

Cremona FCSS Newsletter



**9AM-3PM
TUESDAYS AND
THURSDAYS**

**15 KIDS PER DAY
\$5/KID PER DAY**
REGISTER ONCE FOR ALL THE
DAYS YOU WANT USING THE QR
OR [CLICK HERE](#)



AGES 6-12

**ACTIVITIES
INCLUDE:**

- ARTS & CRAFTS
- OUTDOOR ACTIVITIES
- GAMES

**CREMONA FCSS
1061 AVE E**

FOR QUESTIONS OR HELP WITH REGISTRATION CALL FCSS (403)510-4521 OR EMAIL FCSS@CREMONA.CA

Family Movie Night

“Mufasa: The Lion King” - July 30

“Back to the Future” - August 27

6:30pm



*Please register your family
using the QR code below or
contact the library*



<https://form.jotform.com/233056208481251>

Thank you to all those that hosted, participated in, and sponsored Canada Day events

Cremona Ag Society Community Arena
Cremona Community Hall
Cremona ConnectFirst Credit Union
Cremona FCSS
Cremona Fellowship Church
Cremona Gold and Silver Centre

Cremona Lions
Cremona/Water Valley
Fire Department
KC Foods
Iron Mountain Diesel
Village of Cremona



Cremona Municipal Library Presents:

DALLAS ARCAND

CREMONA AG
SOCIETY ARENA

August 18, 2025

1:30- 2:30 PM

206 Centre Street, Cremona

4x World Champion Hoop Dancer



Free Admission * Everyone Welcome

Youth Trip (12+)
Wednesday August 20



Activate Calgary
Southland Leisure Centre

Leave at 8:30am from Cremona FCSS
return at ~4:30pm

\$40 (subsidies available)

Bring lunch, snacks, swimming gear

Register by August 1st

ROYAL CANADIAN LEGION

CENTENNIAL ANNIVERSARY CELEBRATION

100 YEARS



PANCAKE AND SAUSAGE
BRUNCH



@ THE CREMONA LEGION
NEXT TO BUMPER TO BUMPER

JULY 13TH, 2025

11:00 AM

\$5 PER
PERSON

\$20 FOR FAMILY
(UP TO 6)



2025/2026
REGISTRATION
NOW OPEN

REGISTER BY JUNE 20 TO BE
ENTERED IN A DRAW FOR \$100
OFF YOUR PROGRAM FEES



CANSKATE (AGE 3+):

- Learn to skate program for both hockey & figure skaters

POWER SKATING (AGE 6+):

- Improve balance, control & agility for increased power & speed in hockey/ringette

JUNIOR & SENIOR FIGURE SKATING

- Beginner to advanced



Skating starts September 23



cremonaskatingclub@hotmail.ca



Page: Cremona Skating Club





ASIST

Applied Suicide Intervention Skills Training

Suicide first-aid. A two-day, skills-based workshop for intervening with a person at risk of suicide.

Learning objectives:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide

Ages 18+. Participants can include but not limited to: parents and caregivers; natural helpers and advisors; educators and ministers; health practitioners; justice, law enforcers, emergency workers, and community volunteers. Not recommended for people who have had a recent suicide loss.

October 1 & 2, 2025

9am-5pm

Cremona FCSS

106 1 Ave E Cremona, AB T0M 0R0

Cost: FREE (\$300 value)

Contact: Meghan Vornholt
403-510-4521 – fcss@cremona.ca

*Please bring a lunch both days



Email newsletter

If you would like to receive the newsletter via email, please email fcss@cremona.ca to be added to the distribution list.

| July/August 2025



Cremona 13th Annual
SHOW 'N SHINE
September 6 2025
9am - 3pm
Rain Day September 13

GRAND PRIZE
1948 Chevrolet Thriftmaster
305 V8 3 Spd Auto

& MANY MORE PRIZES

ENTRY FEE:
FOOD DONATION TO
MOUNTAIN VIEW FOOD BANK

For More Info call:
Clarke 403-875-4473

Pancake Breakfast

The **2025 Cremona and District Community Chest campaign** was very well received. We were able to send \$1150.00 to each of the 20 charities we support as well as retaining funds to respond to any local emergency .

