

Rimbey & Area December Community Newsletter

2019

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

Rimbey Community Christmas Day Dinner
December 25th
Program 1pm
Dinner 2pm
Volunteers to help any time after 10am
Drop in center
Everyone welcome

Free Skates at the Rimbey Arena have started. Times are available on the town of Rimbey website. The Evergreen Co-op Rimbey and Servus Credit Union have proudly sponsored the Family Skate again this season on Sundays from 5:15pm-6:45pm.

Vern Poffenroth Memorial Arena 2019—Holiday Hours

December, 2019
Dec. 23: 1pm—5pm—Public
Dec 24: 12pm—4pm—Public
December 25—Closed
December 26-Closed
December 27-Closed
Dec 29: 2:00pm-5:00pm—Public
Dec 29: 5:15-6:45pm—Family Skate
Dec 29: 6:45-8pm—Shinny
Dec 31: 1:00pm-8:00pm—Public
January, 2020
Jan 1: Closed
Jan 2: 1-6pm—Public
Jan 2: 6-8:30pm—Shinny



Facility Closures:

The Peter Loughed Community Centre & Vern Poffenroth Memorial Arena will be closed Dec 25-27, 2019 & Jan 1st, 2020

Thank you to the following individuals and businesses for their contributions & support for Santa Night 2019.
Evergreen Co-op Rimbey, Canalta Hotel, Midwest Propane, Stationary Stories & Sounds, Barry Nesbitt, The Historical Society, Pharmasave, Rimbey Value Drug Mart, Santa & Mrs. Claus, Keith Kendrew, Stewart Lyster, Norman & Holly Waldron, Rimbey Early Child Development, Keyera Rimbey Plant, The Town of Rimbey & The Santa Night Committee.

Counselling

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

Available in Rimbey, 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 Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



CHECK OUT OUR NEW PROGRAMS

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

parentLINKcentre

BELIEVE
in the MAGIC of
CHRISTMAS

Rimbey Legion News

Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. ** Progressive BINGO—approx. \$500 to be won by Christmas!

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

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-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."



Rimbey & District Victim Services

Working in partnership with the Rimbey 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.rimbeyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



FORSHEE OLDTIME CHRISTMAS CONCERT

December 7 7:00 P.M.

Consider taking a couple of hours from the busy Christmas season and join our concert. You could read a story or a poem, sing a song, or use any talent you have. A group could do a skit, or dance around the stage. **The concert is Dec 7th Saturday, 7PM.**

There will be goody bags delivered by Santa. If entertaining is not up your alley, please come and enjoy the entertainment.

Admission – donation to the Food Bank

Contact

Jackie at 403-843-6518 or Rhea at 403-843-4223

by Dec. 2, 2019 to be added to the program.

Rimbey's Annual Christmas Farmers' Market



Live Music,
Concession &
Kids' Playroom

Two Saturdays!
Nov. 9th &
Dec. 7th

9:00 am – 1:00 pm
at Rimbey's
Peter Lougheed
Community Centre



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

facebook

A great reason to get up on a Saturday morning!

Christmas is
a season
not only of
rejoicing but
of reflection.

Winston Churchill

IMAGINE WHO THEY WILL
BECOME BECAUSE OF YOU...

**BECOME A
MENTOR
TODAY!
CALL:
403-843-1066**



**Big Brothers Big Sisters
of Rimby**

Rimby Library

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

Food For Fines the Whole Month of December. We will waive all late fees for a donation to the food bank!

Tuesdays

Pre-school Storytime (3-5) - 10:30 am
Wiggle Worms (0-3) - 10:30 am
Coffee With Council 2:00 pm
Twisted Tuesdays - 3:30 pm
Make a Christmas Door Swag with Blooms! - 7:00 pm - \$25.00

Wednesdays

Get Your Geek On! - 3:30 pm

Thursdays

Kids, Cards & Games - 3:30 pm
December 5th - Movie Night at the Library sponsored by the Rimby Lions Club - The Grinch - 6:30 pm
December 12th - Kompany Family Theatre - A Very Merry Moosemas! - 7:00 pm
December 19th - Movie Night at the Library sponsored by the Rimby Lions Club - The Flight Before Christmas - 6:30 pm

On Thursday evenings during December instead of selling pop and popcorn we will have popcorn and hot chocolate with a donation to the food bank. Otherwise we will charge \$2.00 and the money will be donated to the foodbank.

