

JANUARY Rimbey & Area 2020

— HAPPY NEW YEAR —

Community Newsletter

Recreation Services 403-83-3151

www.rimbey.com

Community Fitness Centre



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



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

The Vern Poffenroth Memorial Arena—Rimbey

Family and Public Skates:

- Public Skate: Mondays, Tuesdays,**
3:00-4pm
- 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



For the New Year Drop In Sports starts up Thursday January 2, 2020.
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
Fee for drop in sports \$2 .00

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



“APPROACH THE NEW YEAR WITH RESOLVE TO FIND THE OPPORTUNITIES HIDDEN IN EACH NEW DAY.”

- MICHAEL JOSEPHSON

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

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.



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.”



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

And now we welcome the new year. Full of things that have never been.

Rainer Maria Rilke



IMAGINE WHO THEY WILL
BECOME BECAUSE OF YOU...

**BECOME A
MENTOR**



**Big Brothers Big Sisters
of Rimbey**

Rimbey Library

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

Closed January 1st

Mondays

January 13th - Nipawistamasowin: We Will Stand Up – The Colton Boushie Movie 7:00 pm,

January 27th - Sixties Scoop – an interactive day of learning at the United Church 10:00 – 3:00, lunch is provided so please pre-register

Tuesdays

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

Wiggle Worms (ages 0-3) - 10:30 am

Coffee With Council 2:00 pm

Twisted Tuesdays - 3:30 pm

NEW YEAR NEW YOU! – Speaker Series – 7:00 pm

January 7th – Sharon Rennecke, Life Coach – What would you do in 2020 if you knew that you could not fail?

January 14th – Janice Ingram, Financial Broker – Wine, Women, and Wealth

January 21st – Lindsey Kaupp, Occupational Therapist – Girl, Get Back on the Trampoline! Women's Pelvic Health

January 28th – Amanda Keip, Professional Chef – Not Your Mama's Home Cooking, Rimbey United Church \$25.00 Must pre-register

Wednesdays

Get Your Geek On! – 3:30 pm

Thursdays

January 2nd – Winter Break Boredom Busters 2:00 pm

January 2nd – Movie Night at the Library sponsored by the Rimbey Lions Club – Abominable – 6:30 pm

Lego Club – 3:30 pm

January 9th - Armchair Traveller – Destination East Coast of North America 7:00 pm

January 16th – Makey Makey Music – 6:30 pm

January 23rd – Movie Night at the Library sponsored by the Rimbey Lions Club – Angry Birds 2

January 30th – Book Club – The Tattooist of Auschwitz; Heather Morris – 6:00 pm

Fridays

Pre-School Storytime 10:30 am

January 3rd – Winter Break Boredom Busters 2:00 pm

January 10th, 24th, 31st – Inventor's Club – 3:30 pm

January 17th – Fantabulous Friday – 2:00 pm

January 28 – Early Years Book Club 10:30 am

Saturdays

January 4 – Winter Break Boredom Busters 2:00

January 11, 18 & 25 - Kids, Cards, and Games – 2:00 pm

January 27th & 28th – Read for 15

Help us to become the most readerly community in Alberta!

Read for 15 minutes either day and then let us know! Through Facebook, email ARI@prl.ab.ca, phone 403-843-2841, or website rimbeylibrary.prl.ab.ca

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
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



Fun for Seniors

Speakers 4 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



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

Rimbey Neighbourhood Place



**"This is
the beginning
of anything
you want!"**

by Anonymous



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

Please call 403 843-4304 for more info.

IMPAIRED WALKING

Impairment is a factor in many serious pedestrian collisions. In 2016, over a quarter (26.4%) of pedestrians involved in fatal collisions were legally impaired!

So even when you make a safer choice and choose not to drive after you've consumed alcohol or drugs, you do still need to be careful as a pedestrian. Remember, the reasons you shouldn't drive when impaired (impaired judgement, decision making, reaction time, coordination, etc.) still exist if you are a pedestrian. When impaired, you're more likely to cross the road in the wrong place, travel too closely to oncoming traffic, or to enter a crosswalk when it's not safe.

You can use many of the same precautions as a pedestrian as you would if you were a driver. Have a designated driver take you home. Or a "designated walker" who can help you stay safe as you walk. Make sure this person is decided on before your event. Also consider whether you need more than one DD to help get everyone home safely. Or consider taking a taxi or ride sharing service.

Also consider making yourself as visible as possible if you'll be walking home at night. Think about brightly coloured or reflective clothing or items to help drivers see you in the dark. Cross at brightly lit crosswalks and avoid jaywalking.

From saferoads.ca

3 Simple Rituals That Will Make You A Fantastic Parent Part 7

(continued from last month) From "Barking
up the Wrong Tree"



Step 1: Empathy

Let's say that getting them to do homework is always a struggle. But you're smart, you didn't wait until the next homework deathmatch to have this conversation. You're being proactive. Time to address the problem before it's a nightmare.

From [The Explosive Child](#):

The Empathy step involves gathering information from your child to understand his concern or perspective about a given unsolved problem.

So what's the Magic Formula for the Empathy step?

"I've noticed that..." + (problem) + "What's up?"

So you'd say, "I've noticed we've been having some difficulty when it's time to do your homework. What's up?"

Be calm and gentle. This isn't an argument or an interrogation.

That said, we do need an answer. And most kids will respond with the dreaded, "I don't know" or silence. That's okay.

Frankly, the kid probably doesn't know. They probably haven't thought that much about it. Children aren't known for quiet reflection, pondering the difficulties of life while lounging in a smoking jacket with a snifter of brandy. Heck, you don't know why you do half the things you do either. It's okay.

Be patient. Ask questions. Encourage them to talk. Get them to clarify. And try to find out why this problem occurs at homework time and not during other moments. Beyond that, the important thing to do is *shut your big adult mouth*. Do not rush to give your side of things or to solve the problem for them.

Some parents will say, "But I do listen! Why are we still dealing with this issue over and over?" If you already have a solution in mind and are just listening until it's your turn and then tell them what you were going to tell them anyway, you're wasting your time. Their issues won't be addressed and the solution won't last and you'll be doing this whole thing again in a few days. I call it "Sisyphus Parenting." By the way, it doesn't work.

Patience. Gently ask questions. Don't judge.

To be continued next month!

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