

| October 2026

Cremona FCSS Newsletter



fcss **INDIGENOUS TEACHINGS** **fcss**
Cremona Family and Community Support Services Mountain View Country Family and Community Support Services



SMUDGE & MEDICINE WHEEL

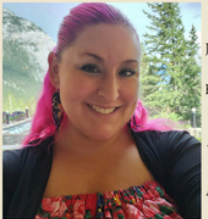


DRUMMING

Date: Wednesday October 7th
Time: 6:30-8:30pm

Date: Wednesday October 28th
Time: 6:30-8:30pm

Both workshops will be hosted at Cremona
FCSS 106 1 ave E (Old United Church)



Join Chantal Chagnon, a Cree/Métis Multidisciplinary Artist, Educator, Knowledge Keeper and Activist with roots in the Muskeg Lake Cree Nation, Saskatchewan. Cultural Wisdom and Traditional Ceremony are always present in her Teaching Artistry, as she carries her Ancestral Knowledge forward in a good way.



RURAL MEN'S CIRCLE

REAL TALK. STRONGER TOGETHER.



LAST MONDAY OF EVERY MONTH 7-9 PM

A SPACE FOR MEN TO BE HEARD AND CONNECT WITH OTHER MEN.

SNACKS AND REFRESHMENTS PROVIDED

5063 TOWNSHIP RD 295A WATER VALLEY, AB
1st driveway on the left past River's Edge Campground entrance

fcss **VILLAGE OF Cremona** **MAN UP** **MENTAL HEALTH** **STONY CREEK MEN'S SHED**

For more information contact FCSS at (403)510-4521 or fcss@cremona.ca



INDIGENOUS BLANKET EXERCISE



The Indigenous Blanket Exercise is an interactive educational program that teaches the history of colonization in Canada from an Indigenous perspective, fostering understanding and empathy. Facilitated by Mountain View Moccasin House. (due to the themes and content, 16yrs+)



Register using the QR code or at <https://forms.office.com/r/JXNtaRcdzX>



If you have questions or need help registering, contact fcss@cremona.ca or (403)510-4521

MONDAY OCT 26

6:30-8:30PM

Cremona FCSS

106 1 ave E

This event is **FREE**

You Deserve [♥] RESPECT. SAFETY. CHOICE.

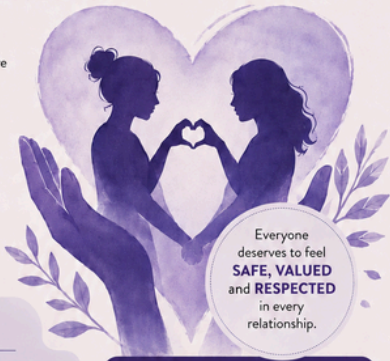
PLEASE JOIN US FOR AN INFORMATIONAL PRESENTATION

HEALTHY BOUNDARIES and HEALTHY RELATIONSHIPS

Building Safe, Respectful Connections

JOIN US TO LEARN:

- What healthy boundaries are and why they matter
- The signs of healthy vs. unhealthy relationships
- How to communicate your needs and say "no"
- Where to find support for yourself or someone you care about



Everyone deserves to feel **SAFE, VALUED and RESPECTED** in every relationship.

DATE: DECEMBER 2ND

TIME: 6:30 PM - 8:00 PM

WHERE: CREMONA FCSS 106 1 Ave E, Cremona, AB

Open to everyone in our community. Let's work together to build safer, stronger relationships for all.

FOR MORE INFORMATION:

- outreach@mvecc.ca
- 403-559-0444
- www.mountainviewemergencyshelter.ca
- Mountain View Emergency Shelter Society

MVECC Mountain View Emergency Shelter Society

Together, we can create communities where everyone feels safe and supported.

AWARENESS. EDUCATION. EMPOWERMENT. ♥ YOU ARE NOT ALONE. ♥ HELP IS HERE.

| October 2026



Call for volunteers!

- food recovery
- volunteer drivers
- food pantry organizing

Contact Meghan at FCSS if you are interested at fcss@cremona.ca or (403)510-4521

Community Paint Night Registration form
<https://forms.cloud.microsoft/r/dvAaKfnjJf>

COMMUNITY PAINT NIGHT

Connect with friends and meet new ones while creating art together. Making art can reduce stress, lower anxiety levels, and improve mood. Doing so with community improves social connections and well-being.

