



# CREMONA COMMUNITY ENGAGEMENT SITE

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**February 2019**

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

## AFTERNOON AT THE MOVIES – The Last Laugh

Retired talent manager Al reconnects with former client Buddy, a comedian who gave up performing decades ago, and urges him to go back out on the road. Starring Chevy Chase, Richard Dreyfuss, and Andie MacDowell

**DATE:** Tuesday, February 19th, 2019

**TIME:** 1-3 pm

**COST:** \$5

**Deadline to register:** February 12th, 2019



## GARDEN CLUB

Cremona Garden Club is going strong, and has been for nearly 2 years! Our next meeting will be Thursday, Feb. 7th, at 2:00pm at a member's home.

Please email Kathleen at [kathleengrebneff@gmail.com](mailto:kathleengrebneff@gmail.com) for her address and directions, or phone Rosemarie at (403-335-5443) if you wish to attend.

We will have Brenda Pereversoff (from Water Valley Forest Nursery) speaking to us. She will present a talk on "Grocery store in my Backyard", and will also be letting us know about some of the new things that they will be bringing in to the nursery.

New members are always welcome, regardless of your gardening abilities! Membership is \$15/year.



## STRESS RELIEF, WHATEVER THE CAUSE

Recognize where and how stress affects your body, and learn some acupressure (Shiatsu) and some simple "exercises/movements" (Qigong/Tai Chi) you can do to relieve the tension or discomfort. Come for an evening of experiential fun. There will be a combination of standing and sitting, dependent on your capability. Please wear comfortable clothes.

**DATE:** February 14th, 2019

**TIME:** 6:30pm – 8:30pm

**COST:** \$20

**Deadline to register:** February 7th, 2019



## QIGONG FOR FLEXIBILITY

Does winter find you stiff from the cold and perhaps immobility? Come out and experience how easy it is to retain your summer flexibility throughout the winter. Activity is appropriate for all ages, with modification for those with mobility challenges.

(Class is Recommended for 12 and up)

**DATE:** February 28th, 2019

**TIME:** 6:30pm – 8:30pm

**COST:** \$20

**Deadline to register:** February 21, 2019



## ART JOURNALLING

### Fun With Alcohol Inks

Come and play with alcohol ink and glossy card stock. You will make 4 backgrounds using several different techniques. What you create can be used in many remarkable projects.

**DATES:** Monday, February 11th, 2019

**TIME:** 6:30pm – 8:30pm

**COST:** \$10

**Deadline to register:** February 7th, 2019



## SENIORS TECHNOLOGY

Come learn cinematography basics using various devices such as iPhones or DSLR cameras. Learn about the rule of thirds, lighting, tracking, and other various aspects of shooting video. Also covering basics of how to edit video, and various apps that can be used for producing your own personal movies.

**DATES:** Monday, February 11th, 2019

**TIME:** 10am – noon

**COST:** FREE TO SENIORS

**Deadline to register:** February 7th, 2019



## KUNDALINI YOGA

Kundalini yoga is an uplifting blend of spiritual and physical practices. It incorporates dynamic breathing techniques (pranayam), hand positions (mudras), postures (asanas), meditation, and the chanting of mantras. The goal is to build physical vitality and increase consciousness, it is a powerful tool for detoxifying the body and the nervous system. Join Mountain Medicine for this 2 evening introduction to Kundalini Yoga.

**DATES:** Wednesdays, February 20th and 27th, 2019

**TIME:** 7 – 8:30pm

**COST:** \$35

**Deadline to register:** February 13th, 2019



## MICROSOFT WORD

Is Microsoft Word your program of choice? Do you want to know more? In this short 2 night 4 hour refresher we will review the basics and cover a few more advanced features.

\*Navigating the task ribbon

\*Styles and themes

\*Easy ways to add interest to your documents

\*Explore the provided document templates

\*Shortcut keys

**DATES:** March 13th and 20th, 2019

**TIME:** 6:30pm – 8:30pm

**COST:** \$40

**Deadline to register:** March 6th, 2019





## Jo(e) Social Media Presentation for Parents

Social Media Inc.

