Cremona FCSS Newsletter

fcss
Cremona
Family and Community
Support Services

CREMONA FCSS PRESENTS

STRONGER TOGETHER CREMONA

Bringing Community Together



CELEBRATING WHO WE ARE. IMAGINING WHAT WE CAN BECOME.

What makes a community strong?
It's the people.
The relationships.
The way we show up for one another.

Let's take an evening to rediscover just how much our community has going for it. A fun, inspiring, and interactive evening designed to celebrate our community, strengthen connections, and dream together about what's possible for Cremona's future.

MONDAY

NOV 16

CREMONA HALL
302 CENTRE ST.

6:30PM

Guest Speaker:

CONNIE JAKAB



Founder of Bravely Connected Communities

FREE & OPEN TO THE PUBLIC

To register use the QR code or for more information

CALL FCSS (403)510-4521

FCSS@CREMONA.CA

SPACE IS LIMITED SO PLEASE REGISTER



Call for volunteers!

-food recovery
-volunteer drivers
-food pantry organizing

Contact Meghan at FCSS if you are interested at fcss@cremona.ca or (403)510-4521

fcss INDIGENOUS DRUMMING fcss



Date: Wednesday November 18th
Time: 1:30-3:30pm
Date: Wednesday November 25
Time: 6:30-8:30pm

Hosted at Cremona FCSS
106 1 ave E (Old United Church)
No experience necessary. Drums provided



Walter Wirch is a Dene man and a member of the Yellowknife Dene First Nation with roots in the Northwest Territories. Inspired by First Nations teachings and his own journey of learning, Walter draws on the Seven Directions as a framework of well-being, connection and reflection.

DEATH & DESSERTS

Because talking about death won't kill you, it might even help you



Discuss death and dying in a safe, relaxed, open setting over coffee, tea, and desserts.



Talk about death, our experiences of it, our thoughts about it with no agenda or objectives . This is a discussion group, rather than a grief support or counselling group.

Wednesday Nov 18, 2026
10am-12pm
Cremona FCSS
(106 1 Ave E)

fcss Cremona Family and Community Support Services
VILLAGE OF Cremona

Register
If you have questions contact FCSS at 403-510-4521 or fcss@cremona.ca

Rural Men's Circle
Monday Nov 30
7-9pm

A space for men to be heard and connect with other men.

All ages and stages of men welcome.



Stony Creek Men's Shed
5063 Township Rd 296 A
(1st driveway just past River's Edge Campground)
Water Valley, AB
Snacks and refreshments provided

This will be the last men's circle of 2026



Santa's Anonymous

This is a confidential. self-referral program to help families with Christmas gifts. There are donation bins at Cremona Servus Credit Union. Cash donations can be e-transferred to cremonasantas@gmail.com

The program is open November 20-December 7, 2026. Must live in Cremona, Water Valley, Dogpound. Fallen Timber, Big Pairie, Elkton, Madden area

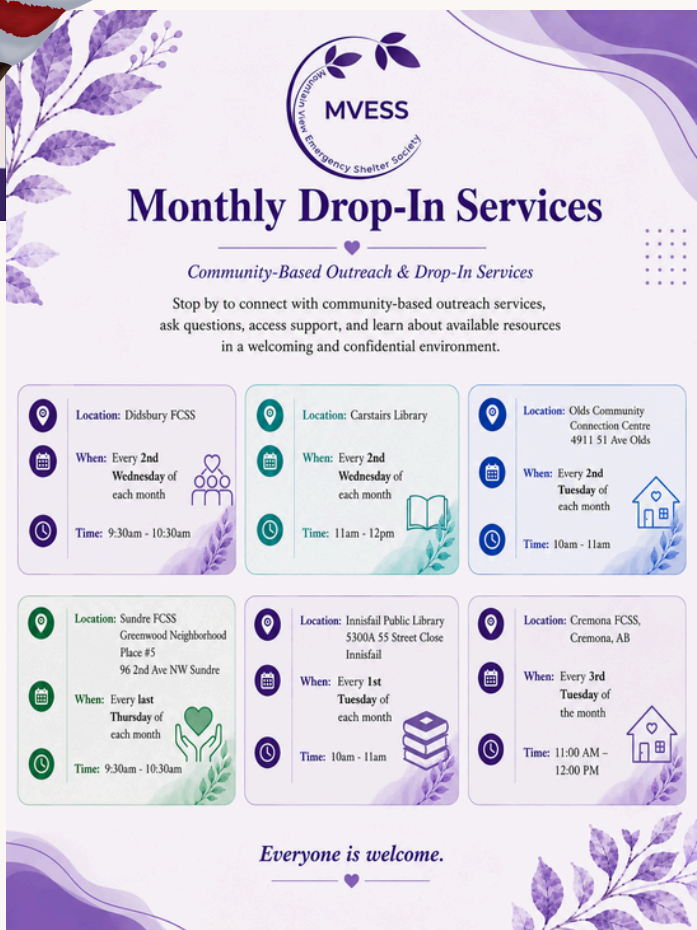
Confidential phone number for self-referral

(825)964-1094



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 or fcss@cremona.ca



"Christmas in the Village"

Craft Market



Friday Nov 20 6-8pm
Saturday Nov 21 10am-3pm
Cremona Gold and Silver Centre
(117 Centre St.)

