

Cremona FCSS Newsletter



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

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

**Suicide Prevention Day Sept 10
World Mental Health Day Oct 10**

Resources

Call/text 24/7

Suicide Support line 988

Distress Centre (403)266-4357

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

Register by Sep 15th



World Suicide Prevention Day

**LIGHT A
FLAME OF
HOPE**

September 10
8:00 pm

suicideprevention.ca



THE CREMONA LIONS CLUB



**ANNUAL GARAGE SALE
& CHARITY AUCTION**

SATURDAY

NOVEMBER 1, 2025

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

**Ken Newsome 337-2331/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

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:



Join us for Tea, Coffee, Cake and Conversation. Talking about death won't kill you.



Death Cafe

October 22, 2025 1:00-3:00

Cremona FCSS

RSVP 403510-4521 or

fcss@cremona.ca



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: \$20 (Includes supplies)
Ages 7+ Welcome

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

Choose one of the following paintings:



15 SPOTS AVAILABLE!



Tooth Express is bringing professional dental cleanings directly to the FCSS site. Book your appointment and receive high-quality care directly to you.

When: October 16th

Where: FCSS

How: Scan the QR code to secure your spot

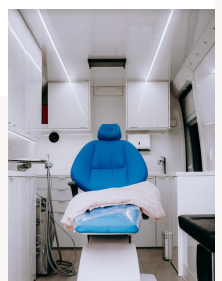


Direct Billing To Insurance

Questions?

Email: info@toothexpress.ca

Call/Text: 587-836-9798





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

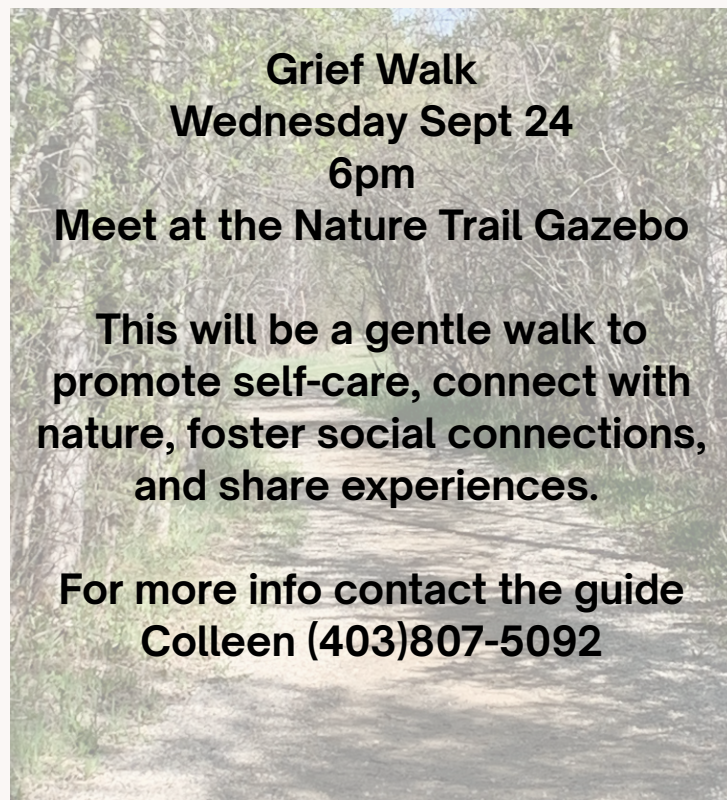
ENTRY FEE:
FOOD DONATION TO
MOUNTAIN VIEW FOOD BANK

Pancake Breakfast

For More Info call:
Clarke 403-875-4473

Email newsletter

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



Grief Walk
Wednesday Sept 24
6pm
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



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

Seniors Chair Yoga at FCSS

Tuesdays at 10am

Sept 9 & 23

Oct 14 & 28

Nov 4 & 25

Dec 2 & 9



Seniors Line Dancing at FCSS

Thursdays 10am

Sept 11 & Oct 30

FREE

Please register with FCSS via
phone or email

(403)510-4521 fcss@cremona.ca

**No experience required*



Gold and Silver Centre

Potluck dinners the first
Wednesday of the month 5pm

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

FUSED GLASS PENDANTS

Join Cristina from Glassmates2 and have
fun creating beautiful fused glass
pendants. In this class you will learn how
to cut and decorate 5 glass pendants
using painting and bits and pieces of
glass to create one of a kind pendants.
The class will take around 2 to 3 hours, all
material included, your pendants will be
ready in 2 days. No experience required.

