2841

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

Tuesdays

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

Wiggle Worms (0-3) 10:30 am

Twisted Tuesdays (kg – gr 6) 3:30 pm

November 6th, 7:00—(for adults) "Greg's Wings" a story about health care

Wednesdays

After School Adventures 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (kg – gr 6)

November 8th – Armchair Traveller – Turkey – 7:00 pm

November 13th—No School Nonsense 2:00 pm

November 13th—6:30—Dr. Seuss on the Loose, supper and all things Seuss!

November 22nd - 6:30—Teen Titans Go! To the movies. \$2. pop and popcorn

November 29th—6:00 p.m. Valley View Manor Book Club, reading "The Orphan's Tale" by Pam Jenoff

Fridays

Pre-School Storytime 10:30 am

Sensory Sculptors – 3:30 pm November 16, 23

Fantabulous Friday 2:00 pm November 9, 30

Coffee with Council – 3:00 pm November 9, 16, 23, 30

November 23rd—6:00—Blackwater Crude, Dinner and Dance at the Community Centre.

November 30th—10:30 a.m.—Busy Parents Book Club

Saturdays

Boredom Busters 2:00 pm

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/Rimbeycarsseats/>



CHECK OUT OUR NEW PROGRAMS

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

parentLINKcentre



Community Information & Referral Clinic

The 2nd 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

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

DENTAL HEALTH TIPS

NEED HELP WITH DENTAL COSTS?



The Alberta Child Health Benefit is a free insurance for low income families that

provides:

Dental care

Eye care

Prescription drugs

Emergency ambulance service

Essential diabetic supplies

Call toll free @

1-877-469-5437

Oral Health Program – Alberta Health Services





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.

The Rimbey & Area Community Wellness Association has a "Centre for Positive relationships" which is housed at the Blindman Youth Action Building; the same building where Neighbourhood Place is located. There are some great kids books available to help kids through the tough stuff, like:

"Howard B Wigglebottom, learns its ok to back away (a story about anger)" and "Why did you die? activities to help children cope with grief and loss". Come "check" them out!



WINTER DRIVING (FROM SAFEROADS.CA)

Low visibility and icy roads make driving more difficult. Be prepared and adjust your driving according to changing weather conditions to stay safe during the colder months.

WHEN THE COLD WEATHER HITS, HERE'S HOW TO PREPARE

Did you know?

Slush, snow or ice was a factor in 10.8% of fatal collisions and 19.6% of injury collisions

Here's how to adjust your driving to winter weather.

Drive According to Conditions

Lower your speed depending on weather conditions and beware of black ice and snow white outs. **Intersections** can also become icy due to vehicle exhaust, engine heat, and cars spinning their wheels or skidding.

Pack an Emergency Kit

You hope this will never happen to you, but in the event of an accident or being stranded roadside, be prepared. Pack an emergency kit with essentials including a flashlight, emergency flares, a shovel, and a battery powered radio.

Fill Up Your Tank

Avoid fuel line freezing in your vehicle by always keeping your gas tank above half-full. In the event of an emergency, you don't want to be running on empty.

Share Your Plans

Before hitting the highway, let your friends and family know the details of your travel plans. That way, if anything changes due to weather or a collision, people are aware of your location and can try to help.

Winterize Your Vehicle

Prepare for winter by installing snow tires for better traction on winter roads. It's also a good idea to inspect your battery, anti-freeze, heater, defroster, and windshield wipers.

Visit 511.alberta.ca for up-to-date road information, including traffic delays and road construction.



The Playground Project: Freedom & Anarchy for kids (part 4 from www.dw.com/en/playground-project-freedom-and-anarchy-for-kids)

The adventure playground and anti-authoritarianism of the 1960s

Sorensen's ideas left an impression on Marjory Allen, a gardener and landscape architect in London who focused on the creation of child-friendly environments after witnessing how happy children were playing in nature. "Outdoor living is as important as indoor living, especially for the children," wrote Lady Marjory Allen of Hurtwood in her book *Planning for Play*.

Allen traveled the world to bring attention to the necessity of properly planning playgrounds around children's needs. In her book, Allen writes that urban planners should consider such dimensions as the inclusion of poor weather areas – spots for shade from the hot sun or rain – as they

design parks. Or the distance young children will walk in order to come upon a playground as well as traffic patterns that will cut off a child's access to the play area. From the pedagogical perspective, she wrote that these spaces always required a mixture of freedom and anarchy for the kids to make best use of their creativity in them.

These adventure playgrounds that Allen was advocating for were quite different from what many parents in Germany were used to and in the 1960s – a decade which emphasized self-empowerment – many citizens got together to initiate community playground projects. In Berlin, an area that saw rapid post-war growth, residents banded together to create the country's first adventure playground in 1967. Despite initial criticism of these playgrounds as being anti-authoritarian, the idea spread to other industrial areas. Their rapid acceptance and development reflected the activist attitude of the time – if the government won't legislate for these play areas (as they had done in Denmark), parents would take their children's development into their own hands.