



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
Website: www.cremonaces.com

March 2020

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

COMPOSTING

How to recycle your domestic and yard organics into soil enhancing compost. Ray & Brenda from Water Valley Forest Nursery will discuss what can be used and how to manage composting. They will also discuss how to use the final product.

DATES: Wednesday, March 25th

TIME: 7:00-8:30pm

COST: \$10

Deadline to register: March 18th

To register go to

www.cremonaces.eventbrite.ca



VITALITY: AGING WELL

Aging is an inevitable part of life, and if we're lucky, something we get to experience. The foods we choose can have a tremendous impact on our vitality, providing our bodies with the nutrients necessary for a keen mind, healthy joints, and a happy heart. Join Luka Symons, local C.H.N.C.

Holistic Nutrition Practitioner to garner what foods will best support your hard working mind and body. We will touch on how important it is to look after your digestion and gut, going over easy recipes that will best support your immune function too. We will talk about those foods that will best fuel your brain and which foods to avoid in order to retain acuity. Key to this all, we will be focusing on those best foods that will keep inflammation at bay. Let's jump in to the kitchen to best nourish our immune systems in order to protect against chronic diseases often associated with aging. And let's make it a delicious venture!

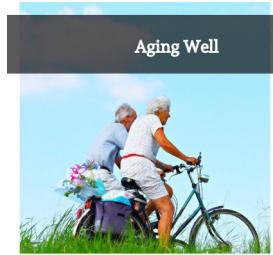
DATE: Saturday, April 4th

TIME: 10am-1:30pm

COST: This class is FREE for seniors 55+, Maximum 15 people

Deadline to register: March 28th

To register go to www.cremonaces.eventbrite.ca



SOCIAL MEDIA FOR BUSINESS

Presented by Kim Free of Small Town Girl Promotions. The sessions are intermediate/advanced level that cover the use of both Facebook and Instagram to optimize your exposure to potential clients. Hosted by the Cremona/Water Valley & District Chamber of Commerce. The course is free to all local business reps but priority goes to Chamber members if it fills up.

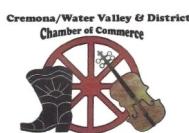
DATES: Wednesdays, March 11th & 18th

TIME: 3:00-5:00pm

COST: FREE to local business reps.

Deadline to register: March 9th

To register phone 337-4277 **or email** coordinator@cremonaces.com



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



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



PLAYING WITH ALCOHOL INKS

Come and explore the various techniques that are possible using alcohol inks. Working on non-porous surfaces such as ceramic tiles and photo paper, you'll be able to create a number of items, from bookmarks and card backgrounds, to decorated white ware, to fridge magnets, to art works. All supplies will be provided, just bring your enthusiasm and come prepared for some artistic fun! No experience necessary.

DATES: Wednesday, April 1st

TIME: 1:00-4:00pm

COST: FREE for seniors 55+, Maximum 8 people

Deadline to register: March 25th

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



VEGETARIAN 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: Spinach Lasagna Roll Ups, Baked Ziti, Greek Beyond Meat Burgers, Honey Garlic Beyond Meatballs, & Mexican Quinoa Stew. Includes all shopping/pre-prep/clean up, groceries, the Tupperware for transport and a \$25 Tupperware credit.

DATE: Tuesday, April 28th

TIME: 6:30-9pm

COST: \$150

Deadline to register: April 21st

To register go to

www.cremonaces.eventbrite.ca



Cremona Senior Girls Basketball Team Fundraiser

Quilt & Craft Retreat

March 20-22

Where: Cremona School

When: 2p.m. Friday, March 20 -3p.m. Sunday, March 22

What: A weekend of quilting/crafting fun!

Supper Friday; Muffins and coffee Saturday morning,

Lunch and Supper Saturday; Muffins and coffee Sunday

morning, Lunch Sunday

Work table & chair, extension cords, door prizes

Cost: \$130 - Cheques made out to Cremona School

Come out and support our team in our preparation to host the 1A Provincial Tournament in March, 2021.

To register please contact Loree Sheehan at 403-637-3856

or by e-mail at lsheehan@cesd73.ca



32nd Annual Skating Carnival

Let's go to the Movies

Saturday March 21/20

2:00 PM - Cremona Arena

Door Prizes

50/50 Airplane Toss

Admission by Donation

Please come show your support!



CREMONA & DISTRICT COMMUNITY CHEST

Annual Door to Door Canvass

will take place during the month of **April** in support of **20 Charities** plus a **local emergency fund**

If your local canvasser misses you, please call

Dave Street 403-637-2427

or Natalie Falkenberg 403-637-8656.

or mail your donation to

Box 274, Cremona, AB T0M 0R0

COME JOIN US AS THE CREMONA LIONS ARE CELEBRATING 50 YEARS OF SERVICE ON MARCH 28TH, 2020 WITH A DINNER AND ENTERTAINMENT.

Time: 6:00pm Social

7:00pm Dinner and Program

Cost: \$30 per person

Please contact

Grant at 403-850-1861,

evenings 403-337-2042



Musical Duo Bradley Bischoff &

Fiddler Scott Duncan

of the

Wardens

To perform at the Cremona Community Hall

Saturday, April 18, 2020

7:30 pm, Cremona Hall

Doors open @ 7 pm

Tickets available KC Foods, Mountain View Credit Union Cremona, or
Call: 403-637-3912
\$25 adults
\$15 youth (13 to 17)
Free 12 and under



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

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

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T0M 0R0

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

AG SOCIETY'S
3RD ANNUAL FUNDRAISING HOCKEY
GAME
SATURDAY, MARCH 14TH

CALGARY
FLAMES ALUMNI,
COWBOY ALUMNI
AND THE
CREMONA
HOCKEY COACHES
COME TOGETHER
FOR 1 NIGHT
OF ROCK'EM
SOCK'EM
HOCKEY!

