



CREMONA COMMUNITY ENGAGEMENT SITE

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

TEA & TRAVEL

December—France and Italy

Join Drew Peel as she shares her experiences on a school trip to France and Italy.

DATE: Tuesday, December 15th **TIME:** 1 -2:30 pm

COST: \$5, dessert included

Please call 403 337-4277 or email: coordinator to book your seat.

BOOK CLUB

DECEMBER—The Best Christmas Pageant Ever

by Barbara Robinson

The Herdmans are the worst kids in the history of the world. They lie, steal, smoke cigars, swear, and hit little kids. So no one is prepared when this outlaw family invades church one Sunday and decides to take over the annual Christmas pageant.

DATE: Monday, December 7th

TIME: 1 pm Potluck lunch

FREE Off site meeting. If you wish to join us please call 403 337-4277 for directions.

FRESH CHRISTMAS SWAG

Join Dawn to make a fresh Christmas swag for your door or wall. Instructions with pictures, all the fresh greens, berries and cones are supplied for this course. Please bring ribbon of your choice, wire cutters and pruners.

DATE: Wednesday, December 9th

TIME: 6:30 – 9:00 pm **COST:** \$65/person

Deadline to register: Dec. 1st Call 403 337-4277 or
email: coordinator@cremonaces.com to register.

Plaster Paint 101—Furniture refinishing

Eliminates the need to sand, prime, or strip most surfaces. The Plaster effect also hides imperfections like water stains and small cracks! You can create a "shabby" look or age your project to perfection with a damp sponge. Join our workshop as we share with you how to "wash" or "glaze", "antique with wax", "wet distress" or "dry distress" and many other paint techniques to transform your treasures from "DRAB to FAB"

DATE: Tuesday, January 26th

Deadline to register is Monday, January 18th.

TIME: 5:30 pm – 9:30 pm

COST: \$70 plus materials (\$17-\$45 depending on project)

LOCATION: Cremona CES

INSTRUCTORS: Charlene van de Pypekamp & Micki McLane

Please register by calling 403-337-4277

or email: coordinator@cremonaces.com

VISIT THE LADIES BOOTH, LOCATED IN CREMONA SCHOOL, AT WINTERFEST.

"What the Heck is an F-Stop?"

Presented by Back to Nature Photography

Are your photos not quite turning out how you would like? Would you like to learn how to shoot beyond the auto settings on your camera? Then this "get to know your camera" class is for you!! Topics include: aperture, shutter speed, ISO, white balance, tripods, depth of field and motion.

DATE: Thursday, January 21st at the Cremona CES

TIME : 6 - 9 pm

COST: \$79 per person **Bring:** Your camera and its manual
Maximum 10 people – classes fill up fast so don't delay!

**** Pre-registration is required by January 14th - please let us know the model of your camera at this time.**

To register call Jan or Dawn at 403-337-4277 or

email: coordinator@cremonaces.com

For more info call Keltie at 403-637-2737

NEW PART-TIME COORDINATOR

Please extend a warm welcome to Dawn Lashmar who will be joining our staff in December. She will be job sharing as a coordinator. Everything else will remain the same with programing & the operation of the Engagement Site. Dawn has some new, fresh ideas to try.



The Art of Raw Chocolate & Healthy Holiday Treats

Do you want to learn how to make healthy, dairy free chocolate and no guilt holiday treats? Then this is the class for you!

Join Holistic Nutritionists Rick Kohut and Angela Valleau for a truly delicious night of learning how to use wholesome ingredients to create delectable raw chocolate and other holiday treats that your whole family will enjoy. Plus as a bonus you get to take home all the recipes that we sample and you will have a chance to win a door prize!

DATE: Thursday December 17

TIME: 6:00pm – 8:00pm

COST: \$60.00 per person

Call 403 337-4277 or email: coordinator@cremonaces.com to register. **Deadline to register is Thursday, December 9th.**



WOLF WILLOW WOMEN'S GROUP

Annual Quilt Raffle



**Value \$1500 Queen size
TICKETS - \$2 each
Draw Dec. 5th at Winterfest
Proceeds go to various local charities
Tickets available at the Credit Union and at Winterfest.**

CREMONA WINTERFEST – Craft Sale

**Date: Saturday, December 5th
Time: 10:00 am to 3:00 pm
Santa's Workshop & a visit from Santa!
Concession available.**



Free public skating, hot chocolate and bonfires, story time hourly and a passport to stamp at every venue.