Come and shop for hand crafted items, unique gifts, baking, preserves and so much more. Refreshments will be served.

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

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 16-December 16, 2026. Accepting cash donations but not food.

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



PICKLEBALL

Sundays & Thursdays
Cremona Community Hall
7-9pm
$2 drop in
Two courts, equipment available.
Bring clean, indoor running shoes

LOCAL | Seniors | CONNECTION

We have a couple spots open for chair yoga!



Thursdays 10-11am
Nov 5-Dec 17
Cremona FCSS

Subsidized fee of $18 for all classes

Gold and Silver Centre
Potluck dinners the first Wednesday of the month 5pm (Nov 4, Dec 2)

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+



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

Seniors Monthly Art Class

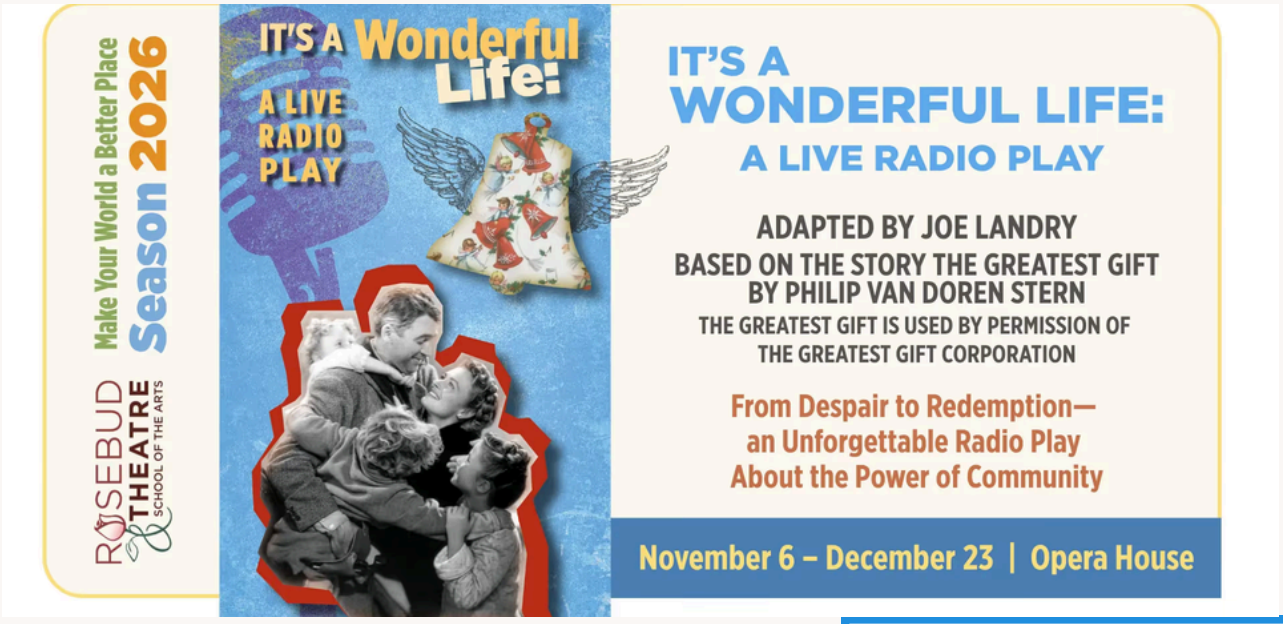
DATE: Tuesday Nov 17th. Dec 15th
TIME: 2-4pm
LOCATION: Cremona Gold & Silver Club
COST: FREE for seniors 55+, registration is required

To register, email coordinator@cremonaces.com

Seniors Meal Program Pick up
Wednesday 12-3pm
Cremona Congregational Church
$5 meals for seniors

The Gold and Silver museum will be opening weekly Thursdays from 1-3pm in the afternoon. The museum is also welcomes group viewing on specific dates according to group preferences.
Contact Flora Newsome 403 637-2177





Wednesday Dec 9, 2026

This uplifting holiday classic comes to life as a high-energy radio play, blending 1940s retro charm with hilarious theatrical hijinks, as five multi-talented actors (including Rosebud favorites!) portray dozens of characters with live sound effects and lovable Christmas spirit - right in front of your eyes (and ears)! A mix of humor, heart and hope, this enchanting show has captivated audiences around the world and delivers a nostalgic gift-wrapped treat for you and your loved ones of all ages.

