



CREMONA COMMUNITY ENGAGEMENT SITE

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February 2020

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

THE ENGAGEMENT SITE IS NOW ON EVENTBRITE! You can now register for all of our programs online!
Go to www.cremonaces.eventbrite.ca for information.

eventbrite

ADULT SEWING

This session of sewing classes will be about bag making. Learn to make a variety of bags covering techniques such as sewing with vinyl and mesh, and easy zipper application. We will also cover how to resize the bags to the size you want.

DATES: Thursdays, Feb 6, 13, 20, 27
March 5, 12
TIMES: 10-12 or 1-3pm
COST: \$60
Deadline to register: February 3rd
To register go to www.cremonaces.eventbrite.ca



MEAL PREP PARTY

Do you ever struggle with the day to day chore of meal planning? Does 5 o'clock ever arrive and somehow you forgot to plan dinner? Let the TupperGals help! Come on along to a fun session where all of the shopping/pre-prep/clean up will be done for you and you will prepare 5 meals for 4 people, packaged in Tupperware for transport ready to take home and pop in the freezer for one of "those" nights when meal planning gets away from you! On the menu for this session:
Bacon Cream Cheese Cheddar Chicken
Rootbeer BBQ Chicken Drumsticks
Cajun Honey Pork Tenderloin
Slow Cooker Ground Beef Tacos
Unstuffed Pasta Casserole
Includes all shopping/pre-prep/clean up, groceries, the Tupperware for transport and a \$25 shopping credit from the new Winter/Spring catalogue and sales specials!

DATE: Wednesday, February 12th
TIME: 6:30-9pm
COST: \$150
Deadline to register: February 5th
To register go to www.cremonaces.eventbrite.ca



GENEALOGY BASICS

Are you interested in researching your family history? Have you been researching but aren't sure if you are doing it right? Learn basic genealogy skills so you can do your family history like a seasoned researcher! Learn how to organize information, set goals, find records, evaluate your findings, and decide which records to find next. All participants should prepare come with ancestor they want to find more information about. Presented by Tara Shymanski a professional researcher and lecturer. She has a Bachelor of Arts in History, and is a graduate of the National Institute for Genealogical Studies - Canadian Records.

DATE: Saturday, March 7th
TIME: 1:30-3pm
COST: \$40
Deadline to register: February 29th
To register go to www.cremonaces.eventbrite.ca



IPHONE/IPAD BASICS

Do you need some help using your iPhone or iPad? Lawson is back again to help you navigate your device and answer all your questions in a humorous, non-frustrating way. Bring your questions!

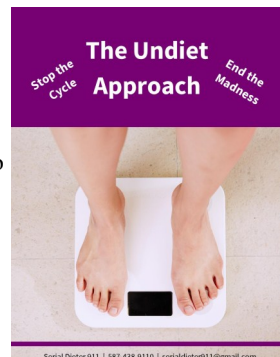
DATES: Tuesday, March 10th
TIME: 6:30-8:30pm
COST: \$35
Deadline to register: March 3rd
To register go to www.cremonaces.eventbrite.ca



THE UNDIET APPROACH

Stop The Cycle, End the Madness
The Undiet Approach has nothing to do with what you're eating, and everything to do with what you are doing. The best part is it compliments most programs, this is not a DIET. This 8 module course creates lasting mental changes and shifts that set you up for with the skills to see long term changes. Want to say good bye to the bounce back of weight loss programs, then you definitely want these skills in your back pocket. Each week you will be introduced to a new skill to add to your tool box that you can implement to help you achieve lasting success.

DATES: Wednesdays, February 19th to March 18th
TIME: 7-8pm
COST: \$75
Deadline to register: February 12th
To register go to www.cremonaces.eventbrite.ca



WORK AND LIVE IN BALANCE

A workshop designed to provide the tools required to effectively manage the struggles we face in our day to day lives with reduced stress and a strong sense of purpose in our personal and professional endeavours. This is an opportunity to participate in a comprehensive, science-based program that equips parents and educators with fundamental tools to help them navigate their own internal world before taking on the challenge of passing these skills on to students and children. Presented by Amanda Sheehan, AtentaMente Facilitator/Trainer.

DATES: Tuesdays, March 17th-April 21st

TIME: 6-8pm

COST: \$60

Deadline to register: March 10th

To register go to

www.cremonaces.eventbrite.ca



COOKING FOR IMMUNITY

Are you the person who gets all the colds and flus that fly around the office? Feel like your immune system has been lagging in the last few years? Maybe you've been recently been diagnosed with an autoimmune condition, but unsure of how to proceed when it comes to foods. Are you curious to know how immunity changes as we age? This is a class for you.

At this class Cooking for Immunity, local Holistic Nutrition Practitioner Luka Symons will dive in to the ways food can support our immune health every day of the year, regardless of where we are on our life's journey. Oh sure, this class zeroes in on the foods that can help, and emphasizes which ones hinder. But more than that, this is a cooking class. A very practical way of making your kitchen your #1 ally in Keeping Well.

Expect to walk away from this class with five recipes aiming at supporting your immune system, nourishing you deeply in order to help kick pesky things like colds + flus to the curb, all the way up to chronic disease and cancer. We'll dive in to five recipes: a warm elixir to help ward off colds; a homemade Vitamin C rich syrup to help combat the germs; a soup to deeply nourish a convalescent friend or family member (your Bubbie would be proud); a traditional Japanese offering to help ward off cancer; ending off with a meal that will help provide your body with those ingredients you need to support protecting against cancer, and supporting optimal immune and detox function.

Come join the cooking class. It will be a most delicious time.

DATE: Saturday, April 4th

TIME: 10am-1:30pm

COST: \$68

Deadline to register: March 28th

To register go to www.cremonaces.eventbrite.ca





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
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.





Death Café

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

**Tuesday,
February 18th, 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"**

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".

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



Greg Harris

Councillor - Division 2

Cell: **403-586-6267**
Email: gharris@mvcountry.com

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**GRAVEL/SAND
LANDSCAPING**

**SNOW REMOVAL
SKIDSTEER WORK**

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TOM 0R0

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O: 403.637.0014
F: 403.637.0094
E: INFO@BIGFERNCONTRACTING.COM



Photography and Print Services

Audry van Aken & Rob Stratton
403-803-9018

mountainviewphotographic@gmail.com
www.mountainviewphotographicservices.com

PUBLIC SKATE

Public Skating :

All Sundays in
February
11:15am-12:15pm
Feb 18th, 20th & 21st
1:15pm-2:15pm



Sticks and Pucks:

Feb 18th, 20th &
21st
2:15pm- 3:15pm

**Ice Rentals
Available
Contact**

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



CREMONA

Municipal Library

205 – 1st Street East, Cremona
403-637-3100

cremonalibrary@prl.ab.ca

[Parkland Library Search](#)

NEWS – February 2020

GAME TIME!

Tuesdays from 3-4pm for
students aged 10 and up.
Stop in and play some fun
online games like Roblox,
Minecraft and more!

The Library would like your input on what books we
should add to our collection. Please email us at
cremonalibrary@prl.ab.ca with your suggestions!

**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**

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



KNITTING CLUB

**Fridays from
1:30-3:30pm.**

**Bring your
needle crafts
and come for
a visit!**



*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!*

