

| September 2026

Cremona FCSS Newsletter



INDIGENOUS TEACHINGS



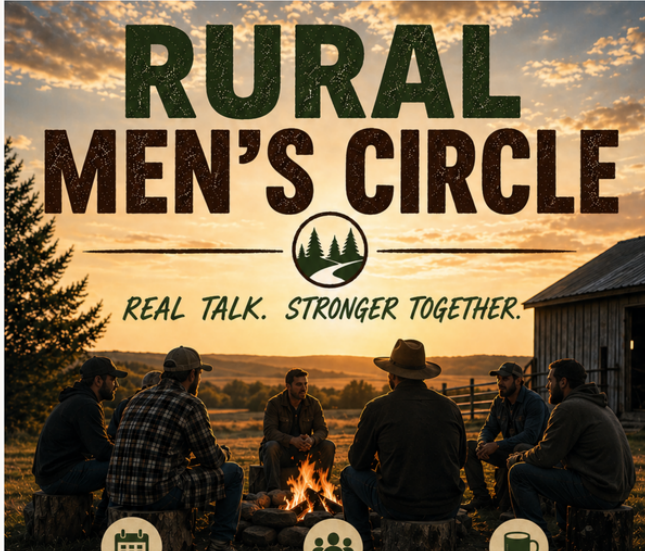
SMUDGE & MEDICINE WHEEL **DRUMMING**

Date: Wednesday October 7th Date: Wednesday October 28th
Time: 6:30-8:30pm 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** **STONY CREEK MEN'S SHED** **RURAL Mental Health**

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

Note that the Cremona FCSS office will be closed Sept 14-29. Emails and phone messages will not be monitored during this time.



Monthly Drop-In Services

Community-Based Outreach & Drop-In Services

Stop by to connect with community-based outreach services, ask questions, access support, and learn about available resources in a welcoming and confidential environment.

Location: Didsbury FCSS	Location: Carstairs Library	Location: Olds Community Connections Centre 4911 51 Ave Olds
When: Every 2nd Wednesday of each month	When: Every 2nd Wednesday of each month	When: Every 2nd Tuesday of each month
Time: 9:30am - 10:30am	Time: 11am - 12pm	Time: 10am - 11am
Location: Sundre FCSS Greenwood Neighborhood Place #5 96 2nd Ave NW Sundre	Location: Innisfail Public Library 5300A 55 Street Close Innisfail	Location: Cremona FCSS, Cremona, AB
When: Every last Thursday of each month	When: Every 1st Tuesday of each month	When: Every 2nd Tuesday of the month
Time: 9:30am - 10:30am	Time: 10am - 11am	Time: 11:00 AM - 12:00 PM

Everyone is welcome.

September 2026

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 fcss@cremona.ca



Suicide Prevention Day Sept 10
World Mental Health Day Oct 10



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

Mental Health and Suicide
Prevention are needed
everyday. We all have a mind,
so we all have mental health.

Resources(24/7)

Suicide Support line 988
Distress Centre (403)266-4357
AHS Mental Health Support line
1-877-303-2642

If someone's life is in immediate
danger, call 911

Alberta Access Mental Health
intake (403)943-1500

*free mental health services can be accessed in
Cochrane or Didsbury

14th Annual

2026 CREMONA



Cremona, Water Valley and District Chamber of Commerce

SHOW 'N SHINE

September 12 2026

9am - 3pm

Rain Day September 19

GRAND PRIZE

1927 Ford Model T Roadster

& MANY MORE PRIZES

HOSTED BY



Cremona, Water Valley & District Chamber of Commerce

SHOW FEATURES

-  Classic Cars
-  Hot Rods
-  People's Choice Awards
-  Raffle Prizes
-  Live Entertainment
-  BBQ Lunch

ENTRY FEE:

FOOD DONATION TO MOUNTAIN VIEW FOOD BANK

For More Info: CremonaWatervalley@gmail.com
or Call Clarke: 403-875-4473

THE MAN VAN®
By  Prostate Cancer Centre



GET CHECKED.

PROSTATE CANCER OFTEN HAS NO WARNING SIGNS EARLY DETECTION SAVES LIVES

THE VISIT IS FAST, FREE AND NO APPOINTMENT IS NECESSARY.

The MAN VAN® will be on-site offering free baseline PSA (Prostate Specific Antigen) blood testing for men ages 40-70*, which can help with the early detection of prostate cancer. Additionally, all men over 18 can receive blood sugar, blood pressure, mental wellness check and waist circumference measurements.

PLACE: Cremona Show and Shine

ADDRESS: 106 1 Ave E, Cremona, AB

DATE: Saturday, September 12, 2026

TIME: 11AM-2PM



THIS MAN VAN® CLINIC IS PROUDLY SPONSORED BY:



fcss
Cremona Family and Community Support Services

*Conditions apply

Visit getchecked.ca for more information.

V24-06.04

PICKLEBALL

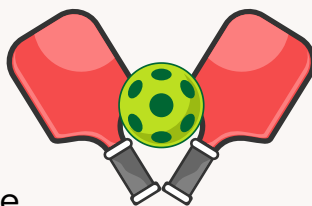
Sundays & Thursdays
Cremona Community Hall

7-9pm

\$2 drop in

Two courts, equipment available.

Bring clean, indoor running shoes



Joyful Noise Singing Group meets
Fridays 10-11:30am starting Sept 11 at the
Gold and Silver Center.
Contact Dianne Whitlow (403)637-3792
or Lynn Whittle (403)637-2622

Cremona Skating Club

REGISTRATION NOW OPEN!

