

Cremona FCSS Newsletter

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

January 27th & February 24th

Facilitated by:

In partnership with:



INDIGENOUS TEACHINGS



SMUDGE



MEDICINE WHEEL



SONGS



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 January 26th

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



DEATH CAFE



Drink tea, eat cake and discuss death and dying in a safe, relaxed, open setting.

About Death Cafes

A Death Cafe is a group discussion on topics related to death and dying with no agenda or objectives. It is a discussion group, rather than a grief support or counselling group.

Facilitated by Colleen Tronsgard, End of Life Doula.

Register

Phone 403-510-4521

Mail fcss@cremona.ca

Wednesday Feb 11, 2026

6:30-8:30pm

Cremona FCSS (106 1 Ave E)



Please consider being a "Snow Angel." If you see this sign or notice your neighbors haven't shoveled snow, take the initiative to be a snow angel, whether they have a sign up or not. It's the little things that make a big difference and make our community a great place.

A SNOW ANGEL IS NEEDED HERE

This sign indicates that the resident of this home needs assistance clearing their snow



If you can help, please do.
It's the neighbourly thing to do.



Cremona Village and FCSS
offices will be closed
Monday February 16th for
Family Day



FIRE PREVENTION

FREE SMOKE DETECTOR CHECKS

Your local firefighters from Cremona & District Emergency Services, in partnership with Cremona FCSS, are offering a vital service to our community. We are here to help ensure the safety of you and your loved ones.

We are offering **free smoke detector checks and battery replacements for residents of Cremona, Water Valley, and the surrounding rural area.**

Smoke detectors are a key part of your home's fire safety plan. A working smoke detector gives you and your family precious time to escape in the event of a fire. Let us help you make sure your home is protected.

To book your free smoke detector check or for more information, please contact Cremona FCSS at (403)510-4521 or fcss@cremona.ca

PREVENTION SAVES LIVES.



In collaboration with the Cremona Community Curling Club, the FCSS is considering hosting 2 learn to curl sessions to build healthy relationships and team building - one for youth (age 17 and under), and one for adults (age 18 and over). Maximum class size will be 16 people. Session dates are to be decided depending on interest. If you are interested in learning to curl, please contact Meghan Vornholt at FCSS (403)510-4521 or fcss@cremona.ca by January 23rd.



Growing Together Play Group
1st and 2nd Tuesday of the month
9:30-11:30am
Drop-in, unstructured play
Cremona FCSS
*For caregivers and children under 6yrs

The Good Food Box Program,

(GFB) is a program under the Community Kitchen Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

The boxes are assembled and distributed by volunteers to get fruits and vegetable to people in the Calgary and surrounding areas access to healthy food.

*Note that as of January 2026 there will be a price increase as follows

Small box \$40 ~20-25lbs

Medium box \$45 ~25-30lbs

Large box \$50 ~ 35-40lbs

To order and pay for your box, go to the Cochrane Alberta Good Food Box Facebook Page.

Cremona FCSS has volunteers available to deliver Good Food Boxes to residents or pick up from Cremona FCSS. Note “**Cremona FCSS**” on your Good Food Box Order form and contact Meghan at FCSS to coordinate delivery.

Food Bank Information

If you live in the Village or Cremona or south, you can access Cochrane Food Bank through Cochrane FCSS 403-851-2250

If you live in Mountain View County, you can access the Mountain View Food Bank 403-556-1693

*If you need support picking up a hamper, contact Cremona FCSS

Cremona FCSS food pantry is open during office hours Tuesdays & Thursdays 9am-4pm on a drop-in basis. (403)510-4521

Cochrane Good Food Box - 2026

<u>Page Opens</u>	<u>Order By</u>	<u>Pick up date</u>
January 1	January 11	January 21
January 22	February 1	February 11
February 19	March 1	March 11
March 26	April 5	April 15
April 16	April 26	May 6
May 14	May 24	June 3
June 4	June 14	June 24
July 23	August 2	August 12
August 13	August 23	September 2
September 10	September 20	September 30
October 8	October 18	October 28
November 12	November 22	December 2



Bell Let's Talk Day Jan 21, 2026

“Take a Moment for Mental Health”

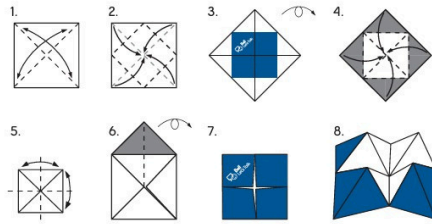
Take a moment to take care of and be in tune with your own mental health