DATE: Wednesday, Sept 17th OR

Wednesday, Sept 24th

**TIME: 10am until completed (usually 2-3
hours)**

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

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

To register, email

coordinator@cremonaces.com

Seniors Monthly Art Class

DATE: Tuesday, Sept 16th

TIME: 2-4pm

**LOCATION: Cremona Gold & Silver
Club**

**COST: FREE for seniors 55+,
registration is required**

To register, email

coordinator@cremonaces.com





Christmas magic comes to life when elderly Kris Kringle steps in as Macy's Santa Claus, insisting he's the genuine article. With warmth and kindness, Kris rekindles a sense of childlike wonder in even the most skeptical hearts, especially young Susan and her no-nonsense mother. When his sanity is questioned, Kris finds himself at the centre of a courtroom battle where he must prove that believing in the impossible is where miracles begin.

Thursday Dec 11, 2025

Leave from Gold & Silver Centre at 10:15am

Tickets are \$95

Includes transportation, buffet, and the show

To register call or email FCSS **by November 7**

Payment can be made at the Village office or e-transfer to finances@cremona.ca to secure your spot.



We can be reached by phone or email Monday - Thursday between 9am-4pm.

The FCSS office (old United Church) is open Tuesdays or Thursdays 9:00am – 4:00pm to drop-in or make an appointment.

Phone: (403)510-4521 Email: fcss@cremona.ca



Cremona Events/Services

Cremona Community Hall presents:

GETTING GROOVY WITH THE TRAVELLING MABELS

Cremona Community Hall

Oct 25, 2025

Doors at 7 pm

Contact Brenda (403) -637-3912 or
Hall Board members for information and tickets

MÉTIS SASH WEAVING

Join Shauna Taylor as she leads a beginner class on the traditional method of weaving Metis sashes, finger weaving. Shauna is a proud Red River Métis woman who has spent time learning from an elder, Mary from her dad's home community in MB, how to weave sashes on a homemade Inkle loom and the teachings of the sash. Shauna, along with her Father, Marvin Goodon, attend schools and communities teaching Metis culture, hunting and trapping and teachings of the Metis sash.

You will learn how to make a finger woven bookmark or bracelet in this beginner 3 hr class. Shauna will also bring her loom and demonstrate it.

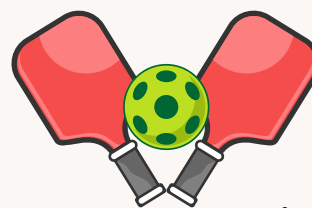
DATE: Tuesday, Sept 23rd

TIME: 6-9pm

LOCATION: Cremona Gold and Silver Club

COST: \$25 per person

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.



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

Ladies' Clothing Exchange
Water Valley Community Hall
Friday, October 3rd, 2025
7:00 to 9:00 PM

Welcome FALL!! Ladies'.... Let's declutter our closets (clothing, shoes, & accessories) and refresh our wardrobes! SWAP those items you don't wear for something you will!

Drop off donations **in advance only** at
Water Valley Hardware Store
Open Mon – Sat, 8 AM to 6 PM
(Donations will NOT 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, fun, and FREE...bring some bags and fill them up!

Left-over items will be donated to The Attic operated by Cremona Country Fellowship Church and The Clothesline located in Cochrane

For more info contact: Coreen Lema @ lemafamily.mc@gmail.com or Terri Coutts @ teresapurslow@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
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

LEGO CLUB (age 6 and up)

Wednesdays 3:15- 4:15 pm, check for
dates offered each month

Registration required

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

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

Registration recommended

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

Thursdays 12:00- 2:00 pm

*By appointment or by chance (appt
recommended)*

IMAGINE & EXPLORE: NO- SCHOOL ADVENTURES (age 8+)

Friday, Sep 19 & Monday, October 20,
1:00- 3:00 pm

Registration required

SPECIAL PROGRAMS/ EVENTS

LIBRARY CARD SIGN UP MONTH

Sign up for a FREE library card in
September for a chance to win
big! Win 1 of 10 \$100 Visa gift
cards or 1 of 5 Bookish Prize
Packages worth \$120!

CANADIAN LIBRARY MONTH- GOLDEN TICKET CONTEST!

Every day in October, a golden
ticket will be hidden in the library.
Find the ticket, enter the draw to
win an amazing prize package.

