

Cremona FCSS Newsletter

Kids afterschool Movie at FCSS

May 28 - "Dog Man"

3:15pm

There will no after school movie in June



Cremona Spring Clean up

May 22-25

10am-3pm

Bins will be open at the Public
Works shop (210 1 st. E)

Items NOT accepted: paint, fridges/freezers,
large furniture, electronics, batteries



Coming Soon!

Please register your kid(s) using
the QR code or contact the
library



Family Movie Night - July 30 at FCSS

Family Trip - TBD but looking like Gulls vs
Dawgs Game July 23

Cremona Village and FCSS
offices will be closed
Monday May 19 for Victoria Day

Email newsletter

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

AA Meetings

These meetings are for those ready to get support in their addiction.

Sunday @ 7:30pm Carstairs Legion 121 10th Ave **Carstairs**
Monday @ 8pm Cremona Gold and Silver Centre 113 Centre St. **Cremona**
Tuesdays @ 7:30pm Weedon Hall 42299 Weedon Trail **Cochrane**
Wednesdays @ 8pm Church of Nazarene **Sundre**
Thursdays @ 7pm Evergreen Seniors Centre 5237 52 St **Olds**
Fridays @ 8pm Masonic Hall 2037 21 Ave **Didsbury**
Saturdays @ 8pm Unit B 126 Main St N **Airdrie**

**This is not a complete list of meetings. For a complete list of meetings, including online meetings, go to <https://calgaryaa.org/meetings/>*

Al-Anon Meetings

These meetings are to support family and friends of alcoholics

Monday @ 7:30pm Cremona Country Fellowship Church 210 1st Ave W. **Cremona**
Monday @ 7:15 St Paul Lutheran Church 5022 52 St **Olds**
Monday @ 7:30pm St. Andrew's United Church 128 1st E **Cochrane**
Thursdays @ 11am Sundre United Church 118 Centre St. **Sundre**
Fridays @ 7:30pm St. Andrew's United Church 128 1st E **Cochrane**
Fridays @ 7:30pm Day Break Church 2104 Yankee Valley Blvd **Airdrie**

**This is not a complete list of meetings. For a complete list of meetings, including online meetings, go to <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>*

As part of our ongoing commitment to better support individuals affected by domestic violence, Mountain View Emergency Shelter Society's Outreach program is transitioning from our current drop-in community sessions to a mobile outreach model.

Starting in May, our team will no longer hold regular drop-in hours on the fourth Thursday of every month. Instead, we will be offering flexible, appointment-based outreach, allowing us to meet individuals in safe and accessible locations based on their needs. We believe this approach will allow us to reach more people in need, offering personalized, confidential support on your terms.

If you or someone you know needs support, please contact us at 403-586-4765 or by emailing outreach@m vess.ca (please note new email address). Our team is here to listen, support, and meet you where you are.



EMILIE WEBB
OUTREACH COORDINATOR
Cell: (403) 586-4765
outreach@m vess.ca
Box 3931, Olds, Alberta, T4H 1P6
www.mountainviewemergencyshelter.ca

LOCAL

Seniors

CONNECTION

Seniors Brunch & Resource Fair

Carstairs Community Hall 11am

- Brunch
- Keynote speaker
- resource fair



Call or email FCSS to register

Resource Fair will include:

Mountain View Housing
Accredited Supports
Olds Hospice
Men's Sheds

Gold and Silver Centre

Potluck 1st Wednesday
May 7 at 5pm (no potluck June,
July, August)

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

SENIORS MONTHLY ART CLASS

The May project is still a surprise! Presented by Debbie McIvor. All supplies included, no experience necessary.

DATE: Tuesday May 20

TIME: 2-4pm

LOCATION: Cremona Gold and Silver Club

COST: FREE for seniors 55+, registration is required

To register, email coordinator@cremonaces.com



Free Afternoon Movie at FCSS

We invite seniors to drop in and watch a movie together
on the "big screen"

May 8- "A Man Called Otto" (2022)*

*Followed by discussion

May 28 - "Thelma" (2024)

12:45pm

Free popcorn provided by ConnectFirst Credit Union
Let us know what movies you want to watch! Call or
email suggestions.





Cremona Events/Services

ADVANCED CARE PLANNING WORKSHOP

Join representatives from Alberta Hospice Palliative Care Association for an informative Advanced Care Planning Workshop designed to help you understand your options, make informed decisions, and create a personalized plan for your future healthcare needs.

What you'll learn:

- The importance of advanced care planning
- Understanding your rights and options for medical care
- Steps to document your preferences and ensure your wishes are followed

Who should attend?