Take a moment to reach out to those around you, caring for their mental health

Take a moment to recognize the societal importance of mental health, which can take many forms – from flag raisings, school assemblies, sharing personal stories, to learning and listening

it's  ok
not to
be  ok

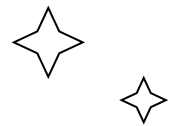
Folding instructions



How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation





Cremona Events/Services

The Cremona Community Hall Society Annual General Meeting

and Election of officers

January 19th, 2026

7 pm at the Cremona Hall

Regular meetings 3rd Monday of
the month at 7 pm.

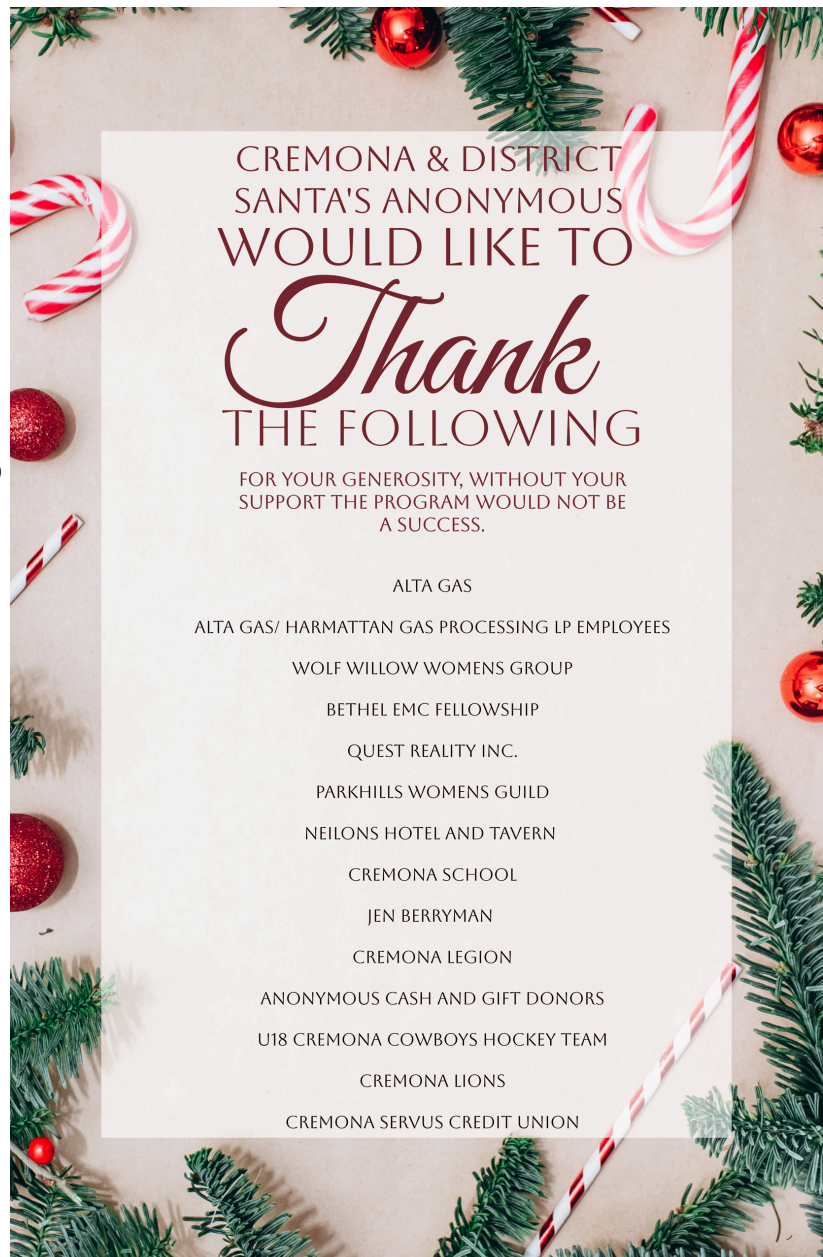
We are in need of new members to
keep our Hall functioning and
viable.

The Community Hall is for the
benefit of all the community and
surrounding area so we invite you
to attend and meet our group of
volunteers. Everyone welcome.

