



# CREMONA COMMUNITY ENGAGEMENT SITE

206 3rd Street East  
Box 141, Cremona, Alberta, T0M 0R0  
**Phone:** 403-337-4277  
**Fax:** 403-637-3830  
**email:** [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com)  
**Website:** [www.cremonaces.com](http://www.cremonaces.com)

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

## WOMEN INSPIRING WOMEN

Saturday, March 12, 10 – 4 pm. A day just for women with guest speakers, demonstrations and loads of shopping. \$20/person includes lunch and goodie bags for the first 100 attending. \$10 for vendor table. Tickets available: Cremona Credit Union, Cremona School, Cremona Engagement Site or phone 403-337-4277 or email: [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com) for tickets.

## TICKETS MUST BE PURCHASED BY MARCH 4TH

### BOOK CLUB

Monday, March 14, 1 – 4 pm Tunnel Vision by Dave Amonson. This is an author visit and will be off site. Please call 403-337-4277 or email: [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com) to attend. FREE

Monday, April 11th, 3pm – 4:30 Medicine Walk by Richard Wagamese @ the Cremona Engagement Site

### TEA & TRAVEL

Tuesday, March 15th – Cruising the Mexican Riviera, 1 – 2:30pm., \$5/person, includes dessert. Please call to book a seat.

### UNDERSTANDING DIGESTION AND FOODS THAT NOURISH THE GUT

Understand the reasons behind digestive problems such as gas, bloating and acid reflux and how to get rid of them without the use of medication. We will have samples, recipes and tons of information at this event to give you a new understanding of digestion and about why digestion is the foundation to good health. Angela and Rick from Health Street, Olds.

**Wednesday, March 16th, 6-8:30 pm. \$55/person \$80/couple**  
**DEADLINE TO REGISTER IS MARCH 9TH**  
Please call 403 337-4277 or email: [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com) to register.

### GOAT MILK LOTION

Do you know what you are putting on your skin? Join Dawn Kay as she walks us through the creation of goat milk lotion. You will go home with the recipe and 2 bottles of lotion.

**DEADLINE TO REGISTER IS MARCH 14TH**  
Monday, March 21st, 6:30 – 8:30pm,

\$60/person Maximum 12 participants



### GOAT MILK SOAP

This fun evening class will go through the steps and recipes to make cold process soap. When the class is finished, you will go home with the recipe, soap mould, and the soap you make.

**Tuesday, March 29th, 6:00 – 9:00pm, \$65/person. Maximum 12 participants.**

**DEADLINE TO REGISTER MARCH 22ND**

### CREMONA CES ANNUAL GENERAL MEETING

**Date:** Thursday, April 14th, **Time:** 5:30 – 6:30 Presentation, 6:30 – 7:30 supper and AGM, 7:30 – 8:30 presentation. **FREE.** Please join us and vote on decisions that will shape the future of learning opportunities in your community. We are currently looking for new board members interested in life long learning for our community. We hold 8 meetings a year and the time commitment is approximately 1.5 hours per meeting.

**COOKING WITH SALT**-Join Virginia Marion for a hands-on cooking adventure using salt. Virginia has just published a new cookbook from which she will draw a couple of recipes to make. The price of the class will include a copy of her new cookbook and tasting of the recipes you make. Salt kits will be available to purchase.

**DATE:** Monday, March 28th **TIME:** 6:30 – 9:30 pm

**LOCATION:** Cremona Engagement Site

**COST:** \$80/person **DEADLINE TO REGISTER IS MARCH 17TH**

### IPHONE/iPAD REVISITED

Lawson is returning to answer more questions about your device. As always it will be a hands on class. Charge up your device and join us.

**DATE:** Thursday, March 24th & 31st **TIME:** 6:30 – 8:30pm

**COST:** \$40/Person \$70/Couple

### USING LINKEDIN

Catherine Scheers specializes in the development and delivery of customized training for corporations and non-profit organizations, as well as Executive Coaching for achievers in business and entrepreneurship. Learn why LinkedIn may be a valuable asset to your non-profit or business. LinkedIn has over 300 million users. 2 new members join every second. It's the 16th most visited website in the world.

