



CREMONA COMMUNITY ENGAGEMENT SITE

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

TEA & TRAVEL

Visit Italy and France with high school students

Drew and Kelsey

DATE: Tuesday, February 23rd **TIME:** 1pm - 2:30pm
COST: \$5 Dessert included Please call or email to book a seat

BOOK CLUB

Monday, February 8th, 2016 MESSAGE IN A BOTTLE by

Nicholas Sparks

Time: 3pm at the Cremona Community Engagement Site
Everyone Welcome!! **FREE**

CA\$HFLOW CLUB FOR KIDS Recommended for Grade 2

and up (need to be able to read).

HEY KIDS! Want to play a game to learn how money works? How to make money WORK FOR YOU instead of you having to WORK FOR YOUR MONEY?

DATE: Tuesdays starting, January 12th 2016

TIME: 3:00-4:00pm **COST:** \$5 per session

For more information or to register 403-337-4277 or email: coordinator@cremonaces.com.

AUTOMATIC WRITING

Join Marianne Frank, Energy Healer, for a 3 hour session on Automatic Writing- this is a simple but very powerful way to develop intuition, access inner guidance, and unblock creativity.

DATE: Tuesday February 9, 2016 **TIME:** 7-10 pm

COST: \$60PP **DEADLINE TO REGISTER:** February 5th

Call 403-337-4277 or email coordinator@cremonaces.com to register

iPad/iPhone

Lawson is back to help you navigate your device and answer all your questions in a humorous, non-frustrating way.

DATE: Thursdays, February 4th & 11th **TIME:** 6:30 – 8:30pm

COST: \$40/person, \$70/couple

Call 403-337-4277 or email: coordinator@cremonaces.com

MAC BASICS AND MORE

Bring your Mac and join Lawson for basic instruction and a trouble shooting tour as he will show you the basics of navigating, getting organized, and keeping your software up to date. He can answer any questions you have about your computer.

DATE: Thursdays, February 25th & March 3rd

TIME: 6:30 – 8:30 PM **COST:** \$40/person, \$70/couple

DEADLINE TO REGISTER: Thursday, February 18th

Call 403-337-4277 or email: coordinator@cremonaces.com

CHROMEBOOKS FOR PARENTS

DROP INS WELCOME

A **Chromebook** is a laptop of a different breed. Instead of Windows or Mac OS, **Chromebooks** run Google's Chrome OS. These machines are designed to be used primarily while connected to the Internet, with most applications and documents living in the cloud to be accessed anywhere. Come and learn about the Chromebooks that your children are using in school so you can help them connect at home. This will be hands on class and you will work individually with a Chromebook to learn the ins and outs of the device. We will cover: 1. Logging in remotely
2. Sharing documents 3. Apps and more

DATE: Monday, February 8th, 2016 **TIME:** 7 – 9 PM

COST: FREE **LOCATION:** Cremona Engagement Site
Call 403-337-4277 or email: coordinator@cremonaces.com to register.

FERMENTING FUN – Healthy Eating

KIMCHI: think super powered kraut. with kick. This is one of the ultimate condiments that, when added to your arsenal of kitchen skills, and can really that ingredient you bring to potlucks and parties. Kimchi plays an important role in nutrition, providing the consumer a bevy of additional vitamins and minerals, live enzymes and those all-important probiotics.



DATE: Tuesday, February 23 **TIME:** 7 – 9 pm

COST: \$65/person (ingredients and containers are supplied) bring a cutting board, super sharp knife, two tea towels and large mixing bowl.

DEADLINE TO REGISTER: Tuesday, February 16th.

Call 403-337-4277 or email: coordinator@cremonaces.com

AFTER SCHOOL SEWING- Sporty Strap Pack

Our project this session will be a "Sporty Strap Pack". It is a one shoulder backpack with a zipper closing and 2 types of pockets. You will be given a supply list when you register.



DATES: February 24, March 2, 9, 16, 23, 30.

TIME: 3 – 5 PM **COST:** \$80 + Supplies

MINIMUM NEEDED: 8 **MAXIMUM:** 10

More students needed to register.