Date: Wednesday Nov 4, 2026

Location: Cremona FCSS
106 1 ave E(Old United Church)

Time: 6:30-8:30pm

Cost: \$20 (Includes supplies)
Ages 7+ Welcome

To register, use the [link](#) or QR code.

If you have questions contact FCSS at
fcss@cremona.ca or
(403)510-4521

Choose one of the following paintings:



15
SPOTS
AVAILABLE!



THE CREMONA LIONS CLUB



ANNUAL GARAGE SALE & CHARITY AUCTION

SATURDAY

NOVEMBER 7, 2026

CREMONA COMMUNITY HALL

GARAGE SALE 9:00 am – 4:00 pm

LIVE AUCTION SALE STARTS AT 7:00 pm

Donations accepted for the garage sale

Hall open Friday 9:00am – 4:00pm for drop-off

PLEASE NO MATTRESSES, TV'S, OR JUNK!

FOR MORE INFORMATION & PICKUP CONTACT

Dan McGonigle 403-620-4260 / Larry Steeves 637-2873 / Bruce Rumsey 637-2945
or Any Lions Club Member

“Help the Lions Help the Community”

Benefits Lion's projects in the community



DEATH & DESSERTS



Because talking about death won't kill you, it might even help you



Discuss death and dying in a safe, relaxed, open setting over coffee, tea, and desserts.

Talk about death, our experiences of it, our thoughts about it with no agenda or objectives. This is a discussion group, rather than a grief support or counselling group.

Wednesday Oct 14, 2026

1-3pm

Cremona FCSS

(1061 Ave E)



Register

If you have questions

contact FCSS at

403-510-4521 or

fcss@cremona.ca





WESTBROOK
PLAYSCHOOL

**At Water
Valley**



Registration now open!

A play based approach to learning:

- ✓ Imaginative & sensory rich experiences
- ✓ Open-ended arts & crafts
- ✓ Early mathematics & literacy development
- ✓ Development of gross & fine motor skills
- ✓ Growth of social-emotional & cognitive skill
- ✓ Outdoor nature exploration
- ✓ Music & movement
- ✓ Engaging science experiments

Water Valley, AB | <https://westbrook-play-school.yolasite.com/> | president.westbrookplay@gmail.com

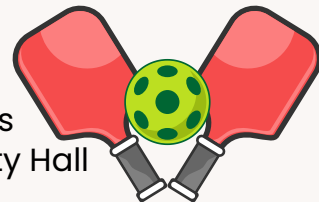
Do you need a ride to a medical appointment?

FCSS is connected with other agencies and volunteers who can help take you to appointments within Mountain View County, Cochrane, Airdrie or Calgary. Contact Cremona FCSS to talk about options.

(403)510-4521 or
fcss@cremona.ca

PICKLEBALL

Sundays & Thursdays
Cremona Community Hall
7-9pm
\$2 drop in
Two courts, equipment available.
Bring clean, indoor running shoes



2026/2027 SKATING SEASON

SKATING STARTS **SEPTEMBER 15!**

PROGRAMS FOR ALL AGES & SKILL LEVELS

OR
GILLET FOR SKATERS & HOCKEY PLAYERS FROM ALL LOCAL CLUBS!

CanSkate Learn the fundamentals and build confidence on the ice!	CanPower For hockey players looking to build strong skating skills!	Power Skating Take your speed, power and edge control to the next level!	Figure Skating Develop grace, skills and confidence in a supportive environment!
--	---	--	--

NEW! 4-WEEK PROGRAMS

4-WEEK CONDITIONING PROGRAM FOR CANPOWER & POWER SKATING Designed for hockey players of all ages to build speed, strength, and confidence before the main hockey season.	4-WEEK CANALYST PROGRAM Perfect for those looking to build strong skating skills or for those who want to get their feet under them before the main season.
--	---

SHARPEN YOUR SKILLS. BUILD CONFIDENCE. BE READY FOR THE SEASON!

REGISTER NOW TO ENSURE YOUR SPOT

cremonaskatingclub@hotmail.ca | [Cremona Skating Club](https://www.facebook.com/CremonaSkatingClub)

WATER VALLEY
CHRISTMAS MARKET
November 21, 2026
10 AM - 4PM

SAVE THE DATE!!!
(NOW GO BACK TO ENJOYING SUMMER)

Inquiries : christmasinwatervalley@gmail.com

Hosted by:
WATER VALLEY COMMUNITY ASSOCIATION

LOCAL

Seniors

CONNECTION

Power of Attorney Workshop

Facilitated by the Alberta Elder Abuse Awareness Council, you will learn how to choose the right people to handle your finances and make your healthcare decisions if you ever need the support. The session also covers your right to remain the ultimate decision maker, including how and when you can update or cancel your documents.

