

Rimbey & Area Community Newsletter 2019

Happy Valentine's Day

FEBRUARY

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



Free Skates at the Rimbey Arena:

Public Skate: Mondays, Tuesdays,
3:00-3:45pm

Family Skate: Sundays
5:15-6:45pm

Parent & Tot/Senior: Wednesdays
2:00-3:00pm

Youth Shinny: Wednesdays
3:00-3:45pm

Adult Shinny: Sundays
7:00-8:15pm

No Public or Shinny Skating on Jan. 6, 2019

\$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

Community Fitness Centre



Located in the Peter Lougheed Community Centre.
(5109 54 Street)
Accessible 24/7 with a cardlock (\$25 deposit).



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

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



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





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, 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

RIMBEY FARMERS MARKET
Feb. 2, 2019

A Great Reason to Get Up on a Saturday Morning

WINTER Market

in conjunction with the Sleigh and Cutter Parade

9:00 am to 1:00 pm
at the Agrim Centre in Rimby

CENTENNIAL YEAR 2002

RIMBEY THE FRIENDLY INTERNATIONAL TOWN

RIMBEY Welcomes You

The Rimby Rodent will be making his debut at the February 2nd (Ground hog day) market at the Agrim Center. He will be checking for his shadow at 12:00 noon. Come check out if we have 6 more weeks of winter. you can also get your picture taken with him!

Speakers 4 Seniors



Fun for Seniors

Feb 13, 2019
Seniors Drop In
9:30

United Conservative Party
Presenter: Jason Nixon
MLA

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

Mar 13, 2019
Manor
9:30 Sleep Hygiene
Presenter: Lara Willows

Apr 10, 2019
Senior's Drop In
9:30
Hearing Health
Presenter: Sandra
Duncan

May 8, 2019
Manor
9:30
Diabetes
Presenter: Rachel
Murray RN



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.

Living Loving - Life

RIMBEY'S 33rd ANNUAL WOMEN'S CONFERENCE

February 14, 2019 8am-4pm
Peter Loughheed Community Centre

KEYNOTE SPEAKERS—Patrick & Heather Rurka
Growing Healthy Loving Relationships

CONCURRENT SESSIONS

ATCO Blue Flame Kitchen - For the Love of Chocolate
Maxine Spence - Three stories for Navigating Change
Panel Discussion - Because I love you - Information session
Dwight Arthur - Tips & Tricks of Smart Phone Photography
Kori Hart - Fluid Art Painting (Hands-on/Take Home)
Dr. Nicole Fox - Health/Wellness/Fitness

ENTERTAINMENT
Korean Women's Association Dancers
Cared Lunch/Vendors/Prizes

REGISTRATION
\$40.00 (After Feb 7 - \$45.00)
Registration forms at Rimby FCSS, 5025 55st
Contact FCSS 403-843-2030
Irene Steves 403-843-6257
Teri Ormberg 403-843-6497

After School Program **NEW!**

Crafts, gym games, activities and more!

Tuesdays, Wednesdays & Thursdays!

Ages 6 to 12

**Drop-In Program
\$2.00/Day**

**Located at the Peter Lougheed
Community Centre**



Boys & Girls Clubs
of Wolf Creek
RIMBEY

**Call:
403-704-6641**

Rimbey Library

For more info. Check
[http://rimbeylibrary.prl.a
b.ca/events](http://rimbeylibrary.prl.a
b.ca/events)

Tuesdays

Pre-school Storytime (3-5) 10:30 am
Wiggle Worms (0-3) 10:30 am
Twisted Tuesdays (k – gr 6) 3:30 pm

Wednesdays

Get Your Geek On! 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (k – gr 6)
February 7th - Movie Night at the Library sponsored by the Rimbey Lions Club – Norm of the North 2: Keys to the Kingdom – 6:30 pm
February 14th – Armchair Traveller – Destination Mexico – 7:00 pm
February 21st – Spectacular Stars – 6:30 pm
February 28th – Book club – 6:00 pm Gulliver's Travels

Fridays

Pre-School Storytime 10:30 am
February 1st & 15th Fantabulous Friday 3:30 pm
February 8th & 22nd Paint like Picasso 2:00 pm
Coffee with Council – 3:00 pm

Saturdays

DIY day – 2:00
Closed February 16th – Family Day Weekend

Sunday -

February 10th – 2:00pm Springbank Trio – Classical Music – Rimbey United Church

403 843-2841

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/>



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

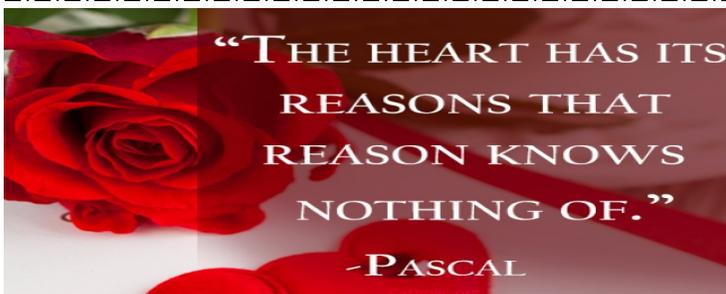
It's your community. It's your call.