Info call Mary 403 637 2763



Come on down to the **Town & Country
Bonspiel** being held Jan 9th - 17th to
watch players in action. Curling games will
be taking place during the evening on
weekdays, and during the day on the
weekend. The Curling Rink is located
straight West of the Community Hall.



Thank you from the Parkhills
Women's Guild for your support of
the Winterfest

bake table on Dec 6th and cook
book sales. Your support enables our
group to donate to local charities
and other community needs. Parkhills
Women's Guild meets the Second
Tuesday of the month at 1 pm and
would welcome new members.
For information call Mary 403 637
2458.

LOCAL

Seniors

CONNECTION



Join us for the Senior Swans ballet class the last Tuesday of every month with Miss Emma. A ballet inspired mobility and strength class for all with both standing and seated movements.

**Chair yoga will be the 2nd Thursday of the month at 10am*

Register with FCSS

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

SENIORS MONTHLY ART CLASS

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

DATE: Tuesday January 20th & February 17th

TIME: 2-4pm

LOCATION: Cremona Gold and Silver Club

COST: FREE for seniors 55+, registration is required

To register, email
coordinator@cremonaces.com



The Red Hat Society, for ladies 50+
Join us for lunch and laughs!
For more information
Contact Adele at
403-637-2544



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

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- 5:00/5:30 pm @ Cremona FCSS bldg,
Wed, Jan 28- Elio
Wed, Feb 25- How to Train Your Dragon
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

READ S'MORE- FAMILY LITERACY DAY CELEBRATION

Tuesday, January 27, 3- 4:30 pm
Drop in anytime for hot chocolate, s'mores & stories at our cozy outdoor firepit

READ FOR 15

Cremona was the 2025 Read for 15 provincial champion-help us keep the trophy! Read anything for 15 minutes on January 27 and report your readers by phone, email, Facebook comment, or our online form (see QR code below)

IMAGINE & EXPLORE: NO-SCHOOL ADVENTURES

Learn to Crochet- Friday, January 30, 1- 3 pm (age 10+)

Creative Builders- Friday, February 20, 1- 3 pm (age 8+)
Registration required

ELL: LET'S TALK ENGLISH! (adults)

Thursdays, February 5, 12, 19 & 26, 2- 4 pm

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

JANUARY 27

**READ
FOR 15**



CONTACT US

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

LOCAL

Water Valley

CONNECTION

SAVE THE DATE!

36TH Annual
STUD AUCTION

WATER VALLEY'S MOST INFAMOUS
CHARITY FUND RAISER

*It's not what you think...
it's even better!*

SAT MARCH 21ST, 2026

WATER VALLEY COMMUNITY HALL

If you are interested in donating or
volunteering at the Stud Auction contact
Robin
studauction@ilovewatervalley.com

momsCONNECT
Sharing in the joys and challenges of motherhood

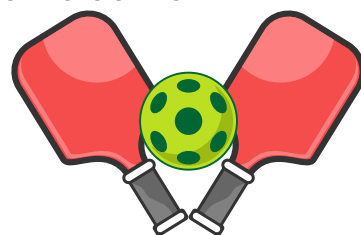
Mom's Connect at the **Water Valley Library**, runs the first and third Wednesday of the month. It is for caregivers of young children. There is a craft, story and toys for the kids and connection time for the adults. It is 10:00-11:30am.

Here's what's happening in Water Valley:

Thursday morning coffee 9-11AM
WV Community Hall
\$2 for coffee
goodies by donation



Pickleball
Mondays & Thursday 6:30-8:30pm
Tuesdays & Fridays 1-3pm
WV Community Hall
\$2 drop in, all levels welcome



Craft Day
the 3rd Sunday of each month from
11-5pm in the Arts and Wellness Center
(old WV schoolhouse)
\$5 drop in bring your lunch and a craft



Hook & Book
Come out Wednesday nights at the
Water Valley Library from 6-9PM and
knit/crochet with us. All levels and all
ages welcome!

Water Valley Quilting Group
2nd and 4th Tuesday from 9am-4pm
Join this dedicated group of quilters to
learn, share, and connect through the
art of quilting! Bring your sewing
machine and a project.
Contact Karen wvmacs@icloud.com

HOME ALONE 2026



Help your child(ren) build confidence and independence with the Home Alone Program, designed to teach safety, responsibility, and decision-making when staying home without an adult. This fun and interactive session covers safety rules, emergency procedures, and practical skills to help kids stay calm and capable.

