

Cremona FCSS Newsletter

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 12, 2025

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

Time: 6:30-8:30pm

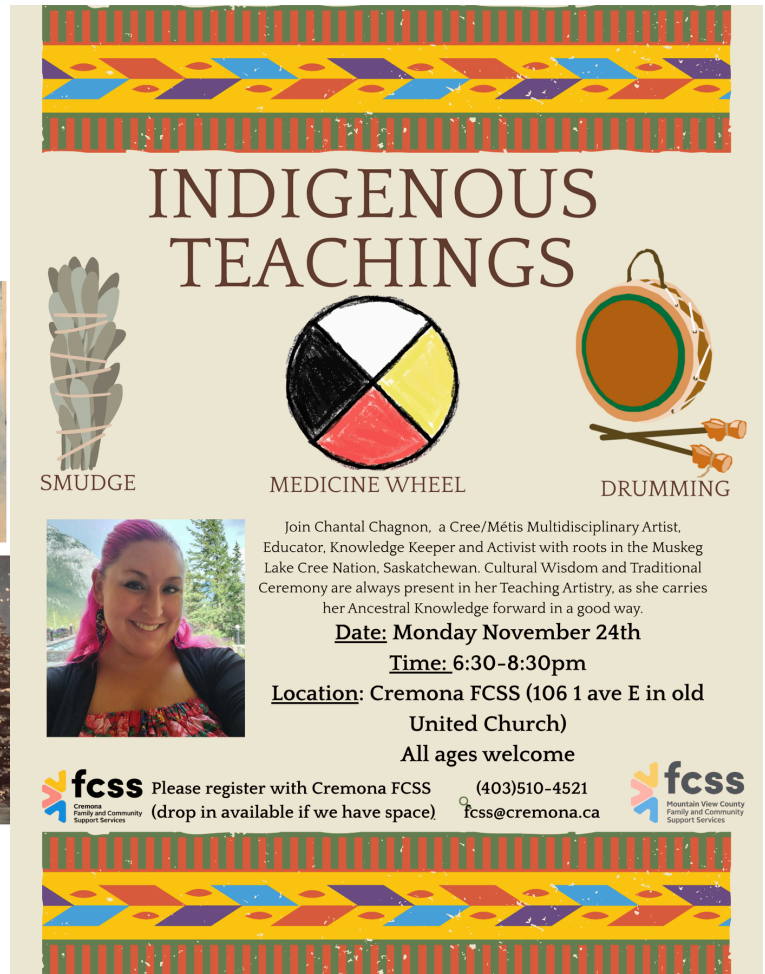
Cost: FREE (Includes supplies)
Ages 7+ Welcome

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

Choose one of the following paintings:



12 SPOTS
AVAILABLE!




INDIGENOUS TEACHINGS

SMUDGE **MEDICINE WHEEL** **DRUMMING**

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.

Date: Monday November 24th
Time: 6:30-8:30pm
Location: Cremona FCSS (106 1 ave E in old United Church)
All ages welcome

Please register with Cremona FCSS (drop in available if we have space)
(403)510-4521
fcss@cremona.ca



**Save the Date: Weekly
Moms and Tots(0-5 yrs
suggested but all
welcome) Play and
Connect Group coming
Tuesday mornings 9:30am
in January!**



Family Christmas in the Village

Wednesday, December 17
5:00- 7:00 pm
Cremona FCSS- 106 1 Ave

Enjoy a festive evening with a pizza supper, gingerbread house decorating, card making, and a visit from Santa! Come share the joy of the season with family and friends.

This is a family event for ages 0- 18 and their caregivers.



Space is limited
Register here: →



FIRE SAFETY IS A COMMUNITY EFFORT

CREMONA & DISTRICT EMERGENCY SERVICES AND CREMONA FCSS ARE JOINING FORCES TO HELP KEEP OUR COMMUNITY SAFE. WE ARE THRILLED TO ANNOUNCE A NEW PARTNERSHIP AIMED AT PROTECTING OUR MOST VULNERABLE RESIDENTS FROM THE RISKS OF FIRE.