Community Hall, Curling Rink, United Church, Gold & Silver Club, Fellowship Church, Cremona School

NEW INSTRUCTOR/NEW CLASSES

We have an instructor that would like to offer some of the following classes. Please email:

coordinator@cremonaces.com or phone: 403 337-4277 if you are interested in participating in the New Year.

Basic introduction of Energy Healing

Energy is all there is. We are energy. The free flow of energy is essential to health and well-being. In this workshop you will learn how universal life Energy can be directed through the hands of a facilitated healing. You will practice with a partner. You also will learn the basic principle of Kinesiology muscle testing.

Change your Thoughts; Change your Life

Many of us carry negative thought patterns around. These patterns often arise from stress, fear, anxiety and our surroundings as well as old beliefs. When we learn to recognize these negative and unwanted thoughts, we can change them. Sometimes a single word turns a positive into a negative. You will learn to become aware of your thoughts and change them into the positive.

Full Moon Meditation

Full Moon is the time to clear and release old and unwanted beliefs and behavior. Full Moon is a clearing and Letting Go time of the months. I will guide you through a releasing meditation. Pending on the location there will be a small ceremony to release the old. After letting go we will use positive affirmations and a coding exercise to imprint and fill empty spaces with positive new affirmations in our brain.

Oracle Card Reader Workshop Level 1

You will learn about the history of Oracle Cards, how to prepare your cards, clear your energy fields. Oracle Cards are an Ancient method to predict the future, receive guidance and understand the truth within each situation and relationship.

In this workshop you will learn how to use and clear your oracle cards and do variety of spreads. You will have plenty of time to

practice and exchange readings. Oracle Cards are easy to use and fun. I will bring several different decks, you are welcome to bring your own if you prefer.

Developing your Intuition (listen to your gut)

Everybody is born intuitive. It is a natural ability that we all have and can develop. Listening to your intuition is really listening to your higher self. It can be a very valuable tool that sadly some people ignore. In this workshop you will learn and practice the different ways to centre and how to listen. An appropriate amount of time for exercises will be provided.

Automatic Writing

Automatic writing is a simple but very powerful way to develop intuition, access inner guidance, and unlock creativity. You will learn how to centre yourself, how to put your mind aside and do automatic writing successfully. Automatic writing also is a wonderful way to tap into your inner child and inner healer and allow old wounds to heal. Exercises on many topics will be provided.

You Can Heal Your Life

This entertaining and inspirational movie based on the best-selling book of the same name is hosted by author and teacher Louise L Hay. This film gives penetrating insights into Louise's fascinating personal story and shows her views on self-esteem, abundance and the metaphysical causes behind physical ailments were developed. It also reveals how she applies these concepts to her own emotional, spiritual, and professional life.

Feature appearances by Wayne Dyer, Gregg Braden, Cheryl Richardson, Candace B Pert, Mona Lisa Schulz and how they have been positively affected by Louise's teachings.

Discussion following after the film.

The Shift

In this compelling film Dr. Wayne W Dyer explores the spiritual Journey from ambition to meaning. The powerful shift from the EGO constructs that we're taught early in life by **parents and society** - which promote achievement and accumulation-are shown in contrast to a life of meaning, focused on serving and giving back. Through the intertwined stories of an achieving business man, a mother of two seeking her own expression in the world, and a director trying to make a name for himself, this entertaining film not only inspires, but also teaches us how to create a life of meaning and purpose. Discussion following the film.

CAMPUS ALBERTA CENTRAL



Thinking of changing your career? Let Campus Alberta Central help you! CAC offers various post-secondary programs and courses to adult learners in the many communities of Central Alberta. By working with the local Learning Sites, students are able to access classes in their own communities and from their own homes, with assistance. They are not left on their own to figure it out – there is community support and face-to-face help available. Follow this link to see what is available:

<http://www.campusalbertacentral.com/programs-courses/course-list.html>