

MAY Rimbey & Area 2019 Community Newsletter

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

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



"I can imagine no heroism greater than motherhood."
—Lance Conrad, The Price of Creation

Rimbey Aquatic Centre
Weather Permitting the pool will open for the May long Weekend. Follow us on Facebook: *Rimbey Aquatic Centre* and www.rimbey.com for up to date information on pool schedules and lesson registration
Swimming Lesson Registration will start May 21 at the Rimbey Aquatic Centre.

Community Events Calendar
Please submit events to the Recreation Office using the Community Events Calendar form found online: www.rimbey.com/administration/forms-and-applications




Drop in Sports
On Various Tuesdays, Wednesday & Thursdays
7-8:30pm
\$2.00 drop in
Main Auditorium at the Peter Lougheed Community Centre
Please note:
*Drop in Sports can be cancelled due to community events.
Please check for availability.

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



**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."

Speakers 4 Seniors



Fun for Seniors

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

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.



THE BEST WAY TO FIND OUT WHAT WE REALLY NEED IS TO GET RID OF WHAT WE DON'T.
 — MARIE KONDO

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 Rimby 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-rimby.html> or contact Samantha Sansome Coordinator @ 403.318.5454, Email: ssansome@lacombecss.net

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 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

WEEKLY SWIMMING! **NEW THEME WEEKS!** **TRIP TO THE ZOO!**

BGC SUMMER PROGRAM

**TUESDAYS, WEDNESDAYS & THURSDAYS
 JULY 2, 2019 TO AUGUST 22, 2019**

Grades K to 6
 8:45AM to 4:45PM
 \$10.00/day (must be pre-paid)
 Registration opens May 7, 2019 at 9:00AM
 Theme weeks include Zoology, Super Science, Carnival & more!

Boys & Girls Clubs of Wolf Creek

[@bgcrimby](http://facebook.com/bgcrimby) For more info: (403) 843-1066

Rimby & District Victim Services Unit
 together with...
MTS Magnified Training Services Ltd
 Presents...
Home Alone Program

Kids aged 10+
 Parents Welcome to Attend
 Saturday May 4, 2019 1pm - 4pm
 Blindman Valley Youth Action Center Rimby

Sponsored By The Canada Safety Council
www.canadasafetycouncil.org
 Call for more details and sign up today ...
403-356-2110

The Blind Man Youth Action Society is hosting a Garage Sale June 22, 2019 at the Blind man Youth action Building, 9:30-3:00! They would graciously accept any and all donations! Call Janet @ 403 843-2018



Rimbey Market at the Park

A great reason to get up on Saturday morning!



Saturdays 9:30-11:30 am
BUY LOCALLY

May 4 - October 12, 2019
at PAS-KA-POO PARK

INFO? 403-704-4001
rimbeyfarmersmarket@hotmail.com

Watch for upcoming events each month!

Rimbey Library

We are now open on Mondays
starting May 6th until August
26th

Mondays

Monday Mayhem – 3:30 pm

May 20th – Closed

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

May 15th – Smart Phone Photography – 7:00 pm

Thursdays

Let's Go Lego! 3:30 pm (k – gr 6)

May 2nd - Movie Night at the Library sponsored by the

Rimbey Lions Club –Lego Movie 2– 6:30 pm

May 9th - Armchair Traveller – China – 7:00 pm

May 16th – Willy Wonka Wildness – 6:30 pm

May 23rd – Movie Night at the Library sponsored by the

Rimbey Lions Club – Asterix the Secret of the Magic Potion

May 30th – Book club – 6:00 pm Same Kind of Different as

Me: Ron Hall

Fridays

Pre-School Storytime 10:30 am

May 3rd, 24th, 31st - Paint Like

Picasso

May 10th & 17th - Fantabulous

Friday 2:00 pm

May 31st – Busy Parent Book

Club 10:30 am

Coffee with Council – 3:00 pm

Saturdays

DIY day – 2:00

May 18th - Closed

BIOLOGY
IS THE LEAST OF
WHAT MAKES
SOMEONE
A MOTHER.