Our deepest appreciation to all who donated to this achievement.

Sincerely,
Dave Street, Betty Ann Horbay, Elizabeth Newsome, Dale Hallett ,Ken Newsome, Grant Bird

Grief Walk
Wednesday July 23
Meet at the Nature Trail Gazebo

This will be a gentle walk to promote self-care, connect with nature, foster social connections, and share experiences.

For more info contact the guide
Colleen (403)807-5092
Bring a mug for tea



TERRY FOX RUN
SEPTEMBER 14, 2025

FINISH IT!

The 45th Annual Terry Fox Run
Water Valley, AB.

Sept. 14 2025

Chinook Arts & Wellness Center

Our theme is "Finish It"

Register - 8:30 am Run 9am to 1:PM
Come walk, run or ride to raise funds for cancer research .We go rain or shine !
We invite all past and new participants to bring your friends and family for a 45th Anniversary Reunion to make it the best year ever! Put in a team for more fun!

Refreshments and BBQ provided.

Everyone welcome!

Call Mary 403 637 2458

LOCAL

Seniors

CONNECTION

Coming Sept 2025

Chair Yoga Tuesdays at 10am

Line Dancing Thursdays at 10am

at Cremona FCSS



Gold and Silver Centre

There are no potluck dinners for the summer

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

LET'S PLAY WITH CLAY

Come for an afternoon of fun, learning to work with polymer clay. You will have the chance to make buttons, earrings and/or a key chain. All tools and materials are provided, no experience necessary.

DATE: Tuesday, July 22nd

TIME: 1-3pm

LOCATION: Cremona Gold & Silver Club

COST: \$20 for under 55, FREE for 55+

but registration is required

To register, email

coordinator@cremonaces.com



COOKIE DECORATING

Join the lovely ladies from Everything Nice Sweets and Treats to decorate some fun summer cookies. All tools and materials are provided, no experience necessary.

DATE: Tuesday, July 15th

TIME: 1-3pm

LOCATION: Cremona Gold & Silver Club

COST: \$30 for under 55, \$20 for 55+

To register, email

coordinator@cremonaces.com



Seniors Movies at FCSS will resume in September

All ages are welcome to attend the family movies. Let us know what your movie suggestions :)



Cremona Events/Services

Hope 4 MVC Kids Society is a non-profit, registered charity founded in November 2013.

Entirely volunteer-run, the society supports families across Mountain View County who have children facing medical challenges. We provide assistance through the programs, outlined below:

Program 1: offers assistance to local children who are hospitalized. This includes support for parking, meals, fuel, and sibling care. For long-term hospital stays, additional help may be available, including rent, mortgage, and utility assistance.

Program 2: provides support for local children needing adaptive equipment for home or school, which is not covered by other funding sources.

Program 3: assists children who require home modifications due to illness or disability, also not covered by other resources.

Program 4: helps local children needing therapeutic services, such as counseling, occupational therapy, physical therapy, mental health support, or alternative therapies that are not covered by health insurance.

Program 5: extends assistance for prescription medications that aren't covered by health insurance.

Program 6: offers support, advocacy, and information to families navigating a child's illness or diagnosis. With the personal experiences of our board members, we understand the challenges faced and can guide families to additional resources and support.



PICKLEBALL

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



The Attic on 2nd is the Community's closet.

EVERYTHING IS FREE!

Located in the basement of the Cremona Congregation Church.

Donations of items in good condition are gratefully accepted.

Please no worn out or heavy items.

The Attic is open every
Wednesday from 10am- 5pm
and every
Saturday from 9am - 12pm.

If anyone would like to learn more about how to volunteer please contact us at

CCFATTIC@GMAIL.COM



Need A Ride? - Call Grampy

Cremona and Area Driver and Delivery Service
A community service funded by cash donations.

Suggested donation for local delivery within
10 km of Cremona - \$10.00

Suggested donation for appointment.
Out of area service \$20/h

All services are provided at the discretion of Grampy
(587) 836-9414 – CALL ONLY

LOCAL

Water Valley

CONNECTION

Mom's Connect at the **Water Valley Library**, runs the first and third Wednesday of the month. It is for caregivers of young children. There is a craft, story and toys for the kids and connection time for the adults. It is 10:00-11:30am.



