

# 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](http://www.cremonaces.com)

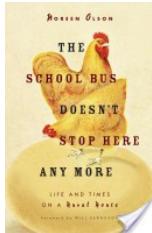
## BOOK CLUB JANUARY

**Date:** Wednesday, January 9th, 2013

**Time:** 7:00—8:30 pm **FREE**

***The School Bus Doesn't Stop Here Anymore***  
by Noreen Olson

Welcome to Noreen Olson's kitchen table, where everything happens. She loves birds, animals, family, children, friends, growing things and life on the farm, and writes about them and all the odd situations they manage to get into with engaging liveliness. Many of the pieces are humorous, but more than that, they are heartwarming and true. In them you will see reflections of your own loves, life, guilt, laughter, nostalgia, memories and beliefs.



## TRAVEL TIDBITS – Video

### Denmark

**Copenhagen** – Denmark's capital is the most fun-loving in Scandinavia. As we get to know Copenhagen, we'll discover vivid reminders of the city's Viking roots and symbols of its proudly independent ways of today.



**Denmark beyond Copenhagen** – Using Copenhagen as a spring board, we'll visit the very best of Denmark. Århus, Roskilde and the Isle of Ærø welcome us with cottages, charming museums and cobbled alleyways that harken back to the world of Hans Christian Andersen.

**DATE:** Tuesday, January 15th

**TIME:** 11:00am

**COST:** \$10/person, includes lunch

Please RSVP your attendance prior to **Thursday, Jan. 10th** to **Jan @ 403-337-4277 OR EMAIL: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)**

## COMPUTER HELP

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

**Date:** Wednesdays

**Time:** 12—1 pm

**Cost:** \$10 Please call 403.337.4277 if you are coming.



## iPAD BASICS

Join our Apple expert, Lawson Harvey, to discover what your iPad can do.

This is a basic hands-on class that will unlock the potential of your iPad.

**Date:** Wednesday, January 16th

**Time:** 7—9 pm

**Cost:** \$25/person

Please register by Wednesday, January 9th.

**Call 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)**



## TOASTMASTERS IN CREMONA

We are looking for interested people wanting to practice and improve their communication skills.

Toastmasters works on speaking in public, thinking on your feet, dealing with meeting procedures etc. Speeches, are evaluated in a very positive way so that you can improve. It is a learning experience that anyone could benefit from. As well it is a lot of fun. It is informal and all members support each other. You must be 18 years of age or over to join.

Cost: \$54.00 / person to join. This gives you 2 manuals from which to work, do your speeches etc. Once we are chartered, this amount will be paid to Toastmasters. This would be done with Innisfail through Video Conferencing so that we could hopefully get enough members to be chartered as a group.

If you are interested please call Jan @ 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)

## Campus Alberta Central

*Campus Alberta Central partners with the Community Engagement sites to bring programs and courses available in our community, check out their website:*

**[www.campusalbertacentral.com](http://www.campusalbertacentral.com)**



*If require more assistance please contact your Engagement Site coordinator.*

**Call 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)**

## Emotional Wellness 101

**Time:** Thursday's - 6:00-6:30pm for 10 weeks

**Dates:** January 10 - March 14.

**Cost:** \$10/session or \$90 for 10 weeks

**Instructor:** Stevie Ogrodniczuk (Stevie is a she and will be VC'ing with her from Calgary via Google Connect). Here are some topics she may choose.

- Introduction to the 7 dimensions of Wellness
- Your 'Story' - understanding and releasing the stories we tell ourselves
- Optimal Future Self - this is a guided visualization about where we want to be in our life
- SMART Goal Setting
- Inner Critic/Ego - hearing it and overcoming it
- Motivation vs. Inspiration - what we need to keep at it
- Uncovering your values
- Understanding why we make the choices we do, and how to choose differently
- Barriers to our wellness and how to overcome them



## Fitness Wellness 101

**Time:** Friday's - 6:00-6:30pm for 10 weeks

**Dates:** January 11 - March 15.

**Cost:** \$10/session or \$90 for 10 weeks

**Instructor:** Randi Antonio (also a she and she will be VC'ing from Spruce View).

We just finished this at Spruce View and we are doing it again. Her topic variety is from proper nutrition to the "tapes we play in our head". It was excellent.

If there are any sessions that you would like to see run, please feel free to contact Jan @ 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)



*More sessions coming*



## FCSS COMING EVENTS

### Canadian Firearms Safety Course

Possession and Acquisition License (PAL)

Adults and minors ages: 12+

**Dates:** February 4 & 6, 6:00 to 9:30pm

February 9, 9:00 am to 12:00

**Testing:** 1:00 pm to 5:00

**Cost** \$115 (min 10 required to run)

Call Cremona FCSS (403) 637-3731



to register or for more information before January 28.

### Women's Wellness Day

Coming in the New Year! Stay tuned for details!

### \*\*Youth Curling – Grade 1 – 12\*\*

#### *Beginner's Mondays*

3:30 to 4:30 pm

January 14 to February 25 (no lesson February 18)

#### **HELMETS MANDATORY**

#### *Advanced Tuesdays*

3:30 to 4:30 pm

January 15 to February 26 (no lesson February 19)

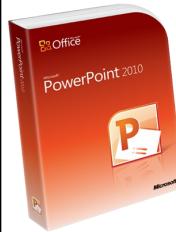
#### **HELMETS OPTIONAL**

**\$25/participant/session** Register by: January 8

For more information call 403.637.3731



## POWERPOINT



By the end of the workshop the students will have an understanding of the basic tools of the program and will have created a simple PowerPoint presentation of their own. They will also have an introduction to some of the more advanced tools and options so that they can explore those options on their own.

**DATE:** Thursday, January 30, 2013

**TIME:** 6 pm – 9 pm

**COST:** \$35/person

To register email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com) or phone 403 337-4277

## HORT WEEK 2013

### Winter Speaker Series of 4

#### **#1 Permaculture Basics With Angela Sommers**

Permaculture is the practice of designing sustainable human habitats by following nature's patterns to yield an abundance of food, fibre and energy.

**DATE:** Wednesday, February 6th

**TIME** 7 pm – 9 pm

**COST:** \$2 cover charge

You must pre-register for these sessions