RAFFLE ROOM,
CHUCK A PUCK, 50/50,
BEER GARDENS,
SILENT AUCTION,
3 ON 3 TOURNAMENT

★ PUCK
★ DROP 7PM
Sp Adobe Spark

Andrea Sheehan

Branch Manager

P 403.637.3771 C 403.512.8328 F 403.637.3900

E ASheehan@MountainViewFinancial.com

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Cremona, AB T0M 0R0

MountainViewFinancial.com



Mountain View
PHOTOGRAPHIC SERVICES

Photography and Print Services

Audrey van Aken & Rob Stratton

403-803-9018

mountainviewphotographic@gmail.com
www.mountainviewphotographicservices.com

CREMONA FAMILY HEALTH & WELLNESS STORE

SERVING CREMONA, WATER VALLEY & SURROUNDING AREA



WE PROVIDE:

- OTC MEDICATIONS
- PHARMACIST SERVICES
- VITAMINS
- HOME HEALTH
- PRESCRIPTIONS
- VACCINES

110-Railway Avenue E. Cremona • Facebook: [cremonafamilyhealthandwellness](https://www.facebook.com/cremonafamilyhealthandwellness)

403-637-2832

PUBLIC SKATE

Public Skating :

Sunday March 1, 8 & 15

12:15 - 1:15pm

Friday March 6

1:15-2:15pm

Sticks and Pucks:

Friday March 6

2:15-3:15pm

*helmets mandatory

Ice Rentals
Available
Contact
cremonaice@gmail.com
or Call 403-554-3170

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

cremonalibrary@prl.ab.ca

[Parkland Library Search](#)

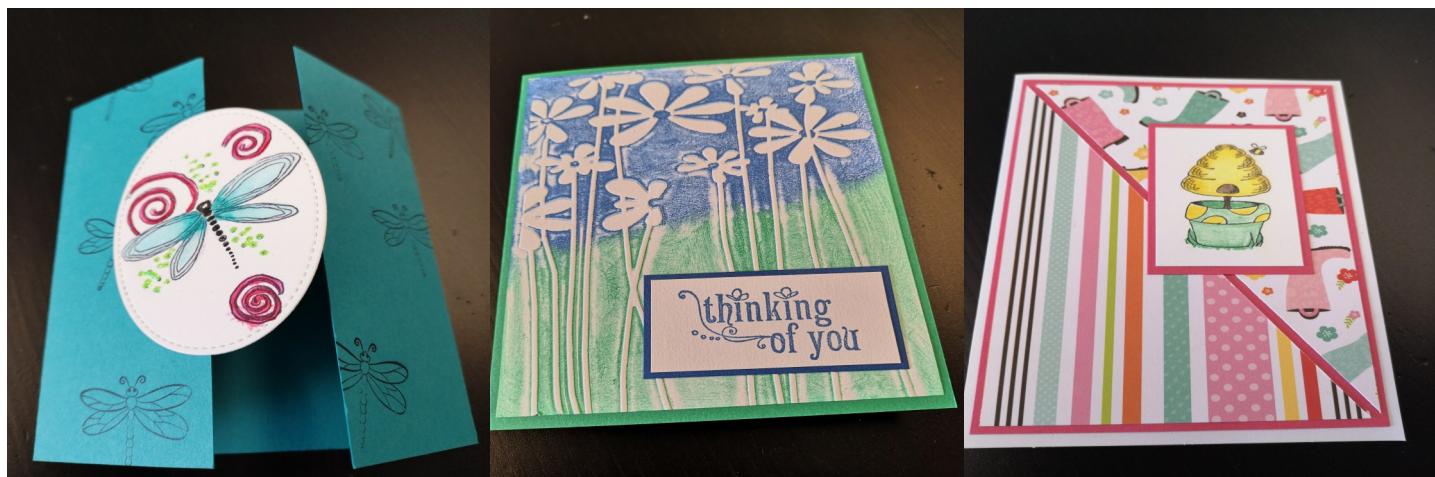
NEWS – March 2020

Card Making Class

March 24th, 2020 6:30-8:30pm at the Cremona Library

Join Julia Van Arnam and learn to make 3 different greeting cards. All proceeds benefit the Cremona Library!

\$30, all supplies included. Stop in or call the Library to register by March 17, 2020.



**THERE ARE SPACES AVAILABLE IN THE THURSDAY
AFTERNOON CRAFT CLUB!**

FOR AGES 10 AND UP, EVERY THURSDAY FROM 3-4PM.

CALL THE LIBRARY TO REGISTER.

THANK YOU

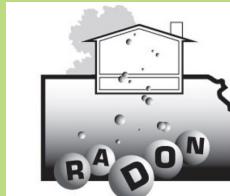
**To Oliver McKinnon for the donation of Lego to
the Library!!**

BOOK SALE!

**THE CREMONA LIBRARY HAS A LARGE SELECTION OF
BOOKS AND DVDS FOR SALE. BOOKS ARE \$0.25 EACH
AND DVDS ARE ONLY \$1!**

Protecting Your Home & Family From Radon

**Presentation and Q&A with John Horning
(CARST, C-NRPP)**



Join us as we hear from John Horning, a Member of the Canadian Association of Radon Scientists and Technologists, who will be sharing his knowledge and expertise on Radon and the dangers and risks it presents.

Presentation will cover:

- What is radon/why is it important to test for Radon?
- Why is Alberta a high risk area?
- How do you test for Radon?
- How do you mitigate high radon?
- What to watch for/insist on/before arranging mitigation and on follow-up

**Cremona Library
March 19th at 7pm**