YOUR LOCAL VOLUNTEER FIREFIGHTERS ARE NOW AVAILABLE TO PERFORM **FREE SMOKE DETECTOR INSPECTIONS AND BATTERY CHANGES FOR RESIDENTS IN CREMONA, WATER VALLEY, AND THE SURROUNDING RURAL AREAS.**

THIS SERVICE IS A PROACTIVE STEP TO ENSURE EVERY HOME HAS WORKING SMOKE DETECTORS, WHICH ARE PROVEN TO SAVE LIVES. OUR TEAM CAN QUICKLY CHECK THE FUNCTION AND PLACEMENT OF YOUR DETECTORS AND REPLACE THE BATTERIES TO GIVE YOU PEACE OF MIND.

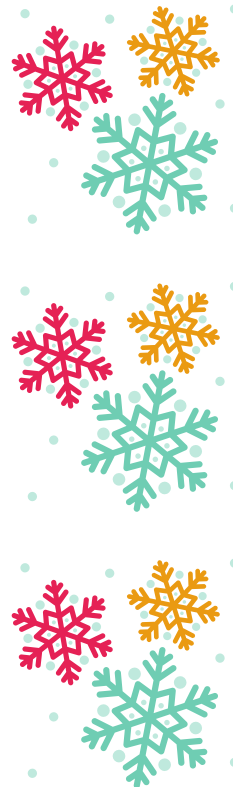
THIS SERVICE IS PERFECT FOR:

- SENIORS AND THOSE WITH MOBILITY CHALLENGES.
- FAMILIES WHO NEED ASSISTANCE REACHING HIGH CEILINGS.
- ANYONE WHO WANTS TO ENSURE THEIR HOME MEETS FIRE SAFETY STANDARDS.

FOR MORE INFORMATION OR TO SCHEDULE YOUR APPOINTMENT, PLEASE CONTACT CREMONA FCSS AT (403)5104521 OR FCSS@CREMONA.CA



Free Smoke Detector Check
Request Form



Cremona Village and FCSS
offices will be closed
December 22-Dec 26,
2025 and Jan 1, 2026.

Remembrance Day Ceremonies

Cremona Community Hall

302 Centre St Cremona, AB T0M 0R0

**November 11, Doors open at 10am; Ceremony at 10:30am,
Light Lunch at the Legion afterwards**

Hugh Sutherland School, Main Gymnasium - Carstairs, AB

2000 AB-Hwy 581 Carstairs, AB T0M 0N0

November 11, 10:30 AM

Cochrane Legion Cenotaph

114 5 ave W Cochrane, AB

November 11, 10:30am

Royal Canadian Legion Branch 223 Sundre

135 6 St SE Sundre, AB T0M 1X0

November 11, 10:30 AM

Veterans Services: 877-534-4666

Urgent Drop-in Mental Health

This service offers mental health assessment and single session therapy.

Urgent mental health services are available with no appointment through the Urgent Care department. Individuals need to go through triage and register with Urgent Care.

Airdrie Urgent care Monday-Friday 2:30-9pm, weekends 10am-5pm

Cochrane Urgent care Monday-Friday 12-7pm, weekends 10am-5pm



**Cremona Village and
FCSS offices will be
closed
Tuesday November 11
for Remembrance Day**





Christmas Food Hamper

Self-referral program to help families with food for the holidays. Must reside in Cremona/Water Valley/Dogpound/local area.

The program is open November 14-December 19, 2025. Accepting cash donations but not food this year.

Confidential phone number for self-referral or donations call Janet (403)637-2945



Mountain View Food Bank in Olds is the designated food bank for Cremona and area residents. They are open Tuesdays 9am-1pm for hamper pick up and have a “free pantry” that can also be accessed on Tuesdays. Call in to register for a hamper (must bring ID at pick up)

5025 50 St Olds, AB T4H 1R9

(403) 556-1693

office@mountainviewfoodbank.com

Santa’s Anonymous

This is a confidential. self-referral program to help families with Christmas gifts. There are donation bins at Connect Credit Union in Cremona and Water Valley Hardware Store.

