



# CREMONA COMMUNITY ENGAGEMENT SITE

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January 2020

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

## TECH Q&A

Lawson Harvey will be on hand to answer any tech questions you may have. Bring your device or use one of our Chromebooks. Bring your list of questions on any tech topic you need help with!



**DATE:** Wednesday, January 8th  
**TIME:** 6:00pm - 8:00pm  
**COST:** \$35  
**Deadline to register:** December 30th, 2019

## SOLAR ENERGY 101

This session will discuss and answer your questions about grid-tied and off grid solar. We will talk about how advances in this technology are driving down costs and when solar makes financial sense. We will also touch on the electrification trend in transportation and how to future-proof your energy plan. Presented by Tony Stolz, of SWC Solar. Tony Stolz is a certified management consultant specializing in alternative energy. SWC Solar's mission is to drive down the cost of solar in Alberta by working with consumers and industry on innovative solutions.



**DATE:** Wednesday, January 15th, 2020  
**TIME:** 6:00pm-8:00pm  
**COST:** FREE

**Deadline to register:** January 8th, 2020

## ADULT SPANISH CLASSES

¡Hola! Join Gabby Fletcher for this 6 week Spanish for adults course. Learn some daily life Spanish vocabulary and phrases that can be used conversationally. Perfect for those travelling to a Spanish country and want to dip their toes in the language.

**DATES:** Mondays February 3rd to March 16th, no class February 17th

**TIME:** 6:00 – 8:00 pm **COST:** \$100

**Deadline to register:** January 27th, 2020

# ESPAÑOL

## KIDS LUNCHTIME SPANISH

Learn to speak Spanish during the school lunch hour. For both new students and students who have taken lunchtime Spanish previously. Payment due at registration - we accept e-transfers.

**DATES:** ALL LEVELS Mondays February 3rd to March 16th, no class February 17th

**TIME:** 12:00pm – 12:40pm

**COST:** \$35

**Deadline to register:** January 27th, 2020



## SOCIAL MEDIA BASICS

Join Tessa Lerbekmo-Joyes to learn all about social media and how to use it. Topics covered will include Dangers vs. Safety and Business vs. Personal. **Brought to you by the Cremona/Water Valley & District Chamber of Commerce.**



**DATES:** January 16th, February 11th and March 24th

**TIME:** 7-9pm

**COST:** FREE

**Deadline to register:** January 9th, 2020



Join us at Cremona's first Death Café for  
Coffee, Cake and Conversation

## What is a Death Café?

A Death Café is a safe and relaxed space to gather with people, often strangers, to discuss topics related to death and dying. The objective is to engage in interesting, thought provoking and life-affirming conversations. It is not a counselling or bereavement session, rather an opportunity to "increase awareness of death with a view of helping people make the most of their (finite) lives".

**Tuesday,  
January 14th, 2020  
7-9pm**

**At the Cremona  
Community  
Engagement Site**

**This is a FREE event  
and no registration is  
required.**

**"Talking about death  
won't kill you"**

## AMERICAN SIGN LANGUAGE

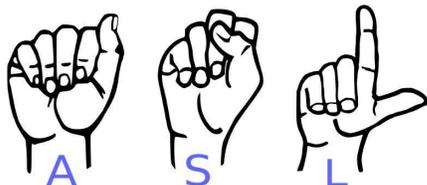
Learn to speak ASL with Tessa Lerbekmo-Joyes. This beginner course will include topics such as finger spelling, vocabulary, facial expressions and the history of ASL. The course is 14 weeks in length. Payment due at registration - we accept e-transfers.

**DATES:** January 20th, 28th, February 4th, 25th, March 3rd, 10th, April 7th, 21st, 28th, May 5th, 12th, 19th, 26th, June 2nd

**TIME:** 7-9pm

**COST:** \$200

**Deadline to register:** January 13th, 2020



## SUICIDE PREVENTION BASICS

Join Tessa Lerbekmo-Joyes and learn all about suicide, how it happens and how to help yourself or someone else.

**DATES:** January 30th and

February 27th

**TIME:** 7-9pm

**COST:** \$40

**Deadline to register:**

January 23rd, 2020



**Suicide Awareness and Prevention**

## MENTAL HEALTH BASICS

Join Tessa Lerbekmo-Joyes to discuss issues surrounding mental health. Topics covered will include being around people with mental health issues as well as self-care with your own mental health.