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 skills
- ✓ Outdoor nature exploration
- ✓ Music & movement
- ✓ Engaging science experiments

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

Seniors Meal Program Pick Up
Thursdays 9-11am
Water Valley Community Hall

\$5 meals for seniors



Here's what's happening in Water Valley:

Thursday morning coffee @ the WV Community Hall 9-11am
\$2 for coffee, goodies by donation

Pickleball

Mon & Thursday 7-9pm
Tuesdays 1-3pm
Fridays 9:30-11:30am *NEW*
WV Community Hall
\$2 drop in, all levels welcome

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

2nd Tuesday of the month at WV Hall

Bottle Drive 10am-2pm
Community Association Meeting 7pm

LOCAL

Cremona Library

EDUCATION &
RECREATION

ONGOING PROGRAMS

STORY TIME (age 0-6 & caregivers)
Mondays 10:30- 11:30 am

LET'S GET LIT- BOOK CLUB (adults)
4th Tuesday each month 6:00 pm

Several programs are on pause over the summer- check back in the fall!

SPECIAL PROGRAMS/ EVENTS

SUMMER READING CLUB 2025
Mondays, 1- 4 pm, July & August
Around the World! Get your passports ready. For ages 5 and up. Join us each week for indoor & outdoor activities, crafts, and fun prizes!
Registration required

SUMMER FAMILY MOVIES @ FCSS
Last Wednesday in July & August,
6:30 pm. July 30: Mufasa: The Lion King, August 27: Back to the Future
Registration is available

SPECIAL PROGRAMS/ EVENTS

SUMMER READING CLUB- SPECIAL EVENT- EVERYONE WELCOME!

Monday, August 18, 1:30- 2:30 pm
at the Cremona Arena. As part of our *Around the World Adventures*, we're thrilled to present **Dallas Arcand, 4x World Champion Indigenous Hoop Dancer**.

Experience the artistry and storytelling of hoop dancing, a tradition that spans generations, and celebrate the diversity of Indigenous cultures.

THIS FREE, FAMILY-FRIENDLY EVENT IS OPEN TO EVERYONE— NO REGISTRATION REQUIRED!



CHECK OUT OUR WEBSITE FOR MORE INFO AND REGISTRATION DETAILS

SUMMER HOURS (July & August)

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

MORE THAN BOOKS!

Borrow games like bocce, cornhole, croquet, pickle ball set and more from the library- perfect for your next outdoor picnic, party, or BBQ! Available to borrow with your **FREE** library membership.

CONTACT US

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

Cremona

GARDEN CLUB

For Kids Ages 7-12

Let's get growing!

Join the club for a variety of gardening crafts and activities for free.

SPACE IS LIMITED! REGISTRATION REQUIRED.

Located at Cremona library (outdoors)

205 1ST E, Cremona

PROGRAM DATES:

Tuesday, June 10 (9:30-5pm)

Tuesday, July 15 (2pm-3:30pm)

Tuesday, August 12 (2pm-3:30pm)

- *Container Gardening
- *Bug Houses & Beneficial Insects
- *DIY Herbal Salve
- *Yummy Garden Recipes
- *Garden Art