Donations accepted: family board games, PJs (all sizes), Mittens/gloves, touques (all sizes) at Servus Credit Union and Water Valley Hardware Store. Cash donations can be e-transferred to **cremonasantas@gmail.com**

The program is open November 19-December 13, 2025.

**Confidential phone number for self-referral
(403)862-9761**

Cremona FCSS food pantry is open during office hours Tuesdays & Thursdays 9am-4pm on a drop-in basis.



November is Family Violence Prevention and Men's Health Month



"It Ends with Us" Movie and Panel Discussion

Wednesday Nov 19

6:30pm

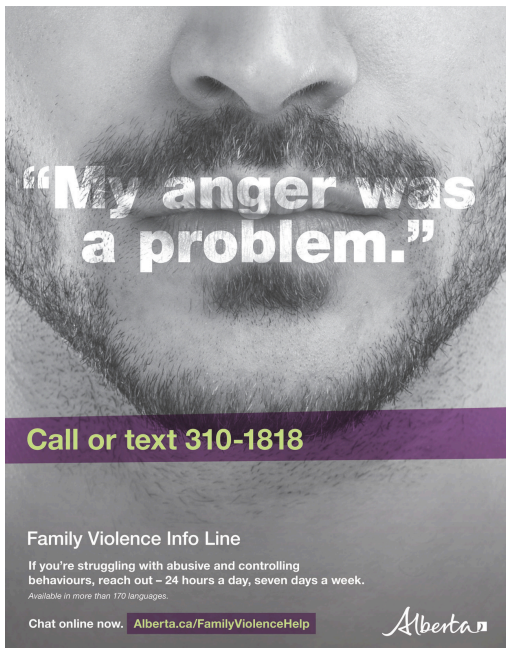
Cremona FCSS

Popcorn and refreshments provided



Let's do our part to educate and empower change around domestic abuse.

Register using the QR code or call/email FCSS



The Mobile Outreach Team at MVESS will meet with you in your preferred location to support you or help you to support someone that you know that is or has been impacted by Family Violence.

We offer various supports and services including:

- Completion of danger assessments (for those who identify as female only)
- Provide safety planning
- Advocacy
- Referrals & resources
- Assistance with basic needs, such as personal care items, and/or food through the food bank.
- Emotional support
- Provide assistance with locating emergency shelter or second stage shelter accommodation.
- Navigation of government supports
- Short term education & programming



outreach@mveess.ca

(403) 586-4765

<https://www.mountainviewemergencysshelter.ca/>

Men's Health Resources

<https://www.nextgenmen.ca/>

<https://www.buddyup.ca/>

<https://www.albertamenssheds.ca/>

Violence Prevention Resources

<https://fearisnotlove.ca/>

(403)234-7233

<https://preventdomesticviolence.ca/>

<https://www.alberta.ca/family-violence-prevention-month>

Surviving the Holidays

Navigating grief and loss can be hard at any time of the year, the holidays can be a major trigger for memories of loved ones who have died, family traditions that can no longer happen due to strained relationships or separation, or the empty seat at the table. If you are living with grief, loss, trauma, or loneliness, it can be easy to compare your situation to others', which can increase feelings of loneliness or sadness. Take time to check in with yourself and your feelings and have realistic expectations for how the holiday season will be.

If holiday observances seem inauthentic right now, you do not need to force yourself to celebrate. During this time, connect with and plan to check in with a support group, a therapist, a faith community, or friends who understand. As much as possible, let your loved ones know how they can support you, whether it's helping you with shopping or meeting up for a regular walk. Often, people want to help but don't know what to say or where to start.

If you are dealing with loss or grief, gently remind yourself that as circumstances change, traditions will change as well.



Unstuck: Grief & Loss Support Group

These are nurturing, non-judgmental, and maybe even mischievous group conversations exploring how we can be with our grief. Whether you've just begun your journey, or have been walking it for some time, there is a place for you in the circle.

