

Cremona Community Engagement Site

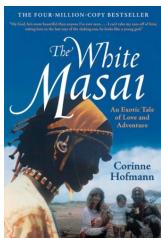
Located at Cremona School
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Growing Together, Learning Forever
“A Campus Alberta Central Learning Site”

Website: www.cremonaces.com

April 2013

“The White Masai” – Corinne Hoffman



The four-million-copy international bestseller of the incredible love story between a European woman and an African warrior. The White Masai combines adventure and the pursuit of passion in a page-turning story of two star-crossed lovers from vastly different backgrounds.

DATE: Wednesday, April 10th

TIME: 7:00 – 8:30

COST: FREE

Please contact the Cremona Library if you need to reserve a book, 403.637.3100

It was suggested that our September read be the play by Thornton Wilder “Our Town”. Rosebud Theatre is presenting “Our Town” from September 13th – October 19th. We thought that it would be nice to read the play and then attend the dinner theatre.

The date suggested is the matinee on Wednesday, September 18th. Matinee performances at 1:30 pm; lunch seating from 11:00 am – 12:00 pm. Cost: Adult to 64 - \$65.25 Senior 65+ - \$59.00 Prices include a \$2 facility fee but do not include GST or a \$2.50 musical surcharge.

Anyone interested can let us know by the April 10th book club meeting. Also bring any suggestions for books that you would like to read!

COMPUTER HELP

Come into the Engagement Site for some one-on-one help with your computer questions.



Date: Wednesdays **Time:** 12 – 1 pm **Cost:** FREE
Please call 403.337.4277 if you are coming and let me know what you wish to learn.

Digital Art

What is it and how can you create amazing images on your computer that are works of art.

DATE: Tuesday, April 16th

TIME: 7:00 pm – 8:30 pm **COST:**

\$20 **INSTRUCTOR:** Lyle Schulz



HORT WEEK 2013

Winter Speaker Series of 4

Please pre-register 1 week prior to each session by calling 403.337.4277 or email: cremonaces@gmail.com

COST: \$2 cover charge for each session

Before Pesticides with Dr. Ken Fry

Wed • Apr 3 • 7-8:30pm

Follow Ken on a historical journey through pest management methods used by our grandparents and see what we have learned, how we have progressed over the years, and in some ways, what we have returned to in our efforts to control the “unwanted” in our yards and gardens.

The New Face of Ancient Grains with Rick Kohut

Wed • May 1 • 7-8:30pm

Learn how to use sprouted kamut and quinoa to support a healthy lifestyle. Hear from Holistic Nutritionist, Rick Kohut, on these amazing and ancient superfoods including their benefits and delicious recipes.



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CREMONA CES ANNUAL GENERAL MEETING

Everyone welcome.

April 15th, 2013 4:30 pm – 7:30 pm

Technology and Campus Alberta program information

Travel Tidbit: Polar Bears of Churchill

Light Supper

Annual General Meeting

Travel Tidbit: TBA

We are looking for new board members who are interested in promoting learning in our community.

Enter to win \$75 off any session or course (not valid for Campus Alberta Central courses)

Better Choices, Better Health™ is a program designed to support people, and their caregivers/partners, living with ongoing chronic health conditions like diabetes, heart disease, arthritis, asthma, high blood pressure, chronic pain, obesity and others.

This workshop is unique in that it's led by trained volunteers and/or Alberta Health Services staff, many of whom also live with a chronic disease. This approach ensures an understanding of the challenges participants face and provides a supportive and welcoming environment.

Workshop Topics

How to handle pain and fatigue, medication management, dealing with difficult emotions, healthy eating and activity, problem solving, goal setting, communicating with health-care provider

DATES: Wednesdays, May 15, 22, 29, June 5, 12, 19

TIME: 9:30 AM – 12:00 PM

COST: Free **12 Participants needed to run this program**

LOCATION: Cremona CES

TO REGISTER CALL: 403-337-4277 OR

EMAIL:cremonaces@gmail.com

DEADLINE TO REGISTER IS WEDNESDAY, MAY 1, 2013

Campus Alberta Central

Looking for an educational opportunity that fits your schedule?

Whether you're a stay-at-home parent, full-time employee, business owner or current student you can choose the education that fits your busy schedule.

New and exciting community programs for September 2013.

- * Early Learning & Child Care Certificate
- * Educational Assistant
- * Health Care Aide
- * Management Certificate – no diploma needed
- * Pharmacy Technician Certificate
- * Virtual Assistant



*Check out their website: www.campusalbertacentral.com
If require more information please contact your Engagement Site coordinator.*

Call 403.337.4277 or email: cremonaces@gmail.com

MICROSOFT WORD

Date: Wednesdays: April 17, 24, May 1, 8 & 15

Time: 6:00 – 9:00 pm

Cost: \$150 (includes Manual and use of laptop)

Microsoft Word is a software application that allows you (the user) to perform word processing. You may use Word to create documents such as letters, invitations, term papers, flyers, resumes, novels, and much more! So, for all of you out there itching to start your first novel, let's begin to learn Word!



DEADLINE TO REGISTER IS FRIDAY, APRIL 5TH



Try-Camp Experience

April 22-26, 2013

9 am to 3:30 pm each day

Children ages 8 – 12 welcome to join us!

Register for the week (\$200/child) or just a day (\$40/child/day)!

- Monday River's Edge Camp 8:30am 4:00 pm
- Tuesday Camp Evergreen 8:00am 4:30 pm
- Wednesday Camp Kindle 8:30am 4:00 pm
- Thursday Camp Valqua 8:30am 4:00 pm
- Friday Pioneer Lodge 8:00am 5:00 pm

For more information call Cremona FCSS 403 637-3731

Household Emergency Preparedness Workshop

APRIL 23, 2013

7pm – 8:30pm

Cremona FCSS Office

KNOWLEDGE IS POWER!

Prepare for emergencies at home. Did you know that we are more resilient to disasters if we are prepared to respond?

Being aware is the first step!

Learn about potential risks & hazards, how to take shelter during severe storms, creating a 3-day emergency kit

Minimum 6 required to run course.



Presented by CREMONA COMMUNITY HALL

Saturday, April 27th, 2013 at 7:30 PM

Tickets from Hall Board Members or at the door. Adults \$25.00, 13-17 \$10.00, under 12 Free

Cash bar – Coffee - Lunch

For Info call 403 637-3886



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