To Register,

Visit us online at www.mvfrn.ca

CREMONA Municipal Library

fcss Cremona Family and Community Support Services

MOUNTAIN VIEW Family Resource Network MVFRN.ca

MVFRN will be coming to Cremona FCSS for Pop-Up Play

Thursday July 24 and Tuesday August 19

9:30-11:30am (0-6 yrs)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Closed for Canada Day	2	3 Outdoor Adventures: Bragg Creek Playground (D) 10-11:30 a.m. Circle of Security (R) 1:30-3 p.m. Tummy Time Crew (D) 1:30-3 p.m.	4	5
Toddlers in Tow (D) 9:30-10:45 a.m. Circle of Security (R) 1:30-3 p.m.	7 Outdoor Adventures: Willows Playground (D) 10-11:30 a.m. Wee-All (D) 1:30-2:45 p.m. Group Triple P (R) 1:30-3:30 p.m.	8 Cochrane Bumps and Babies (D) 1:30-3 p.m.	9 Outdoor Adventures: West McDougall Accessibility Park (D) 10-11:30 a.m. Circle of Security (R) 1:30-3 p.m. Tummy Time Crew (D) 1:30-3 p.m.	10 Yoga and Connection (R) 1:30-3 p.m.	11 Fishing with the Guys (R) 11 a.m.-1 p.m.
Toddlers in Tow (D) 9:30-10:45 a.m.	14 Outdoor Adventures: Dewey Blaney Park (D) 10-11:30 a.m. Wee-All (D) 1:30-2:45 p.m. Group Triple P (R) 1:30-3:30 p.m.	15	16 Outdoor Adventures: Riviera Playground (D) 10-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	17 Yoga and Connection (R) 1:30-3 p.m.	18 Fishing with the Guys (R) 11 a.m.-1 p.m.
Toddlers in Tow (D) 9:30-10:45 a.m. Circle of Security (R) 1:30-3 p.m.	21 Outdoor Adventures: Greystone Park (D) 10-11:30 a.m. Toddler Regulation (R) 1:30-3 p.m. Wee-All (D) 1:30-2:45 p.m.	22 Cochrane Bumps and Babies (D) 1:30-3 p.m.	23 Marvelous Marmots (R) 9:30-10:45 a.m. Outdoor Adventures: Sunset Pond (D) 10-11:30 a.m. Circle of Security (R) 1:30-3 p.m. Tummy Time Crew (D) 1:30-3 p.m.	24 Yoga and Connection (R) 1:30-3 p.m.	25 Program Legend FRN Drop in Programs (D) FRN Registered Program (R) FRN Virtual Programs (V) FRN Rural Drop in Programs (D) FRN Rural Registered Programs (R) Adult Drop in Programs (D) Adult Registered Programs (R)
Toddlers in Tow (D) 9:30-10:45 a.m. Circle of Security (R) 1:30-3 p.m.	28 Outdoor Adventures: Matt Krol Park (D) 10-11:30 a.m. Toddler Milestones (R) 1:30-3 p.m. Wee-All (D) 1:30-2:45 p.m.	29 Triple P Tip Talk: Learning to Use the Toilet (R) 1:30-3 p.m.	30 Outdoor Adventures: Appaloosa Playground (D) 10-11:30 a.m. Circle of Security (R) 1:30-3 p.m. Tummy Time (D) 1:30-3 p.m.	31	

July

2025

✉ fcss@cremona.ca
☎ (403)510-4521



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CANADA DAY 	2	3 FCSS Newsletter distributed Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	4	5
6	7	8	9	10	11	12
(R)YES Harry Potter Day Camp at FCSS July 7-11 9am-3pm each day						
13	14	15 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm (R)MVFRN Garden Club (7-12 yrs) 2-3:30pm	16	17 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	18	19
20	21	22 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	23 Grief Walk 6pm (meet at the Nature Trail Gazebo)	24 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm MVFRN Pop Up Play (6 & under) 9:30-11:30am	25	26
27	28	29 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	30 Family Movie at FCSS "Mufasa: The Lion King" 6:30pm	31 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm		
Office hours Tuesday and Thursday 9am-3:30pm Free Food Pantry available during office hours when no other events/groups					Blue = Children/Youth Green = Seniors (R) indicates registration required	Orange = Adults Pink = Family/all ages

August

2025

✉ fcss@cremona.ca
☎ (403)510-4521



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Office hours Tuesday and Thursday 9am-3:30pm Free Food Pantry available during office hours when no other events/groups			Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	1	2
3	4 CLOSED	5 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	6	7 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	8	9
10	11	12 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	13	14 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	15	16
17	18	19 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm MVFRN Pop Up Play (6 & under) 9:30-11:30am	20 Activate & Southland Leisure Centre Youth Trip (12+ yrs)	21 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	22	23 Water Valley Days
24	25	26 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	27 Family Movie at FCSS "Back to the Future" 6:30pm	28 (R)Summer Fun Day Camp (6-12 yrs) 9am-3pm	29	30
31					Blue = Children/Youth Green = Seniors (R) indicates registration required	Orange = Adults Pink = Family/all ages



[Summer Fun registration form link here](#)