This group is

- FREE
- Drop-In

4th Tuesday of the month 12-1:30pm
Sept 23, Oct 28, Nov 25, Dec 16

Facilitated by:  In partnership with:  

24/7 Mental Health Supports

Suicide Crisis line 988 call or text

Kids Help Phone 1-800-668-6868

or text 686868

Distress Centre 403-266-4357 (HELP) - call or text

Indigenous Hope for Wellness 1-855-242-3310

If you are in immediate danger, please call 911

"Surviving The Holidays"

Dec 17

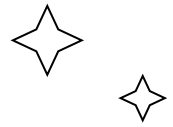
7-8:30pm

Cochrane Alliance Church

For more information

Call (403)932-6100 or

connect@cochranealliance.com



Cremona Events/Services



CHECK OUT THE LINK TO OUR
GOOGLE FORM TO SUBMIT YOUR
APPLICATION TO BE A VENDOR AT
THIS YEARS SALE!

*Saturday December
6, 2025*

10 AM-3PM

Cremona Community Hall
Gold and Silver Club

Vendor tables are \$50. Apply here
<https://forms.gle/XQesbQW7F2e7eFjt6>



WE NEED YOUR HELP!
BPH IS IN DIRE NEED OF HELP

- BPH IS AN ACTIVE HALL
- BPH NEEDS NEW MEMBERS
 - BOARD MEMBERS
 - EVENT SUPPORT MEMBERS
- MEMBERS HAVE PERKS
 - BEING A PART OF A REALLY FUN CREW!
 - DISCOUNTS ON RENTALS
 - BOARD MEMBERS
 - 66% OFF
 - SUPPORT MEMBERS
 - 50% OFF

MORE MEMBERS LIGHTENS THE LOAD. TOGETHER WE CAN MAKE OUR HALL SHINE!

More Information:
Holly 403-507-9536
Sam 780-206-7327

**SUPPORT
BIG PRAIRIE
HALL
SUPPORT YOUR
COMMUNITY**

Email: cremonawinterfest2022@gmail.com
Check out the Cremona Winterfest FB page

The Parkhills Women's Guild will be in the Gold & Silver Center for Winterfest with a large variety of baked goods for sale and our "Old & New Tried and True Cookbooks" while they last! Proceeds go to local charities, Food banks, School breakfast program, Women' Shelters, Hospice, and Stars to name a few. Your support is much appreciated. Information Call Mary 403 637 2458

NEEDLE FELTED CHRISTMAS ORNAMENTS

Join fibre artist Samantha Howells for a fun and humorous approach to needle felting. In this class, we will be creating little Whoville ornaments. Perfect for tree trimming! A perfect class for both beginner and novice fibre enthusiasts. No experience needed, all supplies and tools are included.

DATE: Sunday, November 23rd

TIME: 2-6pm

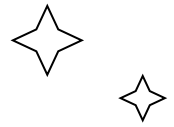
LOCATION: Cremona Gold and Silver Club

COST: \$25 under 55, \$20 for 55 and up

To register, email coordinator@cremonaces.com

UPCOMING CLASSES: | [Cremona Community Engagement Site \(cremonaces.com\)](https://cremonaces.com)





Cremona Events/Services

**Coyote Designs & Embroidery's 3rd
Annual Massive Clearance BLACK
FRIDAY Sale** at the Cremona Community
Hall on
Friday, November 28 from 9am – 6pm
** Doors will not open until 9am

Get ready for huge savings on a wide
variety of products! If you came last year
– this year will be BIGGER!

Don't miss this opportunity to score
amazing deals and find great gifts for
everyone on your list. Mark your
calendars, grab your friends and get ready
to shop 'til you drop at our biggest
clearance sale yet!



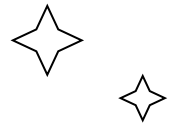
Christmas in the Village

Friday, November 14th, 2025 @ 6 PM - 8 PM

Saturday, November 15th, 2025 @ 10 AM - 2 PM

*Gold + Silver Centre
113 Centre Street, Cremona, AB*





Cremona Events/Services

Living Nativity at Cremona Country Fellowship Church

Fri Dec 20 and Sat Dec 21

2 showings each night: 6:30pm & 7:30pm

Featuring live donkey and barnyard friends! Enjoy hot chocolate at CCF after.



Cremona Christmas Concert

Location: Cremona Community Hall

Date: Sunday December 14th

Time: 2 PM

Candy bags for children and Santa Claus
Donations to the Food Bank appreciated at the Door.