Brought to you by Cremona School

None of us were 13 years old on Instagram, but this is the reality for our kids. There are devices everywhere, making exposure easy even for the most protected kid. Our instinct is to say "no", because we don't understand social media and we want to keep our kids safe. But having talked to over a thousand students in the last two years, we can tell you with certainty; kids are using it, even if we say no. So, let's talk about how to start a social conversation with your kids. What "Safe" looks like in a social world, and how to guide your kids, and yourself, in a positive manner

February 7th 6-7:30pm in the  
Cremona School Gym



## CREMONA RHYME TIME

February 25 - April 1, 2019  
Monday's, 10:00am -11:00am  
Cremona Library  
(205 1 street E)

Register for this FREE parented program, perfect for newborns to kindergarteners. A great nursery rhyme refresher and so much more. We'll be rocking out with rhymes, craft, songs, a story, even a snack. And you'll meet other Moms and Dads while gaining new strategies for your parenting tool kit.



FREE  
REGISTERED  
SIX WEEK  
PROGRAM

Moms or Dads  
with kids  
Ages 5 & under

Learn rhymes,  
songs, storytime,  
even a snack

JOIN THE FUN!

Meet others with  
same-aged  
children

TO REGISTER:  
[www.mvvals.org](http://www.mvvals.org)

INFORMATION:  
**MVCALS**  
403-518-7020  
[karenb@mvvals.org](mailto:karenb@mvvals.org)

Facebook 'Like' us MVCALS  
Follow us @MVCALS

## MINI "HIP HOP" DANCE CONVENTION

\$30.00  
includes snacks

All Ages Dance Party Fri 5-7 pm & Mon 9-12 pm  
Ages 7-10 Sat-Sun 9-12 pm Ages 10+ Sat-Sun 1-4 pm

COMMUNITY PERFORMANCE ALL AGES MONDAY 2 PM

We are  
encouraging all  
the dancers to  
join us for a  
team lunch at  
the hall from  
12-1 pm  
Saturday  
-Monday

FEB 15-18, 2019

Amateur Award Winning  
Choreographer  
and Dancer  
CALEB (MJ) GRAHAM

WHERE? FRI-SAT Cremona Gold & Silver/ SUN-MON Cremona Legion

BRING? Comfortable clothing, runners, lunch, water bottle and MEGA ENERGY!

PAYMENT? Limited Spots, To confirm please e-transfer \$30.00 by FEB 8, 2019  
[c.grahamact@gmail.com](mailto:c.grahamact@gmail.com)

Please leave NAME, and AGE in message on e-transfer or text 587-892-7165

PosterMyWall.com



**\$100 GUARANTEED PRIZE POT**  
\$5 entry per event

### Where?

Zion Church, Didsbury  
South Entrance

### When?

12 PM, Saturday  
February 16th

### Who?

Singles & doubles  
All skill levels

### Cost?

\$5 pre-registration  
or \$10 at the door

### RULESET

3 lives  
7 minutes  
NO items

Best of 3  
- finals are Best of 5

Double elimination  
Specific stages



**REGISTER TODAY**  
Go to

**MOUNTAINVIEWSMASH.COM**

Information - Questions - Contact - Schedule

Facebook Mountain View Smash



## BUSINESS DIRECTORY

### Business Card Ads

Here is the opportunity to have your business or organization seen by the community.  
Only \$25 per month or \$250/10 months  
Newsletter runs from January to June & September to December  
Call 403-337-4277 or  
email: [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com)



**Fun For Everyone!**  
**Inflatables Games Dodgeballs**

**When:** January 28, 2019  
March 18, 2019  
April 29, 2019  
May 27, 2019

**Time:** 9:30-12:00

**Where:** In the Gymnasium located straight through the main doors of the office building.

**Cost:** FREE

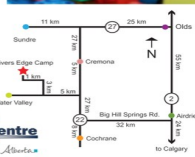
#### Who we are:

Rivers Edge Camp and Retreat Center is a summer camp and year-round guest group facility. We have been actively serving churches, schools, and local communities since our beginning in 1998. Along the way, we have learned how to affectively and uniquely deliver an unforgettable experience - no matter your age, style, or group size.

We hope you will join us for a fun gym day - we look forward to meeting you all!

#### Snacks:

Feel free to bring a snack for your little ones. Please make sure:  
- All snacks remain in the snack area  
- All food items are NUT FREE  
- All liquids are in leak proof water bottles.