Date: Wednesday Oct 14

Time: 2-3pm

Location: Mountain View Seniors
Supportive Living - North Entrance
749 6 St SW, Sundre
Free to attend.

Please register my calling Dallas at
Sundre Spruce 403-638-6715

Joyful Noise Singing Group meets
Fridays 10-11:30am at the Gold and Silver
Center.

Contact Dianne Whitlow (403)637-3792
or Lynn Whittle (403)637-2622

The Gold and Silver museum will be
opening weekly Thursdays from
2-4pm in the afternoon. The museum is
also welcomes group viewing on
specific dates according to group
preferences.

Contact Flora Newsome 403 637-2177

Gold and Silver Centre

Potluck dinners the first
Wednesday of the month 5pm
(Oct 7, Nov 4)

Every Thursday Bridge/Crib at
1pm no partners needed \$2

We are located at 113 Centre St.
in Cremona
Memberships are just \$10/yr for
55+

Seniors Meal Program Pick up

Wednesday 12-3pm
Cremona Congregational Church
\$5 meals for seniors

Seniors Monthly Art Class

DATE: Tuesday, Oct 20th

TIME: 2-4pm

LOCATION: Cremona Gold &
Silver Club

COST: FREE for seniors 55+,
registration is required

To register, email
coordinator@cremonaces.com

★ ★ ★ ★ ★
**MUSEUM
TICKET**
★ ★ ★ ★ ★

| October 2026

Make Your World a Better Place
Season 2026

ROSEBUD
THEATRE
SCHOOL OF THE ARTS

IT'S A Wonderful Life!
A LIVE RADIO PLAY



IT'S A WONDERFUL LIFE:
A LIVE RADIO PLAY

ADAPTED BY JOE LANDRY
BASED ON THE STORY THE GREATEST GIFT
BY PHILIP VAN DOREN STERN
THE GREATEST GIFT IS USED BY PERMISSION OF
THE GREATEST GIFT CORPORATION

**From Despair to Redemption—
an Unforgettable Radio Play
About the Power of Community**

November 6 – December 23 | Opera House

Wednesday Dec 9, 2026

This uplifting holiday classic comes to life as a high-energy radio play, blending 1940s retro charm with hilarious theatrical hijinks, as five multi-talented actors (including Rosebud favorites!) portray dozens of characters with live sound effects and lovable Christmas spirit - right in front of your eyes (and ears)! A mix of humor, heart and hope, this enchanting show has captivated audiences around the world and delivers a nostalgic gift-wrapped treat for you and your loved ones of all ages.

Based on the story "The Greatest Gift" by Philip Van Doren Stern

Meet at Cremona Gold & Silver Centre 9:30am
Leave for Rosebud 10am
Lunch 11:30am-1pm
Show 1:15-3:45pm
Leave Rosebud 4pm
Return to Cremona 5:30pm

Cost \$85/person
Includes bus there and back, lunch and show

Register with Cremona FCSS via phone or email Once you register, payments can be made at the Village office or by e-transfer to finances@cremona.ca



We can be reached by phone or email Monday - Thursday between 9am-4pm.
The FCSS office (old United Church) is open Tuesdays or Thursdays 9:00am – 4:00pm to drop-in or make an appointment.

Phone: (403)510-4521 Email: fcss@cremona.ca

LOCAL

Water Valley

CONNECTION

Water Valley Library Hours

Sunday Closed

Monday Closed (Holiday)

Tuesday 5:00 pm - 8:00 pm

Wednesday 9:00 am - 1:00 pm

Thursday Closed

Friday 10:00 am - 2:00 pm

Saturday 9:00 am - 1:00 pm



Craft Day

the 3rd Sunday of each month from

11-4pm in the Arts and Wellness Center (old WV schoolhouse)

\$5 drop in, bring a craft, lunch and a smile

Ladies' Clothing Exchange

Water Valley Community Hall

Friday, October 16th, 2026

7:00 to 9:00 PM

happy fall y'all

We welcome you to join us for this **FREE** community event by cleaning out your closets, shoes, and accessories – donate those items you no longer wear... and choose something 'new' to you!