**Report
Impaired
Drivers**



e-mail;
rimbeynp@telus.net
Or (P) 403.843.4304
Find us on facebook!

Rimbey
Neighbourhood
Place





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 "Voices of Men" 2019 calendars are available at the Stationary Store, the COOP office and Neighbourhood Place, come and get yours today and see what the positive role models in our community have to say!

Intersection Safety: Bad habits collide at intersections

Facts to Know: On average, 65 people were killed and 8,024 people are injured each year in collisions at intersections in Alberta. 95.7 per cent of intersection-related collisions occurred in urban areas (2012-2016). However, over half (52.8 per cent) of fatal intersection-related collisions happened in rural intersections during 2012-2016.

About 86 per cent of all collisions in Alberta involve driver error. In Alberta, three of the top five most frequently identified improper driver actions in casualty collisions occur at intersections: improper left turns, committing a stop sign violation, and disobeying a traffic signal (2016).

Slush, snow or ice was involved in 13.9 per cent of fatal collisions and 16.1 per cent of non-fatal injury collisions (2016). Visit [511 Alberta](#) to find out the road conditions before you head out on the road.

Safety tips for drivers:

- Do not:
- Run red lights
- Roll through a stop sign
- Speed through intersections
- Follow too closely
- Make unsafe left-hand turns
- Rely on having the right of way

Safety tips for pedestrians:

- Be alert at intersections. Always look out for possible dangers when crossing the street.
- Make eye contact with drivers before you cross the street – when eyes lock, it's safer to walk.
- Abide by traffic signs and signals. They are in place to protect your safety.
- Visit the Capital Region Intersection Safety Partnership [website](#) to get more information on intersection safety.

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.

Phone: 403-314-9129 Toll Free: 1-877-314-9129

Parent Link Centre's believe that children enter the world full of potential. The extent to which a child's potential is realized is strongly influenced by early experiences. Children thrive in families and communities that protect their health and safety, nurture and respect them, and provide opportunities for involvement with caring adults, stimulating play and safe exploration of their environment. Join us at the Rimbey Parent Link Centre for a wonderful Parent – Child EXPERIENCE! To see our full FREE programming calendar and for more info on who we are and what we do, go to our website @ <http://www.centralparklandparentlink.ca/plc-rimbey.html> or contact Samantha Sansome Coordinator @ 403.318.5454, Email: ssansome@lacombecss.net



5 Simple Ways To Encourage Brain Development In Your Little One

Ron Ferguson, an economist at Harvard, has made a career out of studying the achievement gap — the well-documented learning gap that exists between kids of different races and socioeconomic statuses.

But even he was surprised to discover that gap visible with "stark differences" by just age 2, meaning "kids aren't halfway to kindergarten and they're already well behind their peers."

And yet, there's a whole body of research on how caregivers can encourage brain development before a child starts any formal learning. It's another example, Ferguson says, of the disconnect between research and practice. So he set out to translate the research into five simple and free ways adults can help their little ones.

"Things that we need to do with infants and toddlers are not things that cost a lot of money," he explains. "It's really about interacting with them, being responsive to them."

He calls his list the **Boston Basics**, and he's on a mission to introduce it to caretakers first in Boston and then across the country.

The principles are:

Maximize love, manage stress. Babies pick up on stress, which means moms and dads have to take care of themselves, too. It's also not possible to over-love or be too affectionate with young children. Research shows feeling safe can have a lasting influence on development.

Talk, sing and point. "When you point at something, that helps the baby to start to associate words with objects," Ferguson explains. Some babies will point before they can even talk.

Count, group and compare. This one is about numeracy. Babies love numbers and counting, and there's research to show they're actually born **with math ability**. Ferguson says caregivers can introduce their children to math vocabulary by using sentences that compare things: "Oh, look! Grandpa is tall, but grandma is short" or "There are two oranges, but only three apples."

Explore through movement and play. "The idea is to have parents be aware that their children are learning when they play," Ferguson says.

Read and discuss stories. It's never too early to start reading aloud — even with babies. Hearing words increases vocabulary, and relating objects to sounds starts to create connections in the brain. The Basics also put a big emphasis on discussing stories: If there's a cat in the story and a cat in your home, point that out. That's a piece lots of parents miss when just reading aloud. *From npr.org*

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 2I0 phone: 403.843.4304 e-mail: rimbeynp@telus.net