

# Cremona Community Engagement Site

Located at Cremona School  
P.O. Box 141, Cremona, Alberta T0M 0R0  
206—3rd Street East  
Jan Shand—Program Coordinator  
Phone: 403.637-3856  
E-mail: [jshand@chinooksedge.ab.ca](mailto:jshand@chinooksedge.ab.ca)

*Opportunities to Learn  
"A Campus Alberta Central Learning Site"*

## March 2012

### HORT WEEK 2012

#### **Winter Speaker Series**

Winter is a great time to begin planning your yard, garden and landscaping and now you can learn more about it while we await spring's arrival! Join us on the fourth Wednesday of January, February, March and April for evening presentations by Olds College Hort Week instructors who will be sharing their expertise in this new Winter Speaker Series. Get a taste of the Hort Week experience at these **FREE** presentations.

**WEDNESDAY ♦ Mar 28 ♦ 7–8:30pm FREE – Environmentally Friendly Yards with Dr. Ken Fry**

**WEDNESDAY ♦ Apr 25 ♦ 7–8:30pm FREE – The Best Vegetables to Grow In our Short Season with Peter Johnston-Berresford**  
**PLEASE CALL TO PRE-REGISTER!**

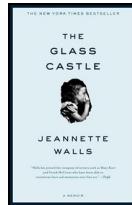
### MARCH BOOK CLUB

**Wednesday, March 14<sup>th</sup>**

**7:00 pm – 8:30pm FREE**

**The Glass Castle – Jeannette Walls**

truly astonishing -- a memoir permeated by the intense love of a peculiar, but loyal, family. Jeannette Walls has a story to tell, and tells it brilliantly, without an ounce of self-pity.



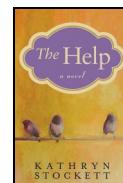
### APRIL BOOK CLUB

**Wednesday, April 14<sup>th</sup>**

**7:00—8:30 pm FREE**

**The Help—Kathryn Stockett**

In pitch-perfect voices, Kathryn Stockett creates three extraordinary women whose determination to start a movement of their own forever changes a town, & the way women – mothers, daughters, caregivers, friends – view one another.



Thanks to our  
Funders  
&  
Partners



CREMONA REC.  
BOARD



**QuickBooks**



### QUICKBOOKS

**Date: Thursdays  
March 29th to May 3rd  
Time: 6:00 pm—9:00 pm  
Cost: \$195 includes manual**



## Computer "Know How" Series

**Dates:** Wednesday Evenings    **Time:** 7:00pm—8:30pm  
**Cost:** \$20.00/session.

**Instructor:** Derrik Hartman

Each topic is chosen to help you become more familiar and educated with your computer and electronic devices.

**Wed., Mar. 14**—Transfer Photos (Comp., Facebook, etc.)

**Wed., Mar. 21**—Using Skype

**Wed., April 4**—Popups & Updating Your Computer

**Wed. Apr. 11**—Backing Up Your Computer

**Wed. Apr. 18**—iPads, Notebooks & Shopping for Computers

If you have questions about your computer or electronic devices these classes are for you!

**Please call to preregister.**

## SENIORS HEALTH CAFÉ 3-PART SERIES

**Session 2: Becoming a Late Bloomer.** *March 14*

**Session 3: Our Memory as We Age.** *April 11*

**Time:** 1:00 pm—3:00 pm    **Cost:** \$10/session  
or \$20 for all 3 sessions

**Please pre-register** by calling Jan at 403 637-3856 or by email: [jshand@chinooksedge.ab.ca](mailto:jshand@chinooksedge.ab.ca)

## TRAVEL TIDBITS—Please call to register

### MAUI: Island of Enchantment

**Date:** TUESDAY ◊ MARCH 20TH

**Time:** 11:00 am—12:30 pm

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

Discover Maui's enchanting natural scenery with this island-wide eco-tour video.

## Community Education Service

### Healthy Weights in Children



March 5, 2012

**Session:** 9:30 am – 11:30 am    **Sign in:** 9:15 am

Should I be concerned about my child's growth? What is childhood obesity? How can I support my child in a healthy way? Learn about these topics and how MEND, a community-based healthy lifestyle program can support your child and family to be fitter, healthier and happier.

### The Power of the Relationship with Your Adolescent: Exploring the Role of Attachment in the Pre-Teen and Teen Years.

March 6, 2012

**Session:** 11:00 am – 12:30 pm    **Sign in:** 10:45 am

The relationship or the attachment that you have with your adolescent can be best understood as the "safety net" for healthy development. Participants will learn why attachment is important to development in the pre-teen and teen years, and understand what attachment has to do with your

adolescent's behaviour.

## Active, Passive & Touch Screens and Your Young Child The Impact of Screens on Child Development

March 8, 2012

**Session:** 9:30 – 11:00 am

**Sign in:** 9:15 am

'Screens' are easily accessible for children of all ages. Common thought is no more than two hours per day, and no screen-time before the age of two. But in a world with an increasing number and type of screens and shows/games/apps targeted for young children how do we monitor and why should we? How are screens impacting our young children's development?

## When Youth are in Trouble with the Law: An Overview of the Youth Criminal Justice Act (YCJA)

March 22, 2012

**Session:** 11:00 am – 12:30 pm

**Sign in:** 10:45 am

What happens when a young person 12-17 gets in trouble with the law? What EVERY adult should know about the Youth Criminal Justice Act..

**PLEASE CALL OR EMAIL TO REGISTER FOR THESE FREE  
SESSIONS.**

## STAYING COOL IN MENOPAUSE

**Date:** Tuesday March 20, 2012

**Time:** 6:30 pm – 8:30 pm

**Cost:** \$20/person

As a woman approaching menopause, you may be familiar with its uncomfortable symptoms and are seeking options for relief. Perhaps you are interested in bioidentical hormone therapy, as mentioned on the Oprah show last winter. With the help of Kim Small, a Health Educator from the Regional Menopause Program, we will explore menopause and hormone therapy; what happens in our bodies; the latest scientific information of both the benefits and risks of hormone therapy, bioidentical hormone therapy; and options to manage symptoms .



## Genealogy

4 Sessions to help you trace your roots

**Date:** Thursdays: March 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> & April 5<sup>th</sup>

**Time:** 12 – 1 pm

**Cost:** \$15/session or \$40 for all 4

Please call for more information



*If you are interested in these sessions please give me a call:*

- BOATSmart
- Preserve
- Microsoft Word
- Microsoft Excel
- Making a Memory Book
- Naturescaping—What's the buzz !? Create a Natural Healthy Sustainable Landscape for your

## WHERE WE ARE LOCATED

Cremona School, 206 3rd Street East  
S.E. corner—ramp entrance