



CREMONA COMMUNITY ENGAGEMENT SITE

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December News

GROWING TOGETHER, LEARNING FOREVER
"A Campus Alberta Central Learning Site"

TEA & TRAVEL

Join us Tuesday, December 13th for Christmas lunch & travel, while we learn about and share in the joys of Christmas in Mexico, with Gabby Fletcher. Gabby is a native of Mexico, and teaches our Spanish classes. She will share Christmas traditions from Mexico with us!

DATE: Tuesday, December 13th

TIME: 12:00 to 2:00 pm

COST: Free

Deadline to register is December 6th



CHRISTMAS STAINED GLASS LANTERN

Come and enjoy a day being creative. Cristina will teach us the technique to make this beautiful winter themed glass lantern. Supplies included in the price. Class size limited to 10.

DATE: Thursday, December 8th

TIME: 11 AM – 3 PM

COST: \$80 / person

Please bring a bag lunch, tweezers, apron and patience.

Only 3 spots left!



WOLF WILLOW WOMEN'S GROUP

ANNUAL QUILT RAFFLE

Large Queen Quilt valued at \$1500. Proceeds to **Santa's Anonymous Mountain View Emergency Shelter Early Literacy Book Bag Program*

Tickets: \$2 each

Call Peggy-403-637-2253 or

Jan-403-637-3937

Draw @ Winterfest, December 3rd.



SCHOOL DATES

Band Concert: Wednesday, December 14th, 7pm
Elementary Concert, December 15th, 7pm

CAMPUS ALBERTA CENTRAL

We are the voice of your Community

Education has the power to open doors, but let's be honest...sometimes the constraints of time and distance have a way of making your goals feel out of reach.

Campus Alberta Central (CAC) is the connection between rural learners and their learning goals, with support right in your community. We are a joint venture between Olds College and Red Deer College, operating as *Campus Alberta Central*.

WEBSITE: www.campusalbertacentral.com

Please feel free to come to the Cremona Community Engagement Site to discuss accessing learning right in your community.



CREMONA & COMMUNITY CHRISTMAS CONCERT

Local entertainment with carols and Christmas music. Refreshments served, candy bags, and a visit from Santa for the children.

If you know of someone who would like to be part of the concert, please phone Mary at 403-637-2458 or Brenda at 403-637-3912.

DATE: Sunday, December 11, 2016

TIME: 2:00 p.m.

LOCATION: Cremona Community Hall, 302 Centre St.



BUSINESS CARD ADVERTISING AVAILABLE !!

As the Carstairs Courier newspaper is now integrated into the Mountain View Gazette, we are excited to offer the ability to place business card ads in our monthly newsletter. The news-



letter goes out to +1200 people in the communities of Carstairs, Cremona, Crossfield and Water Valley. We are offering this service for a cost of \$25.00 a month, for a 10 month period from September to June each year. That is an annual cost of \$250.00. As a not-for profit society we are engaged in enhancing lifelong learning in our community, we look for ways to insure we consistently offer interactive educational opportunities to community members and we would welcome local business as a partner in this mission by sharing your business information through our newsletter.

Please call 403-337-4277 or email: coordinator@cremonaces.com to get started.

ADULT SEWING – Hunter Star

Learn how to use Deb Tucker's Petite Star Template to create Hunter Star blocks. Meet the first night to plan your project – wall-hanging, quilt, tabletopper etc. and then calculate the fabric you will need to create your project.

Second class we will learn how to create the blocks. We will cover adding borders and quilting and binding your project as well in this class.

DATES: Tuesday, January 17, 24, 31, February 7 and 14.

TIME: 7 – 9 pm

COST: \$60/person, additional purchase of ruler from the instructor is approx. \$25 .

Please let us know before the end of December if you would like to register so that Dorothy can order the rulers in time for class.



2016 CREMONA & DISTRICT SANTA'S ANONYMOUS

November 16 – December 12

Confidential Telephone No. 403 816-0644 - Please call our **CONFIDENTIAL** telephone number for a Self -Referral by Dec. 12, 2016! We will have donation tubs placed around Cremona & Water Valley for "new items" (toys, books, etc) for children from infancy to 18 years. We also have a bank account at the Mountain View Credit Union for donations.

From all of us at the Cremona Community Engagement Site, we wish you and yours a Merry Christmas and a Happy New Year!

DEFEAT THE BLOOD SUGAR BEAST

Join me, Luka Symons, local C.H.N.C. Certified Holistic Nutritional Consultant for an evening discussion on Defeating The Blood Sugar Beast. We will be talking about natural ways to balance those blood sugar levels through dietary choices, tips and tricks, as well as lifestyle recommendations that will set you up for success in keeping those blood sugar beasts' requests at bay, and keep your engine running clean.



This is a hands-on class! Every participant will get to make their own batch of full fat fermented whipping cream. Sure to take out that blood sugar beast in one fell swoop.

DATE: Monday, January 23, 2017

TIME: 6:30 – 8:30 p.m.

COST: \$65/person includes a jar of cream.

Deadline to register: January 15, 2017

TAMING THE INFLAMMATION DRAGON

Inflammation contributes to many an ailment in today's society; it is a part of the picture with most chronic diseases, and has been linked to ailments such as diabetes, heart disease, obesity, cancer, skin eruptions, depression, anxiety, ADHD, chronic joint pain like arthritis and simpler things like tendonitis or muscle pain. This is just scratching at the surface.



Join Holistic Nutritionist Luka Symons for a discussion on practical ways to up the nutritional ante in order to help your body reduce overall inflammation, be it acute or chronic in nature. She will demonstrate how to make meat stock, talk about the distinction between meat stock and bone broth.

DATE: Thursday, February 9, 2017

TIME: 6:30 – 8:30 p.m.

COST: \$45/person

Deadline to register: February 1, 2017

COMING IN 2017:

Identity Theft, Armchair Yoga, QuickBooks, Looking After Elders, iPad, iPhone, iCloud, Marketing and Managing Key Farm Resources, Goat Cheese, Goat Lotion and gardening sessions.

See you at the Engagement Site in January!

Cremona & District Recreation Board

VILLAGE OF Cremona

FCSS Family and Community Support Services Cremona



FORTIS ALBERTA Empowering Communities

Mountain View COUNTY

CHINOOK'S EDGE SCHOOL DISTRICT Where Students Come First!

Campus Central
In Partnership

OLDS COLLEGE 100 Years

RDC

LIONS INTERNATIONAL
We Serve