All are welcome!

We are looking for some local talented participants to make it an old fashioned concert! Do you play, sing, dance or recite a poem? We want you to be part of our entertainment.

FUSED GLASS CHRISTMAS TREES

Come and join the fun of creating your own fused glass Christmas Tree, in this class you will be able to decorate your own tree with different glass items to make it your own art to display at home, the tree will be 9" and includes fairy lights. It will come with a wooden stand to display it. All materials and tools included.

DATE: Wed Nov 12th

TIME: 10am-1pm

LOCATION: Cristina's Studio #29252 on RR41 (approx 10 minutes south-east of Cremona)

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

To register, email
coordinator@cremonaces.com



LOCAL

Seniors

CONNECTION



ROSEBUD TRIP

“Miracle on 34th St”

Thursday Dec 11, 2025

Board bus at 10am, Leave from FCSS at 10:15am

Tickets are \$95

Includes transportation, buffet, and the show
Limited tickets left!

To register call or email FCSS **by November 10** send payment to finances@cremona.ca or pay at the Village Office.

SENIORS MONTHLY ART CLASS

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

DATE: Tuesday, November 18th

TIME: 2-4pm

LOCATION: Cremona Gold and Silver Club

COST: FREE for seniors 55+,
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

LOCAL

Cremona Library

EDUCATION &
RECREATION

ONGOING PROGRAMS

STORY TIME (age 0-6 & caregivers)

Mondays 10:30- 11:30 am (Special Santa visit Dec 15!)

LET'S GET LIT- BOOK CLUB (adults)

4th Tuesday each month* 6:00 pm

**Dec book club will be 3rd Tuesday*

STEAM CLUB (age 8 and up)

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

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

FREE movie and popcorn, 3:15- 5:30 pm @ Cremona FCSS bldg, Wed, Nov 26 & Wed, Dec 10 (Special Santa visit!)
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)

SPECIAL PROGRAMS/ EVENTS

ELL: Let's Talk English! (adults)

Wednesdays, November 5, 12, 19 & 26, 10 am- 12 pm

DOG MAN AFTERNOON (AGE 8+)

Friday, November 7, 1- 3 pm

Registration required

AUTHOR TALK: AN EVENING W/ SHELLY CAMPBELL

Meet local author Shelly Campbell to explore storytelling, indie publishing and book signings.
Tuesday, November 18, 6- 7 pm

DIGITAL FOUNDATIONS: CONFIDENCE W/ COMPUTERS AND MICROSOFT BASICS FOR ADULTS

Tuesdays, November 18, 25 & December 2, 1- 3 pm
Registration required

READING DRAGONS (CHILDREN)

Read, Earn, Collect! Pick up your starter pack and reading tracker at the library to start your Reading Dragons adventure!

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 |

LET'S BE FRIENDS!

Support the library by joining our new Friends of the Library group. Next meeting is November 21, 1:30 pm at the library or contact the library for more information.



CONTACT US

 (403)637-3100

 www.prl.ab.ca/cremona

 cremonalibrary@prl.ab.ca

 @CremonaMunicipalLibrary

 205- 1st Street E

LOCAL

Water Valley

CONNECTION



Christmas in Water Valley

22 | **10 AM - 4 PM**
NOVEMBER | WATER VALLEY ALBERTA

2 Venues - Main Hall & The Chapel

- Variety of vendors
- Horse Drawn Wagon Rides
- Concession
- Photos with Santa 12-3pm free kids crafts & hot chocolate @the Chapel

WINTER SOCIAL TO FOLLOW 5-7PM
DRINKS, MUSIC, FIREPITS &
FIREWORKS AT APPROX. 6:30

Inquiries : christmasinwatervalley@gmail.com

Here's what's happening in Water Valley:

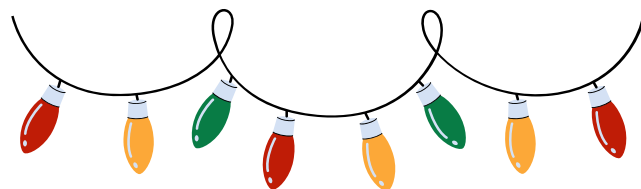
Thursday morning coffee @ the WV Community Hall 9-11am
\$2 for coffee, goodies by donation

Pickleball

Mon & Thursday 7-9pm
Tuesdays 1-3pm
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



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.