- Individuals wanting to take control of their healthcare decisions
- Family members supporting loved ones
- Caregivers or healthcare providers seeking guidance

Gain peace of mind by making your healthcare wishes known

Learn from experts in a friendly, supportive environment

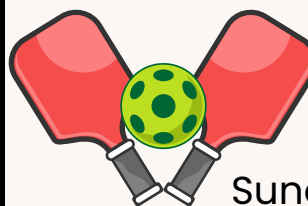
DATE: Tuesday, May 6th

TIME: 10-11am

LOCATION: Cremona Gold & Silver Club

COST: FREE but registration IS required

To register, email coordinator@cremonaces.com



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.



WATER VALLEY
ARTS & MUSIC
FESTIVAL

JUNE 20-22, 2025

**One Festival
Three Unique Venues**

Join us for a vibrant weekend of live music, local art, food trucks, and camping across three scenic venues — The Water Valley Hub, Kahou Farm & Fallentimber Meadery.

From Celtic and folk to country, bluegrass, and EDM — there's something for everyone!

GET TICKETS



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

WV Community Association Meeting
2nd Tuesday of the month
7pm
WV Hall

Seniors Meal Program Pick Up
Thursdays 9-11am
Sundays 8-10:30am
Water Valley Community Hall

\$5 meals for seniors

LOCAL

Cremona Library

EDUCATION &
RECREATION

ONGOING PROGRAMS

STORY TIME (age 0-6 & caregivers)

Mondays 10:30- 11:30 am & 2- 3 pm

KNIT 'N' NATTER (adults)

2nd Tuesday each month 6:00 pm

LET'S GET LIT- BOOK CLUB (adults)

4th Tuesday each month 6:00 pm

LEGO CLUB (age 6+)

Wednesdays, 3:15- 4:15 pm

Registration required

SENIORS MOVIE AFTERNOON

Last Wednesday of the month, 12:45 pm @ Cremona FCSS

AFTER-SCHOOL MOVIE (age 8+, under 8 if accompanied by an adult)

Last Wednesday of the month, 3:15- 5:00 pm @ Cremona FCSS

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

Thursdays 12:00- 2:00 pm

By appointment or by chance (appt recommended)

SPECIAL PROGRAMS/ EVENTS

RED DEER POLYTECHNIC

PRESENTS: RED HOT SCIENCE

Friday, May 16

10:30- 11:30 am, Ecosystem in a Jar (ages 7- 10, 8 and under MUST be accompanied by an adult).

1:00- 2:30 pm, Holograms (ages 10-14)

Registration required

DIGITAL FOUNDATIONS:

Confidence w/ Computers and Microsoft Basics for Adults

Tuesdays, June 3, 10 & 17

1- 3 pm or 6- 8 pm

Registration required

SUMMER READING CLUB 2025

Mondays, 1- 4 pm, July & August
Around the World! Get your passports ready. For ages 5 to 12. Join us each week for indoor & outdoor activities, crafts, and fun prizes!

Registration opens June 9!

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

WE'RE HIRING!

Summer Reading Program Assistants

This is a term position, one half-day shift per week, throughout July and August, plus a paid orientation shift prior to program start.

Working with other Summer Reading Program Assistants, you will supervise and guide a group of 5 to 12 year olds through a summer of fun, reading and activities both indoors and outdoors.
Visit our website for more details

CONTACT US


 (403)637-3100

 www.prl.ab.ca/cremona

 cremonalibrary@prl.ab.ca

 @CremonaMunicipalLibrary

 205- 1st Street E



Stress Management & Healthy Coping

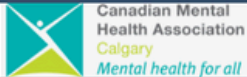

Boost your own wellness while learning how to support the wellness of the youth in your life!

For parents/caregivers with youth aged 8 to 24

**May 22, 2025
6:30–8:00pm
Cremona FCSS Building
(106 1 AVE East)**

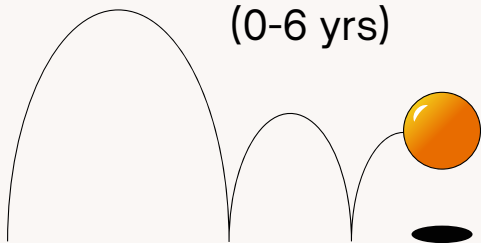
- An overview of what the stress response is, and how it affects the body and mind
- Help developing an awareness of your stressors
- Strategies on how to cope with stress in healthy ways

REGISTRATION REQUIRED
www.mvfrn.ca
info@mvfrn.ca

MVFRN will be coming to Cremona FCSS for Drop-In parent/resource support Tuesday May 27 and June 14 9:30-11:30am

MVFRN will be coming to Cremona FCSS for Pop-Up Play Tuesday May 20 and June 17 9:30-11:30am (0-6 yrs)



**Tiny Tots Gym Time
Fridays May 9, June 20
Drop-in for under 4 yrs (parented)
3:30-4:30pm
Cremona School Gym**

Scrapyard Program
May 27, June 24
3:15-5pm
7-12 years

Explore our collection of scrap materials to build one of a kid creations!