-OPRAH WINFREY

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

403 843-2841

Do you have car seat questions or
need your car seat checked by a
certified technician? Call Neighbour-
hood 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

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

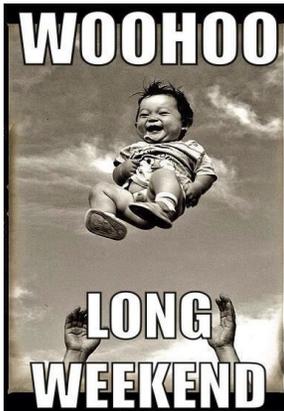
**Report
Impaired
Drivers**

**Pull Over
Call
911**

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

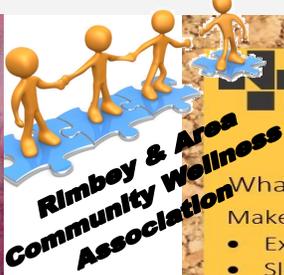
Rimbey
Neighbourhood
Place





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 substance use in our community.

HERE'S TO
STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.



Alberta Health Services
Shed a Light on Mental Health
#MyMentalHealthPromise

What is good for the body is good for the brain

Make a game plan for mental health and include:

- Exercise
- Sleep
- Friend and family connections
- Eating well
- Avoiding alcohol and drugs
- Relaxation and creativity

MORE RESOURCES

Help4me.ca
anxietycanada.com/

MENTAL
HEALTH
AWARENESS
WEEK, MAY
6-12!

MAKE YOURSELF VISIBLE ON A BICYCLE BY FOLLOWING THESE TIPS

When you're cycling, you're smaller than other vehicles and more vulnerable in a collision. Here's how to make sure you're visible.

Use reflective tape

Place reflective tape around your wheels and on any part of your bicycle that's closest to a light source. At night, reflective tape will make your bicycle look bigger than it is. It's also required by law to use reflective tape anytime you ride your bicycle after dark and to mount one red reflector on the rear of your bike.

Wear bright safety gear

You're just as visible as your bicycle when you're on the road. Wearing high visibility clothing in bright colours like orange, yellow and white instantly draw other motorists' eyes to you. Learn about other recommended clothing.

Use Bike Boxes

Look for bike boxes at intersections. They give you a head start when turning and have proven to significantly reduce the number of collisions between right-turning motorists and cyclists travelling straight through the intersection. They also improve safety for pedestrians.

Avoid the "Door Zone"

Whether you're driving on the highway or parking, always position yourself where other motorists can see you. The Door Zone is a one metre area along the side of a parked car where an opening door can hit and seriously injure you while riding. When approaching parked cars, even if you're in a bike lane, always ride on the left side of the lane so that you're away from vehicles. Slow down and pass carefully out of the door zone if you see someone in their car.

Signal Your Intent

When a person uses a hand signal they should use their left arm and when turning left point it straight out. To turn right bend the arm up at the elbow (90 degrees). To slow down or stop bend their arm downward (90 degrees).

From saferoads.ca

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



Greener Childhood Associated with Happier Adulthood (part three)

To isolate the effects of nature from so many potential confounding factors requires a large and rich data set. The Danish Civil Registration System is just that.

Created in 1968, the system assigns a personal identification number to every Danish citizen and records gender, place of birth and parents' PINs. A PIN links individuals across multiple databases, including mental health records, and is updated with changes of residence. "It's an incredibly rich source of data," says Engemann. The researchers' final data set comprised nearly 1 million Danes who were born between 1985 and 2003 and for whom they had longitudinal records of mental health, socioeconomic status and place of residence.

Satellite data extending back to 1985 allowed the researchers to calculate vegetation density around each residence. Unfortunately, these data can't distinguish an old-growth forest from an overgrown field, but in general the more greenery that is packed into a plot of land, the higher the vegetation density.

Armed with these data, the researchers compared the risk of developing 16 different mental health disorders in adulthood with how much green space surrounded each child's residence. And because they had yearly income, work history and education level, they could weigh the relative contribution of green space against socioeconomics of the parents and neighborhood.

After accounting for those potential confounding factors, the researchers found that growing up near green space was associated with a lower risk of developing psychiatric illness in adulthood by anywhere from 15 percent to 55 percent, depending on the specific illness. For example, alcoholism was most strongly associated with lack of green space growing up, and risk of developing an intellectual disability was not associated with green space.

From npr.org (to be continued..)

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: **The Town Office, The Community Centre, Blindman Youth Action Building, Rimbe Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluffton Store** Brought to you by Rimbe Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbe, AB T0C 2J0

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