JANUARY 9, 2025
3:30-5:30PM
CREMONA LIBRARY



Ages 9+

**REGISTRATION
REQUIRED**
Register online at MVFRN.ca



MVFRN Pop Up Play 9:30-11:30am

3rd Tuesday of the month

Tuesday Jan 20

Tuesday Feb 17

*For caregivers and children
under 6yrs old

JUST EAT!

Why it's not so easy and
how to find your way to
mealtime peace



Free live virtual class over Zoom
for parents/caregivers

Information targets children who
know how to chew (+18 months)

Jan 13th, 2026 12 - 1:30pm

REGISTER NOW



1. Email your child's name and date of birth to:
PediatricRural.AlliedHealth@ahs.ca
2. Write Just EAT! in the subject line and tell us if you've taken the Mealtime Struggles class or are working with a therapist/dietitian.



Elevate Single Parent Edition

'Because parenting doesn't have to be a solo journey'

**Sip, Settle & Self-Care:
Tea Bar + Mindful Colouring**



A grounding January gathering that combines warmth, creativity, reflection, and intentional planning for a calmer, more supported 2026.

Whether you're parenting solo, co-parenting, or somewhere in between, you're welcome here.

Kids are welcome too!



**January 30, 2026
Time: 5:00-7:00pm
Didsbury Neighborhood
Place (1606 14th Street)**

Register At:
www.mvfrn.ca



HEALTH LINK NEW PARENT & NEWBORN LINE

The Health Link New Parent and Newborn Line is available 24/7 to support new parents and caregivers during the first two months after birth. Call 1-833-805-BABY (2229) if your baby is under 2 months old to speak with a nurse about newborn and postpartum care, infant feeding or any health questions for you and your baby.

HOOVES, HEARTS & MINDFULNESS

A SMALL-GROUP, HORSE ASSISTED PROGRAM FOR YOUTH FOCUSED ON EMOTIONAL REGULATION, GROUNDING STRATEGIES, AND SELF-AWARENESS. THROUGH GUIDED INTERACTION WITH HORSES, PARTICIPANTS WILL LEARN PRACTICAL TOOLS TO MANAGE STRESS, STAY PRESENT, AND BETTER UNDERSTAND THEIR EMOTIONS IN A CALM, SUPPORTIVE RANCH SETTING.

**DATE: JANUARY 17, 2026
TIME: 1-3PM
LOCATION: RAFTER U7 RANCH & WELLNESS
CENTRE, CARSTAIRS**

**FREE
FOR
13-18**



**REGISTER AT
WWW.MVFRN.CA**

For more info go to www.mvfrn.ca

January

2026

✉ 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	2	3
4	5	6	7	8	9	10
	FCSS Board Meeting 6:30pm	Growing Together Play Group (6yrs & under) 9:30-11:30am	Seniors Potluck at Gold and Silver Centre 5pm	FCSS Newsletter distributed		
11	12	13	14	15	16	17
		Growing Together Play Group (6yrs & under) 9:30-11:30am		(R)Seniors Chair Yoga 10-11am		
18	19	20	21	22	23	24
		MVFRN Pop Up Play (6yrs & under) 9:30-11:30am				
25	26	27	28	29	30	31
	(R)Indigenous Teachings 6:30-8:30pm	(R)Seniors Dance Class 10-11am Unstuck Grief/Loss Group 12-1:30pm	(R)Cremona Library after school at FCSS 3:15pm	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				

February

2026

✉ 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	2	3	4	5	6	7
	FCSS Board Meeting 6:30pm	Growing Together Play Group (6yrs & under) 9:30-11:30am	Seniors Potluck at Gold and Silver Centre 5pm	Bridge/Crib at Gold and Silver Centre 1pm Every Thursday		
8	9	10	11	12	13	14
		Growing Together Play Group (6yrs & under) 9:30-11:30am	(R)Death Cafe 6:30-8:30pm	(R)Seniors Chair Yoga 10-11am		
15	16	17	18	19	20	21
	Family Day Closed	MVFRN Pop Up Play (6 & under) 9:30-11:30am		Interagency Meeting 10am		
22	23	24	25	26	27	28
		(R)Seniors Dance Class 10-11am Unstuck Grief/Loss Group 12-1:30pm	(R)Cremona Library after school movie at FCSS 3:15pm			
	Blue = Children/Youth Green = Seniors	Black = Adults Pink = Family/all ages (R) indicates registration required				