***Drop off donations in advance only at:**

Water Valley Hardware Store

Open Mon – Sat, 8 AM to 6 PM

****Sorry, but NO donations will be accepted during the event.**



Please make sure all items are clean and in good condition.

All sizes and brands welcome – ladies' clothes only please!

It's simple and fun... bring some bags and fill them up!

Left-over items will be donated to Second Blessings operated by Cremona Country Fellowship Church

For more info contact: Coreen Lema @ lemafamily.mc@gmail.com or Terri Coutts @ teresapurslow@gmail.com

~ Donations to the Water Valley Community Association appreciated! ~

Here's what's happening at the Water Valley Hall:

Thursday morning coffee

9–11am

\$2 for coffee, goodies by donation

Pickleball

Mondays & Thursday 6:30–8:30pm

Tuesdays & Fridays 1–3pm

\$2 drop in, all levels welcome

Community Association Meeting

2nd Tuesday of the month at 7pm

Bottle Drive

2nd Tuesday of the month 10am–2pm



Seniors Meal Program Pick Up

Thursdays 9-11am

Water Valley Community Hall

\$5 meals for seniors

LOCAL

Cremona Library

EDUCATION &
RECREATION

ONGOING PROGRAMS

WIGGLES & RHYMES (age 0-6 & caregivers)

Thursdays 10:30- 11:30 am

LET'S GET LIT- BOOK CLUB (adults)

4th Tuesday each month 6:00 pm

STEAM CLUB (age 8 and up)

Wednesdays 3:15- 4:15 pm, check our website for dates offered each month
Registration required

POPCORN CLUB (age 8+, under 8 if accompanied by an adult)

FREE movie and popcorn, 3:15- 5:30 pm @ Cremona FCSS bldg
Wed, Oct 28 The Nightmare Before Christmas *Registration required*

LEARN @ THE LIBRARY, 1-on-1 tech help and more (adults)

Thursdays 12:00- 2:00 pm
By appointment or by chance (appt recommended)

MONTHLY COMPUTER SKILLS (adults)

Tues Oct 20:00-3:00 pm
Registration required

RESUME & JOB SKILLS 1-ON-1 (adults)

Tues Oct 27 1:00 - 3:00 pm

ELL - LET'S TALK ENGLISH! (adults)

Casual, conversational English lessons. Every Wednesday 10am-12pm

FRIENDS OF THE LIBRARY (adults)

AGM - Tuesday, Oct 27 @ 6pm at the library.

SPECIAL PROGRAMS/ EVENTS

IMAGINE & EXPLORE: NO-SCHOOL ADVENTURES (AGE 7+)

Paint with Me- Friday, Oct 9 1-3 pm
Registration required

GOLDEN TICKET CONTEST OCTOBER 1-31

Each day in October, come to the library to find the Golden Ticket and be entered to win 1 of 8 prizes worth \$200 each!

LIBRARY CARD DESIGN CONTEST OCTOBER 1 - 31

Winners will have their artwork features on our next library card and win a grand prize!

October 30 All Day

Come for a scavenger hunt in the library and get a goodie bag - if you dare!

CHECK OUT OUR WEBSITE FOR MORE INFO AND REGISTRATION DETAILS

LIBRARY HOURS

MONDAY	10- 5 pm
TUESDAY	1- 8 pm
WEDNESDAY	10- 5 pm
THURSDAY	10- 5 pm
FRIDAY	10- 5 pm
SATURDAY	CLOSED
SUNDAY	CLOSED
HOLIDAYS	CLOSED

BOTTLE DRIVE

Bring your empty cans and bottles to the Cremona Bottle Depot and donate your proceeds to the Cremona Library account.

CONTACT US

-  (403)637-3100
-  www.prl.ab.ca/cremona
-  cremonalibrary@prl.ab.ca
-  @CremonaMunicipalLibrary
-  205- 1st Street E

ADVENTURE BABIES

FEELINGS CAN BE MESSY- KIMOCHIS CAN HELP

Join Miss Trish and Miss Sarah three Wednesdays a month for your little ones to learn all about KIMOCHIS! Each week our Kimochi friends help us learn about a different emotion through songs, books, and a circle time.

CREATING CONFIDENT, CONNECTED, AND COMPASSIONATE KIDS!