Fridays

Pre-School Storytime 10:30 am
December 6th - Fantabulous Friday 2:00 pm
December 13th, & 20th - Inventors Club 3:30 pm

December 27th - Winter Break Boredom Busters 2:00 pm

Saturdays

December 3rd, 14th, 21st Christmas Crafts - 2:00 pm
December 28th - Winter Break Boredom Busters

We will be closed on December 22nd, 23rd, 24th, 25th, 26th, December 29th, 30th, 31st

KEEP
CALM
AND
JINGLE
ALL
THE WAY

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/>



Community Information & Referral Clinic

The 2nd Tuesday of each month
Rimby Drop In - computer room
From 10 a.m. - til Noon.

Rimby 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



Speakers 4 Seniors

Fun for Seniors

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.

Jan 8, 2020

Seniors Drop In 9:30

Beautiful Nature

Presenter: Myrna Pearman



I'm only a morning person on December 25th.

It's all fun and games 'til Santa checks the naughty list.

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!

Rimby Neighbourhood Place





3 Simple Rituals That Will Make You A Fantastic Parent Part 6
 (continued from last month) From "Barking up the Wrong Tree"
 Collaboration



Okay, so we are no longer responding to child tantrums with the words "RESISTANCE IS FUTILE." Time for Hans and I to both take some Berlitz classes. The best time to start a good regimen of diet and exercise isn't after your quadruple bypass; it's 20 years before your heart attack. And the best time to use this system isn't when someone four-feet tall is screaming bloody murder in the vegetable aisle of the supermarket, it's when things are calm at home. It can work in the midst of an argument, but it'll be more effective and less stressful if you're proactive. There are three steps here and Greene has a Magic Formula for each. This should make things a lot easier for you to execute and, more importantly, should drastically reduce the amount of email I get saying, "But I don't know what you're telling me to do, Eric."
To be continued next month!

Rimbeby Community Chorus
Presents
Sing for Joy
 Two Performances
Monday, Dec 16th, 7:00pm
 and
Tuesday, Dec 17th, 7:00pm
 at
Rimbeby United Church
 Free Event - Gladly accepting donations for the
 Canadian Foodgrains Bank
Everyone Welcome!

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

WINTER DRIVING SAFETY

Winter conditions, such as snow, slush, and ice, mean you need to plan ahead to stay safe on the roads. Here are some tips that will help.

WINTERIZE YOUR VEHICLE

Make sure your vehicle is ready for freezing temperatures and slippery conditions. Examine your spare tire, battery, belts, hoses, anti-freeze, tires, brakes, heater, defroster, and windshield wipers. Consider using winter tires, which are specially designed for low temperatures and provide better traction than all-season tires. Clear all snow and ice completely off all windows, side mirrors, headlights, tail lights, and your licence plate. Try to keep your fuel tank more than half full. This adds weight, reduces moisture problems in your fuel system, and can be an asset if you become stranded. Carry an emergency road kit.

EMERGENCY ROAD KIT

Make sure you're ready in case you become stranded. Before heading out, always make sure your cell phone is fully charged and someone knows where you're going and when you're due to arrive. In addition, an emergency road kit should include:

- first aid kit, fire extinguisher, blanket, road map and compass, extra clothing and footwear, paper towels or rags, sand, road salt, or non-clumping kitty litter, flashlight with extra batteries, emergency food (make sure it won't spoil!), candle in a deep tin, waterproof matches, shovel, booster cables or jump starter

From saferoads.ca