POP-UP PLAY

LITTLE CHEFS

Bring your little one and join us for a morning of hands on kitchen adventures – where we will mix, stir, and eat together!

- healthy snacks
- sensory station
- kitchen crafts
- circle time

Various dates and times throughout NOVEMBER 2025

This program is intended for kids 0-6

Monday, Nov 3- 9:30 to 11:30 a.m.
Didsbury Neighborhood Place

Tuesday, Nov 4 - 9:30 - 11:30 a.m.
Sundre Library

Tuesday, Nov 18- 9:30 to 11:30 a.m.
Cremona FCSS Building

Friday, Nov 21 - 9:30 to 11:30 a.m.
Olds, New Hope Church

Tuesday, Nov 25- 9:30 to 11:30 a.m.
Carstairs Community Hall

Please register so we know to expect you!
Register online at www.MVFRN.ca
Drops -Ins are welcome!



INFANT CHOKING AND CPR

Friday, November 21, 2025 from 10:00-11:00am
at Didsbury Neighborhood Place (1606 14th Street)



Join our certified Red Cross instructor to learn what to do if your baby is choking.

Babies are welcome!

REGISTRATION REQUIRED:

Register online at MVFRN.ca
For more information, email info@mvfrn.ca
This is a non-certified session offered FREE of charge.



DEVELOPING LEADERS ONE CLASS AT A TIME!

SELF-ESTEEM FOR YOUTH



Join our Self-Esteem 9+ Program — where kids discover their strengths, build confidence, and learn to lead with kindness.



Ages 9+

NOVEMBER 22, 2025
10:00 AM-12:00PM
CARSTAIRS LIBRARY

REGISTRATION REQUIRED
Register online at MVFRN.ca



For more info go
www.mvfrn.ca

November 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 | | | Bridge/Crib at Gold and Silver Centre 1pm Every Thursday | | 1 |
| 2 | 3 FCSS Board Meeting 6:30pm | 4 (R)Chair Yoga 10am | 5 | 6 FCSS Newsletter distributed | 7 | 8 |
| 9 | 10 | 11 Remembrance Day Closed | 12 (R)Community Paint Night 6:30pm | 13 | 14 (R)Seniors Line Dancing 10am | 15 |
| 16 | 17 | 18 MVFRN Pop Up Play (6 & under) 9:30-11:30am | 19 "It Ends with Us" Movie and panel discussion 6:30pm | 20 Interagency Meeting 10am | 21 | 22 |
| 23 | 24 (R)Indigenous Teachings 6:30pm | 25 MVFRN mobile hub 10am-12pm (R)Seniors Chair Yoga 10am Unstuck Grief/Loss Group 12-1:30pm | 26 Closed for conference | 27 Closed for conference | 28 | 29 |
| 30 | | | | | Blue = Children/Youth Green = Seniors (R) indicates registration required | Black = Adults Pink = Family/all ages |

December 2025

✉ fcss@cremona.ca
☎ (403)510-4521



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|--|--|---|--|
| | 1 | 2 Seniors Chair Yoga 10am | 3 | 4 Bridge/Crib at Gold and Silver Centre 1pm Every Thursday | 5 | 6 |
| 7 | 8 | 9 Seniors Chair Yoga 10am | 10 | 11 (R)Rosebud Theatre Trip (office closed) | 12 | 13 |
| 14 | 15 | 16 MVFRN Pop Up Play (6 & under) 9:30-11:30am Unstuck Grief/Loss Group 12-1:30pm | 17 (R)Family Christmas in the Village 5-7pm | 18 | 19 | 20 |
| 21 | 22 | 23 Office Closed | 24 Christmas Eve Closed | 25 Christmas Day Closed | 26 Boxing Day Closed | 27 |
| 28 | 29 | 30 Office Closed | 31 | Happy New Year! (Closed) | | |
| 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 |

HAPPY
Holidays!