Andrea Sheehan

Branch Manager

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*Mountain View*  
PHOTOGRAPHIC SERVICES

**Photography and Print Services**

**Audry van Aken & Rob Stratton**  
**403-803-9018**

[mountainviewphotographic@gmail.com](mailto:mountainviewphotographic@gmail.com)  
[www.mountainviewphotographicservices.com](http://www.mountainviewphotographicservices.com)



403-637-2222

Call us for all your catering needs



**Greg Harris**

Councillor - Division 2

Cell **403-586-6267**

Email [gharris@mvcounty.com](mailto:gharris@mvcounty.com)

1408 - Twp Rd 320, Postal Bag 100  
Didsbury, AB T0M 0W0



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**GRAVEL/SAND  
LANDSCAPING**

**SNOW REMOVAL  
SKIDSTEER WORK**

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C: 403.809.4830  
O: 403.637.0014  
F: 403.637.0094  
E: [INFO@BIGFERNCONTRACTING.COM](mailto:INFO@BIGFERNCONTRACTING.COM)

## HOURS/Location

Monday 9:00am – 3:00pm

Tuesday 2:00pm – 8pm

Wednesday 10:00am – 5:00pm

Thursday 2:00pm – 8:00pm

Friday 10:00am – 5:00pm



# CREMONA

## Municipal Library

205 – 1<sup>st</sup> Street East, Cremona  
403-637-3100

[cremonalibrary@prl.ab.ca](mailto:cremonalibrary@prl.ab.ca)

[Parkland Library Search](#)

## NEWS – February 2019



**TO MARY THOMPSON  
FOR THE DONATION OF A  
TABLE AND CHAIRS FOR  
OUR CHILDREN'S AREA!**



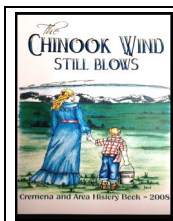
**For liability reasons, Children under the age of 10 may not attend the library without being accompanied or supervised by a person 14 years of age or older. This does not apply to participation in library programs.**



### Tuesdays 6pm-8pm

Knitting and Crochet drop-in nights. Bring in any needle work you are working on including cross stitch, knitting and crochet.

Someone will be on hand to teach if you are new to the craft.



Own a piece of Cremona's History. *The Chinook Wind Still Blows—a Cremona and Area History Book* is now on sale for \$10 each while supplies last.  
*Come into the library to purchase yours today!*

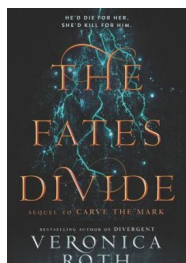


Join us every Monday morning at 10am for Story Hour in the Library! Bring your little ones in for this parented group consisting of stories and crafts for ages 0-5.



### LET ME LIE By Clare Mackintosh

Two years ago, Tom and Caroline Johnson committed suicide, one seemingly unable to live without the other. Their adult daughter, Anna, is struggling to come to terms with her parents' deaths, unable to comprehend why they chose to end their lives. Now with a young baby herself, she feels her mother's presence keenly and is determined to find out what really happened to her parents. But as Anna digs up the past, someone is trying to stop her. She soon learns that nothing is as it seemed.



### THE FATES DIVIDE by Veronica Roth

In the second book of the Carve the Mark duology, globally bestselling Divergent author Veronica Roth reveals how Cyra and Akos fulfill their fates. *The Fates Divide* is a richly imagined tale of hope and resilience told in four stunning perspectives. The lives of Cyra Noavek and Akos Kereseth are ruled by their fates, spoken by the oracles at their births. The fates, once determined, are inescapable. Akos is in love with Cyra, in spite of his fate: He will die in service to Cyra's family. And when Cyra's father, Lazmet Noavek—a soulless tyrant, thought to be dead—reclaims the Shotet throne, Akos believes his end is closer than ever. As Lazmet ignites a barbaric war, Cyra and Akos are desperate to stop him at any cost. For Cyra, that could mean taking the life of the man who may—or may not—be her father. For Akos, it could mean giving his own. In a stunning twist, the two will discover how fate defines their lives in ways most unexpected.



### YOU WERE MADE FOR THIS by Michelle Sacks

Doting wife, devoted husband, cherished child. Merry, Sam, and Conor are the perfect family in the perfect place. Merry adores the domestic life: baking, gardening, caring for her infant son. Sam, formerly an academic, is pursuing a new career as a filmmaker. Sometimes they can hardly believe how lucky they are. What perfect new lives they've built. When Merry's childhood friend Frank visits their Swedish paradise, she immediately becomes part of the family. She bonds with Conor. And with Sam. She befriends the neighbors, and even finds herself embracing the domesticity she's always seemed to scorn. All their lives, Frank and Merry have been more like sisters than best friends. And that's why Frank soon sees the things others might miss. Treacherous things, which are almost impossible to believe when looking at this perfect family. But Frank, of all people, knows that the truth is rarely what you want the world to see.