Call 403-337-4277 or

email: coordinator@cremonaces.com

The Cremona Community Engagement Site Presents:

Women Inspiring Women A Day Just For You! Saturday March 12, 2016 10:00 am—4:00 pm Cremona School Gymnasium

A Day just for women including:

- Makeup tips with local makeup artist Karnell Collins
- Hair styling tips from local stylist Shelby Cummings
- How to use essential oils with Ralene McCulloch

Guest Speakers:

- Tessa Joyes—Deaf Mompreneur Chronicles, CEO Standout Publications
- Pam Hirtle, Real Food Warrior Holistic Nutrition Coach on Gut Health
- Catherine Scheers, Author/Trainer/Coach—Success University for Women

Yoga, Reiki, Jazzercise and Meditation Demonstrations & more

Women Vendors —*selling all the stuff you see for sale at Christmas markets that you wanted to buy for yourself!*

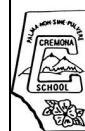
Let's support women entrepreneurs in our community.

Tickets only \$ 20 (including lunch by Amour's Good Food)

Available at the Cremona Community Engagement Site, Mountain View Credit Union and Cremona School by emailing coordinator@cremonaces.com or by calling 403-337-4277

Vendor booths are an additional \$10

For a vendor package or more information please visit www.cremonaces.com or facebook.com/cremonaengagement



CREMONA SCHOOL

**CREMONA COMMUNITY
ENGAGEMENT SITE**
Growing Together,
Learning Forever
A Campus Alberta Central
Learning Site

SCRAPBOOKING RETREAT

FUNDRAISER FOR CREMONA SCHOOL and ENGAGEMENT SITE

Join us for an afternoon or evening of scrapbooking fun! 4 (2 page) kits are available to purchase and are easy to build. Directions and photos of finished pages come with the kits.



Give Thanks



Men & Their Toys
Limited #



Good Times



Christmas
Limit #

DATE: Monday, February 29th

TIME: 6:30—9 pm

PLACE: Cremona CES

COST: \$10/PERSON + \$10 FOR EACH KIT

Don't forget your photos!

If you have tape, glue, ink, scissors please bring along.
Some supplies will be provided

DATE: Thursday, February 25th

TIME: 1:30—3 pm

PLACE: Cremona CES

COST: \$10/PERSON + \$10 FOR EACH KIT

Don't forget your photos!

If you have tape, glue, ink, scissors please bring along.
Some supplies will be provided

Proceeds from this class go to programs for Cremona School and the Community Engagement Site.

NAVIGATING WINDOWS 10

Having difficulty with the new windows 10 operating system? Bring your device, if you can, and we will go over the basics of navigating in the new Windows 10. Bring your questions.

DATE: Wednesday, February 24th TIME: 1—3 pm COST: \$20/Person Maximum 6

LOCATION: Cremona Engagement Site

OBESITY IN CHILDREN AND ADOLESCENTS: The Role of Parents and the Family—Telehealth from Alberta Health Services by Video Conference

Participants will learn: 1. obesity is a complex chronic disease. 2. The role of parents and family on influencing food choices and body image. 3. You will leave with action strategies to help in the management of weight and health. Handouts given.

DATE: Thursday, February 25th TIME: 11am—12:30pm LOCATION: Cremona Engagement Site COST: FREE

CAMPUS ALBERTA CENTRAL—New courses available online with support in your community!

- 1) Accommodation Guest Services Certificate
- 2) Accommodation Management Certificate
- 3) Land Analyst Certificate
- 4) Rural Finance and Entrepreneurship Certificate
- 5) The Tourism Business and Services Management Certificate
- 6) Veterinary Medical Receptionist Certificate

FOR MORE INFORMATION GO TO: <http://campusalbertacentral.com/programs-courses/courselist.html>

THANK YOU TO THE CREMONA RECREATION BOARD AND AURORA FOR THEIR SUPPORT OF THE CREMONA COMMUNITY ENGAGEMENT SITE. YOUR COMMITMENT TO CULTURE, RECREATION AND LIFELONG LEARNING IS AN ASSET TO OUR COMMUNITY!



In Partnership