Outside the Cremona Library
Register with MVFRN
Juicebox and hotdog provided



Mental Health Week: Unmasking Mental Health

Monday May 5

Self-Care Day

9:30am-3pm

Includes mindfulness, gentle movement, lunch and mental wellness workshops

*registration required

Family Paint Night (7+)

6:30pm

*registration required

*Contact to be put on the waitlist for paint night

Tuesday May 6

Office hours and free food pantry

9am-4pm

Advanced Care Planning Workshop

Gold and Silver Centre
10am

To register, email
coordinator@cremonaces.com

Wednesday May 7

Seniors Potluck at Gold & Silver Centre

5pm

Psychology of Spending

Webinar 7:30pm

*registration required

Thursday May 8

"A Man Called Otto" movie and discussion

12:45pm

*registration required

Financial Wellness Workshop

7-8pm

*registration required

Friday May 9

Mental Health First Aid

8:30am-4:30pm

*3 hours of online study

need to be completed prior to attending. Participants who successfully complete all components will get a certificate.

*registration required

\$40 (\$190 value)

To register, use the QR code or contact FCSS at
(403)510-4521 or fcss@cremona.ca



Seniors Week

Monday June 2

Seniors Appreciation Brunch and Resource Fair

11am

Carstairs Community Hall

*registration required



Tuesday June 3

Seniors Benefits and Credits

CRA/Service Canada

10am

Cremona FCSS

Living Well on Retirement Income

Credit Counselling Canada

2pm

Cremona FCSS

*registration required

Wednesday June 4

Grief Sharing Circle

1-3pm

Cremona FCSS

Thursday June 5

Be Scam Aware

CRA

10am

Online

Drop-in Bridge/Crib

1pm

Gold and Silver
Centre

*We
thank
you!*



To register, contact FCSS at
(403)510-4521 or fcss@cremona.ca

May

2025

✉ fcss@cremona.ca
☎ (403)510-4521




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Office hours Tuesday and Thursday 9am-4pm Free Food Pantry available during office hours when no other events, groups, or meetings			1 FCSS Newsletter distributed Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	2	3
4	5 (R)Self-Care Day 9:30am-3pm (R)Paint Night 6:30pm	6	7 Seniors Potluck at Gold and Silver Centre 5pm (R)Psychology of Spending webinar 7:30pm	8 (R)"A Man Called Otto" movie and discussion 12:45pm (R)Financial Wellness 7pm	9 (R)Mental Health First Aid 8:30am-4:30pm Tiny Tots Playtime 3:30pm (0-4yrs) Cremona School	10
11	12	13	14 Stage West trip	15	16	17
18	19 Victoria Day FCSS Closed	20 MVFRN Pop Up Play (6 & under) 9:30-11:30am	21	22 Cremona Spring clean up May 22-25 10am-3pm (R)Stress Management and Health Coping 6:30-8pm	23 Westbrook Playschool Golf Tournament fundraiser	24
25 Cremona Spring Clean-up 10am-3pm	26	27 (R)MVFRN Scrapyard at Cremona Library 3:15-5pm ages 7-12	28 Seniors Movie 12:45pm "Thelma" (R)Kids movie 3:15pm "Dog Man"	29	30	31
Blue = Children/Youth (R) indicates registration required		Green = Seniors	Orange = Adults	Pink = Family/all ages		

June

2025

✉ fcss@cremona.ca
☎ (403)510-4521



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 (R)Seniors Brunch at Carstairs Community Centre 11am	3 CRA Seniors Benefits and Credits Session 10am (R)Living Well on Retirement Income 2pm	4 Grief Sharing Circle 1pm FCSS Board Meeting 6:30pm	5 CRA Be Scam Smart(online) 10am Bridge/Crib at Gold and Silver Centre 1pm FCSS closed	6	7
8	9	10	11	12	13	14
15	16	17 MVFRN Pop Up Play (6 & under) 9:30-11:30am (R)MVFRN Youth Game On (9+) 3:15-5:15pm	18	19	20 Tiny Tots Playtime 3:30pm (0-4yrs) Cremona School Water Valley Arts and Music Festival	21 Water Valley Arts and Music Festival
22 Water Valley Arts and Music Festival	23	24 (R)MVFRN Scrapyard at Cremona Library 3:15-5pm ages 7-12	25	26	27	28
29	30	July 1 - CANADA DAY 				
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	Orange = Adults Pink = Family/all ages

Stay tuned for Canada Day celebration activities!