Kimochis
Tools for BIG feelings

Didsbury Library
EVERY WEDNESDAY
(EXCEPT THE 3RD WEDNESDAY OF THE MONTH)
11am-12pm

DML

MomTribe
A SUPPORT GROUP

Wednesday, September 9 to October 14, 2026
10:30 am to 12:00 pm
Sundre Library

Mom Tribe is a local support group for moms who are adjusting after a new baby and are experiencing a wide range of emotions. We welcome moms with at least one child under the age of one year old. Our groups are free, safe, confidential, and non-judgmental. Registration is open to all of Mountain View County.

To Register or for more information contact:

Sundre Municipal Library

Mountain View Family Resource Network Presents

MANTRACKER

OCTOBER 9TH 2026 1-4PM

Starting Line: Westglen School
Finish Line: Didsbury Neighborhood Place

Become "prey" and try to make it across town without being caught by the Trackers.

Play on your own or as a team!
(max 4)

Make your way to the finish line and enjoy a hot dog and ice cream sandwich to celebrate the adventure!

PRIZES!

AGES 12+

Please register so we know to expect you!
Register online at www.mvfrn.ca

bgc Olds & Area

Snuggles N' Stretches

A relaxing and rejuvenating stretch class, designed for caregivers and their little ones!

October 2/9/16/23
10:00am-11:00am
4 part series

These classes are peaceful, relaxing space for parents to find balance, release tension, and connect with other parents.

Come let your babies play in a safe and nurturing environment while you unwind!

please bring your own yoga mat and a water bottle

Cremona FCSS Building (106 1 Ave E)

Registration is required
www.mvfrn.ca

fcss Family Resource Network

POP-UP PLAY

Various dates and times throughout OCTOBER 2026

THIS PROGRAM IS INTENDED FOR KIDS AGES 0-6

Monday Oct 5- 9:30 to 11:30 a.m.
Didsbury Neighborhood Place

Tuesday Oct 6- 9:30 to 11:30 a.m.
Sundre Library

Tuesday Oct 27- 9:30 to 11:30 a.m.
Carstairs Community Hall

Friday Oct 30- 9:30 to 11:30 a.m.
Olds - New Hope Church

BRING YOUR KIDS FOR SOME FREE PLAY TIME AND HALLOWEEN THEMED CRAFTS AND ACTIVITIES.

WE ARE ALSO AVAILABLE DURING THIS TIME TO ANSWER ANY PARENTING QUESTIONS YOU MAY HAVE.

FEEL FREE TO WEAR A COSTUME!

Please register so we know to expect you!
Register online at www.MVFRN.ca or scan the QR code

fcss Family Resource Network

PARENTING NEURODIVERGENCE

-a support group-

Are you a parent or caregiver of a neurodivergent person?

Finding people who relate to your unique experiences can be isolating. Connect with a community of like minded parents at our monthly support group.

Join us for an opportunity to share stories, learn strategies, and find community.

This program is for parents and caregivers only.

Wednesday October 21, 2026
6:00-7:00pm
Didsbury Neighborhood Place

coffee & snacks provided

DROP-INS are Welcome

Family Resource Network

October

2026



fcss
Cremona
Family and Community
Support Services

✉ fcss@cremona.ca

☎ (403) 510-4521

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 (R) Seniors Chair Yoga 10-11am	2 (R) MVFRN Snuggle and Stretch 10-11am	3
4	5 FCSS Board Meeting 6:30pm	6	7 (R) Medicine Wheel Teachings 6:30-8:30pm	8 (R) Seniors Chair Yoga 10-11am Interagency Meeting 10am	9 (R) MVFRN Snuggle and Stretch 10-11am	10
11	12 Thanksgiving Day Closed	13	14 (R) Death & Desserts 1-3pm	15 (R) Seniors Chair Yoga 10-11am	16 (R) MVFRN Snuggle and Stretch 10-11am	17
18	19	20 MVES Drop in Support 11am-12pm	21	22 (R) Seniors Chair Yoga 10-11am	23 (R) MVFRN Snuggle and Stretch 10-11am	24
25	26 (R) Blanket Exercise 6:30-8:30pm Rural Men's Circle 7-9pm	27	28 (R) Indigenous Drumming 6:30-8:30pm	29 (R) Seniors Chair Yoga 10-11am	30	31
	Office hours Tuesday and Thursday 9am-4pm Free Food Pantry available during office hours when no other events/groups			Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	Blue = Children/Youth Green = Seniors (R) indicates registration required	Black = Adults Pink = Family/all ages