

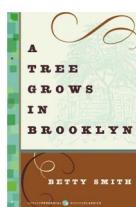


## CREMONA COMMUNITY ENGAGEMENT SITE

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

### BOOK CLUB—A Tree Grows in Brooklyn by Betty Smith



The beloved American classic about a young girl's coming-of-age at the turn of the century, Betty Smith's *A Tree Grows in Brooklyn* is a poignant and moving tale filled with compassion and cruelty, laughter and heartache, crowded with life and people and incident. The story of young, sensitive, and idealistic Francie Nolan and her bittersweet formative years in the slums of Williamsburg has enchanted and inspired millions of readers for more than sixty years.

**DATE:** Monday, February 13th **TIME:** 3 pm

**COST:** Free

**LOCATION:** Cremona Community Engagement Site

### TAMING THE INFLAMMATION DRAGON

Inflammation in the gut from improper eating 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 tendinitis 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 6, 2017

### iCLOUD

#### What is it, Why do we need it, How to manage it?

Many of us are confused by the "Cloud". Lawson will explain what it is and how to use it. He will also discuss how to download from the cloud to another device. Join us for a fun and informative evening.

**DATE:** Wednesday, February 15      **TIME:** 7:00 pm

**COST:** \$20/person

**LOCATION:** Cremona Community Engagement Site

**DEADLINE TO REGISTER IS Wednesday, Feb. 8**

### HOMEMADE GOAT CHEESE

*This will be a hands on introduction to making cheese at home. Two goat milk cheeses, chèvre and fresh curds, will be made and sampled in this class.*

**DATE:** Monday, March 6th      **TIME:** 7—9 PM

**COST:** \$85/person covers the cost of supplies.

Notes, worksheets, recipes and samples of all three cheeses will be taken home, snacks provided.

Cheese making kits will be available from Dawn for \$40.

**DEADLINE TO REGISTER February 27, 2017**

### TEA & TRAVEL

#### Nepal—The Annapurna Circuit with Teri McKinnon

Led by two expert guides we spent 17 challenging days traversing rhododendron forests, isolated hamlets, and mountain villages capturing a fascinating glimpse of traditional rural life and majestic views from every path.



**DATE:** Tuesday, February 28, 2017

**TIME:** 1:00 pm    **COST:** \$5    **LOCATION:** Cremona CES  
Deadline to register is Tuesday February 21

This program is supported by



### LOOKING AFTER DEPENDENT PARENTS

#### Dealing With Legal Issues

Our parents took care of us and we take care of our children. That's the usual assumption about how things should go.

However, sometimes our parents, (or other adults we know), lose the legal capacity to make their own decisions and we're called on to assume this responsibility. This presentation is an opportunity to learn about the legal issues involved in these situations and the options available to address them. Areas for discussion include:

\*Determining when capacity is lost – how does this happen and is the loss always total?

\*When are guardians or trustees needed and how are they appointed?

\*What parts do personal directives and enduring powers of attorney play?

\*How can accountability and liability issues be addressed?

**DATE:** Wednesday, March 1

**TIME:** 6:30—8:30 pm    **COST:** \$20

**LOCATION:** Cremona CES

**DEADLINE TO REGISTER IS Wednesday, February 22**



## KIDS LUNCH TIME SPANISH CLUB – Grade 2 – 4



Bring your lunch and join Gabby for fun learning in Spanish.

6 weeks/\$30 12:20 – 1:00 pm  
March 2, 16, 23, 30 April 6, 13  
Community Engagement Site



DEADLINE TO REGISTER FEBRUARY 17TH

## CONVERSATIONAL SPANISH FOR ADULTS

¡Hola! Let's keep learning Spanish by joining Gabby in this 6 week course; we will start with a language refresher and introduce daily life Spanish vocabulary and phrases.

### LET'S GET FLUENT!

DATES: Thursday's March 2, 9, 16, 23, 30 and April 6  
TIME: 7:00 – 9:00 pm  
COST: \$100



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