**DATE:** Wednesday, March 30 **TIME:** 7 – 9 pm

**COST:** \$45/person Please call or email to register

### FULL-SPANISH FOR FUN – KIDS CLUB

Join Gaby for this 5 week class right after school Tuesdays introducing kids to basic Spanish words, fun Mexican crafts, treats, photos and culture.

**DATES:** April 5, 12, 26, May 3 & 10 (no class April 19)

**TIME:** 3:05 – 4PM

### RAISING EMOTIONALLY RESILIENT KIDS

Join Julianne Harvey, Crossfield native, and she discusses how the mistakes we make as parents are connected to the blind spots in our own identity. Julianne draws from her parenting experience to examine questions of identity and self-worth. Come learn some tools to put into your parenting toolkit!

**DATE:** Tuesday, March 22 **TIME:** 6:30 pm

**LOCATION:** Cremona CES

**COST:** \$25/person includes refreshments

**DEADLINE TO REGISTER IS THURSDAY, MARCH 17TH**

The Cremona Community Engagement Site Presents:



A Day for learning, lunching, socializing and shopping featuring:

Special Guest Speakers:

- Tessa Joyes ~ Deaf Mompreneur Chronicles, CEO Standout Publications
- Julieanne Harvey ~ Author/Speaker/Nurturer - How Pain Transforms Us
- Angela Valleau - Cert. Holistic Nutritionist & Fermentation Enthusiast
- Catherine Scheers, Author/Trainer/Coach—Success University for Women

Also Featuring:

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

*Yoga and Jazercise Demonstrations*

Lots of amazing vendors —*selling all the stuff you see for sale at Christmas markets that you wanted to buy for yourself!*

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](mailto: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/womensday](http://www.cremonaces.com/womensday) or [facebook.com/cremonaengagement](http://facebook.com/cremonaengagement)

### WHAT IS CAMPUS ALBERTA CENTRAL

#### Learn in your own Community

Technology is a beautiful thing, especially when it makes life a little easier. Easy access to education is no exception.

CAC has formed unique partnerships with existing community-based learning organizations as well as a number of post-secondary institutions, allowing access to accredited post-secondary programs and courses in communities throughout Central Alberta.

It's time to be proactive in your educational goals, so we invite you to register for one of our career-motivating programs today.

**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>

### DISCOVERY NIGHT

Come and see what is available in your community. Many local groups need volunteers to continue providing services to our community. This is a fantastic opportunity to join others working to achieve common goals. Visit the booths that will be set up in the Cremona School Gym to see what groups, organizations and services are accessible in the community.

DATE: Wednesday, March 23rd

TIME: 6 – 7:30PM

LOCATION: Cremona School Gym

This event is being held in conjunction with Parent/Teacher interviews and the Scholastic Book Fair in the school Library.



**MONDAY EVENINGS 7PM-9PM**

**COST: \$120 6 Sessions**

**JOIN THE FUN!**

**Learn a new way to communicate.**



**April 4-May 9 (6 sessions)**

### **BEGINNER ASL (AMERICAN SIGN LANGUAGE)**

**Mondays, 7pm-9pm, Didsbury High School Room 132**

This course is for complete beginners wanting to learn American Sign language in a fun way. An instructor with over 17 years of ASL experience will help you learn basic daily signs and work on stringing them together to form conversations. You will enjoy practicing together as a group. No homework involved.

Proud partners with:



**MVCALS**  
403-518-7020

**EMAIL**  
[admin@mvcals.org](mailto:admin@mvcals.org)

**Confirm your spot today!**

**Cremona Hallboard & Cremona 4-H Present**

### **Safire's Family Circus Show & 4-H Beef Supper**

Saturday, April 23<sup>rd</sup>, 2016

Dinner: 5:30pm      Show: 8:00pm  
\$35/person      \$100/family

Ticket also includes free family photo booth, popcorn, cotton candy and loads of fun!