INTERNET SAFETY & AWARENESS WORKSHOP

Thursday, October 23, 12- 2 pm

Registration required

NEXT CHAPTER: RESUME & JOB SKILLS TRAINING FOR ADULTS

Tuesdays, October 14, 21 & 28
2- 4 pm

Registration required

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. Come to
the first meeting on
October 21 at 7 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



fcss
Family and Community Support Services

MOUNTAIN VIEW
Family Resource Network
A PROGRAM FUNDED BY THE GOVERNMENT OF ALBERTA

1-877-761-0033
info@mvfrn.ca
1606 14th Street Didsbury, AB
Open Monday - Friday
8:30 am - 4:30 pm

Did you know that Mountain View Family Resource Network is a resource for all families in Mountain View County?

Supports, information and referral for all things family, child and youth related.

Drop in, call or send us an email.

10AM-12PM

CHECK OUT OUR MOBILE HUB

- CARSTAIRS CARSTAIRS LIBRARY**
DATE: SEPT 2, OCT 7, NOV 4
FIRST TUESDAY OF THE MONTH
- OLDS COMMUNITY CONNECTION CENTRE**
DATE: SEPT 9, OCT 14,
SECOND TUESDAY OF THE MONTH
- SUNDRE GREENWOOD NEIGHBORHOOD PLACE**
DATE: SEPT 16, OCT 21, NOV 18
THIRD TUESDAY OF THE MONTH
- CREMONA FCSS BUILDING**
DATE: SEPT 23, OCT 28, NOV 25
FOURTH TUESDAY OF THE MONTH

Parent Education | Information and Referrals | Child and Youth Development and Well-Being | Family and Youth Support

Caregiver and Children Story Time

Join Sue McIntosh from Healing Hooves to read an attachment based story together followed by caregiver discussion while the kids play.

Tuesday Sept 16

9:30am-11:30am

Cremona FCSS (106 1 Ave E - old United Church)



Drop-ins are welcome

Please register so we know to expect you

Register at www.mvfrn.ca



MVFRN will be coming to Cremona FCSS for Pop-Up Play (0-6 yrs)

October 21

9:30-11:30am



A SUPPORT GROUP
MomTribe

Thursday, September 18 to October 23, 2025
10:00 am to 11:30 am
Didsbury Neighborhood Place

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 Deb at 403-586-1340

Every Tuesday
September 16 - October 21
1-3pm
6 week session
Online via Zoom

Fear-less

TRIPLE P PROGRAM

Are you concerned about your child experiencing anxiety?

Fear-Less Triple P supports parents in understanding anxiety and provides practical strategies for anxiety management that works for children from 6-14.

Zoom link provided upon registration

REGISTER ONLINE AT WWW.MVFRN.CA

Here's what's happening at Cremona FCSS

September 2025

✉ fcss@cremona.ca

☎ (403)510-4521



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day Closed	2	3	4 FCSS Newsletter distributed Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	5	6
7	8	9 (R)Seniors Chair Yoga 10am	10	11 (R)Seniors Line Dancing 10am	12	13
14	15	16 (R)MVFRN Pop Up Play- Attachment Story & discussion (6 & under) 9:30-11:30am	17	18 Interagency Meeting 10am	19	20
21	22	23 MVFRN mobile hub 10am-12pm (R)Seniors Chair Yoga 10am Unstuck Grief/Loss Group 12-1:30pm	24 (R)Kids Movie at FCSS "Lilo & Stitch" 3:15pm Grief Walk 6pm (meet at the Nature Trail Gazebo)	25	26	27
28	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					(R) indicates registration required	

October 2025

✉ fcss@cremona.ca

☎ (403)510-4521



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (R)ASIST Training 9am-5pm	2 (R)ASIST Training 9am-5pm (no office hours)	3	4
5	6	7	8	9 Bridge/Crib at Gold and Silver Centre 1pm Every Thursday	10	11
12	13 Thanksgiving Day Closed	14 (R)Seniors Chair Yoga 10am	15	16 Tooth Express at FCSS (booking required)	17	18
19	20	21 MVFRN Pop Up Play (6 & under) 9:30-11:30am	22 (R)Death Cafe 1-3pm	23 Office Closed	24	25
26	27	28 MVFRN mobile hub 10am-12pm (R)Seniors Chair Yoga 10am Unstuck Grief/Loss Group 12-1:30pm	29 (R)Kids Movie at FCSS "Hotel Transylvania" 3:15pm	30 (R)Seniors Line Dancing 10am	31	
Office hours Tuesday and Thursday 9am-4pm Free Food Pantry available during office hours when no other events/groups					(R) indicates registration required	