**DATES:** February 6th, 13th and March 12th

**TIME:** 7-9pm

**COST:** \$60

**Deadline to register:** January 30th, 2020

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Rivers Edge 2020

# GYM PLAY DAYS

For ages 0-6



**Fun For Everyone!**

**Inflatables Games Dodgeballs**

**When:** Jan. 27  
Feb. 17 - LEGO Family Day Camp  
Mar. 30  
Apr. 27  
May 25

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

**Where:** Rivers Edge Camp - Activity Centre

**Cost:** FREE\*

[riversedgecamp.org](http://riversedgecamp.org)  
403-637-2766

\*LEGO Family Day Camp Pricing online



### Who we are:

Rivers Edge Camp & Retreat Center is a summer camp and year-round guest group facility. We have been actively serving churches, schools, and local communities since our beginnings in 1998.

### 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.



## You Are Invited To CONNECT



Sometimes wonder and worry about your child's behaviour?  
Sometimes feel like you just don't know what to do?  
Ever worry about your relationship with your child?

Come out and learn about CONNECT  
An Attachment-Based Perspective on Parenting Children and Teens

**When:** Tuesday evenings from January 14<sup>th</sup> 2020 – Tuesday February 25<sup>th</sup> 2020 (no class on Feb 18<sup>th</sup>)

**Time:** 5pm – 7pm

**Where:** Cremona School - Library

**Goals:** To think about behaviour from a different perspective  
To develop awareness of relationship issues and patterns  
To learn new skills and consider new options in parenting

**Dinner & Childcare Provided**

If you are interested in registering, please do so with:  
Mrs. Alexander, Mrs. Harvey, or the office staff @ Cremona School 403 637 3856  
It will not run without having the required minimum number of participants

## 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)



**Greg Harris**

Councillor - Division 2

Cell 403-586-6267

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

1408 - Twp Rd 320, Postal Bag 100  
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Cremona, AB TOM 0R0

[MountainViewFinancial.com](http://MountainViewFinancial.com)



**GRAVEL/SAND  
LANDSCAPING**

**SNOW REMOVAL  
SKIDSTEER WORK**

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



*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)

## **PUBLIC SKATE**

### **Public Skating :**

Sundays, January 5,  
12 & 26

11:15am-12:15pm

Friday, January 31st

1:15pm-2:15pm



### **Sticks and Pucks:**

Friday, January 31st

2:15pm- 3:15pm

**Ice Rentals**

**Available**

Contact

[cremonaice@gmail.com](mailto:cremonaice@gmail.com)

or Call 403-554-3170

\*helmets mandatory

## **Wolf Willow Women's Group**

**"Tales For Tots"**

(Handmade Book Bag & Books)

Provided FREE for local children

to receive only once

Appropriate age prepared for is an

18 month old child

Now Available At Cremona Library,

Water Valley Library &

The Health Unit

Baby Clinic



**HOURS/Location**

Monday 9am-12pm 12:30pm-3pm

Tuesday 12pm-6pm

Wednesday 10am-1pm 1:30pm-5pm

Thursday 1pm-4pm 4:30pm-7pm

Friday 10am-1pm 1:30pm-5pm



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

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

[Parkland Library Search](#)

**NEWS** – January 2020

*Looking for a place to visit with friends and meet new people? Stop by the Library Tuesdays from 12:30-3pm. Stay for a visit and enjoy a cup of joe!*



**Did you notice the changes to our hours?**

**We will now be open from 12-6pm on Tuesdays and 1-4pm & 4:30-7pm on Thursdays! All other hours remain the same**

**DID YOU KNOW THE LIBRARY NOW SELLS LOCALLY PRODUCED WILDCAT COFFEE? ONLY \$11 A BAG MAKES A GREAT CHRISTMAS GIFT!**



Get yours now!  
A portion of the proceeds support the Cremona Library!

**CHECK OUT OUR LIBRARY PROGRAMS!**

**Story Hour:** Mondays from 10-11am

**Book Club:** Every 2nd Monday of the month  
1-3pm

**Knitting Club:** Fridays 1:30-3:30pm

**Lego Club:** Wednesdays 3-4pm Ages 5 and up

**Craft Club\*:** Thursdays 3-4pm Ages 10 and up

\*registration required, maximum 10 children

**Coffee and Chat Time:** Tuesdays 12:30-3pm

**Game Time:** Tuesdays 3-4pm

**@ the library**