★ 2026/2027 SKATING SEASON ★

SKATING STARTS
SEPTEMBER 15!

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

NEW! 4-WEEK PROGRAMS

GET A HEAD START. • BUILD STRENGTH. • IMPROVE SKILLS. • HAVE FUN!

 CanSkate	 CanPower	 Power Skating	 Figure Skating
Learn the fundamentals and build confidence on the ice!	For hockey players looking to build strong skating skills!	Take your speed, power and edge control to the next level!	Develop grace, skills and confidence in a supportive environment!
Perfect for kids thinking about trying skating or for those who want to get their feet under them before the main season.	Designed for hockey players of all ages to build speed, strength, and confidence before the main hockey season.	Existing skaters get your feet back under you and sharpen your skills before the main season.	Build strong fundamentals and be ready to shine on the ice this season!
4 WEEKS	4 WEEKS	4 WEEKS	4 WEEKS



NEW TO SKATING?
Try four weeks to see if you would like to do the full season!



TOOK SOME TIME OFF OF SKATING AND WANT TO SEE IF YOU WANT TO COME BACK?
Just for a few weeks trial!



EXISTING SKATERS
Get your feet back under you for 4 weeks conditioning.

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

 cremonaskatingclub@hotmail.ca |  Cremona Skating Club

LOCAL

Seniors

CONNECTION

Seniors Chair Yoga at FCSS

Thursdays 11am-12pm

\$40 for all classes

*Space is limited to 10 people

No yoga experience required

<https://forms.cloud.microsoft/r/g7JJdpVVNq>



If you have questions or can't use the online form, contact FCSS via phone or email
(403)510-4521 fcss@cremona.ca

Seniors Meal Program Pick up

Wednesday 12-3pm

Cremona Congregational Church

\$5 meals for seniors

The Gold and Silver museum will be opening weekly beginning Thursday September 3, 2026 from 2-4pm in the afternoon. The museum is also welcoming 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
(Sept 2, 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+

If you are interested in being part of a new pool/snooker group, contact Phil Oltman 587-224-0727 (dates and time TBD)

Seniors Monthly Art Class

DATE: Tuesday, Sept 15th

TIME: 2-4pm

LOCATION: Cremona Gold & Silver Club

COST: FREE for seniors 55+, registration is required

To register, email coordinator@cremonaces.com

MUSEUM
TICKET

LOCAL

Water Valley

CONNECTION

Water Valley Library Hours

Sunday Closed

Monday Closed

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, Sept 23 Hoppers
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 Sept 22 1:00-3:00 pm
Registration required

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

Tues Sept 29 1:00 - 3:00 pm

SPECIAL PROGRAMS/ EVENTS

EPIC USED BOOK SALE

August 31 - September 11. Used books and DVDs. By donation.

MVC COMIC-CON SAT, SEPT 12

10am - 4pm MVE Heritage Centre
A day of vendors, guest panels, cosplay and much more. Free entry
IMAGINE & EXPLORE: NO-SCHOOL ADVENTURES

Paint with Me- Friday, Oct 9 1-3 pm (age 7+)

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!

READING DRAGONS (CHILDREN)

Read, Earn, Collect! Returns Sept 14

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

POP-UP PLAY

Various dates and times throughout SEPT 2026

This program is intended for kids 0-6

Bring your kids for some free play time and activities. We are also available during this time to answer any parenting questions you may have.

All about the Alphabet this month!

Bring your kids for some free play time and activities. We are also available during this time to answer any parenting questions you may have.

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

fcss

Family Resource Network

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

Cremona
FCSS Building
(106 1 Ave E)

These classes provide a peaceful, yet energizing 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

Registration is required
www.mvfrn.ca

fcss

Family Resource Network

AGES 13-18

SUPER

TEEN DROP-IN

ARE YOU READY TO CLAIM THE TITLE OF BEST DRIVER FOR AN INTENSE MARIO CART COMPETITION? COME TO TEEN DROP IN AND SHOW OFF YOUR SKILLS.

Didsbury Train Station
(20th street)
3:15-5pm
SEPTEMBER 9 & 23, 2026

Mountain View Family Resource Network

MomTribe

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:
www.mvfrn.ca or info@mvfrn.ca

Sundre Library

Family Resource Network

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!

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

DML

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 September 16, 2026
6:00-7:00pm
Didsbury Neighborhood Place

coffee & snacks provided

DROP-INS are Welcome

Mountain View Family Resource Network

September

2026



fcss@cremona.ca

(403) 510-4521



fcss
Cremona
Family and Community
Support Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FCSS office closed Sept 14-29		1	2	3 FCSS Newsletter distributed Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	4	5
6	7 Labour Day Closed	8	9	10 (R) Seniors Chair Yoga 10-11am	11	12
13	14	15	16	17 (R) Seniors Chair Yoga 10-11am	18	19
20	21	22 MVESS Drop in Support 11am-12pm	23	24 (R) Seniors Chair Yoga 10-11am	25	26
27	28 Rural Men's Circle 7-9pm (Stony Creek Men's Shed)	29	30 Truth and Reconciliation Day			
Office hours Tuesday and Thursday 9am-4pm Free Food Pantry available during office hours when no other events/groups				Blue = Children/Youth Green = Seniors (R) indicates registration required		Black = Adults Pink = Family/all ages