Based on the story "The Greatest Gift" by Philip Van Doren Stern

Register by November 12th

Meet at Cremona Gold & Silver Centre 9:30am
Leave for Rosebud 10am
Lunch 11:30am-1pm
Show 1:15-3:45pm
Leave Rosebud 4pm
Return to Cremona 5:30pm

Cost $85/person
Includes bus there and back, lunch and show

Register with Cremona FCSS via phone or email Once you register, payments can be made at the Village office or by e-transfer to finances@cremona.ca

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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

LOCAL | Water Valley | CONNECTION



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

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 craft, lunch and a smile

Contact Adele if you have questions: 403-637-2544

Water Valley Quilting Group

Takes place every 2nd & 4th Tuesday of the month from 9am - 4pm; Sept-May

Join this dedicated group of quilters to learn, share, and connect through the art of quilting!

Bring your sewing machine and a project.

For more info please contact Karen Macpherson wvmacs@icloud.com

Upcoming Teen Programming at Water Valley Library:
Friday November 6 – Career Day
Friday November 27 – Bug Pinning with Ghost Taxidermy
Friday December 4 – Career Day
Please check out the library website for more details.
https://prl.ab.ca/watervalley

LOCAL | # Cremona Library | EDUCATION & RECREATION

ONGOING PROGRAMS

WIGGLES & RHYMES (age 0-6 & caregivers)
Thursdays 10:30- 11:30 am

THROW BACK - LEGO CLUB (age 6 and up)
Wednesday Nov 4 @ 3:15-4:15pm

ELL: Let's Talk English (adults)
November Wednesdays 10:00- 12:00 pm

LEARN @ THE LIBRARY, 1-on-1 tech help and more (adults)
Thursdays 12:00- 2:00 pm
By appointment or by chance (appt recommended)

LET'S GET LIT- BOOK CLUB (adults)
4th Tuesday each month 6:00 pm

STEAM CLUB (age 8 and up)
Wednesday Dec 2 & 9 @ 3:15-4:15pm
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, Nov 25 The Super Mario Brothers Galaxy Movie
-Wed, Dec 16 Arthur Christmas
Registration required

SPECIAL PROGRAMS/ EVENTS

IMAGINE & EXPLORE: NO-SCHOOL ADVENTURES RED HOT SCIENCE
Friday, November 27
10:30am Program ages 7-10
Ecosystem in a Jar
Create a world in a jar! Take home your creation.
1:00pm Program ages 10-14
Animal Detectives
Explore animal anatomy and trace the connection between species.
Registration required

TEEN ADVISORY BOARD PRESENTS MOBILE ESCAPE ROOM (age 13-17)
@ Cremona Library
November 18 @ 3:30 - 4:30 pm
2 rooms to solve in groups up to 6

IMAGINE & EXPLORE: NO-SCHOOL ADVENTURES
Letters to Santa Workshop (ages 6+) - Friday, December 11 @ 1 - 3pm
Drop-in, come and go

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

HOLIDAY HOURS

Closed December 24 & 25

Open
December 28, 29 & 30
10am - 5pm

Closed December 31 & January 1

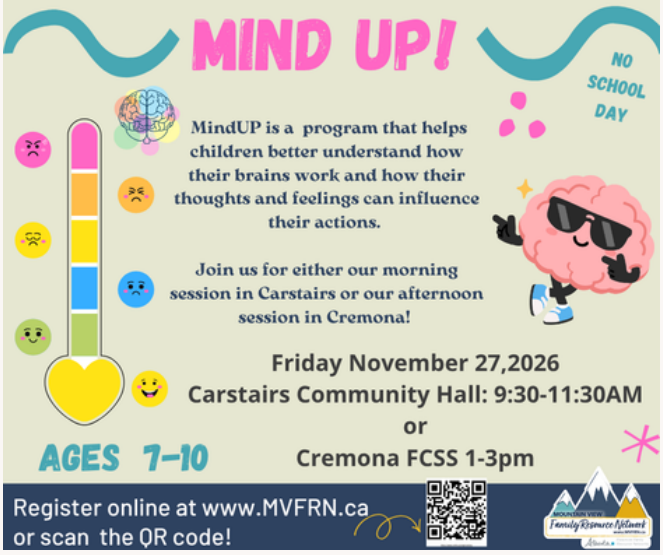
CONTACT US

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

CHILD/YOUTH EVENTS | **MVFRN** | PARENT RESOURCES











November 2026

fcss@cremona.ca
(403)510-4521
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Cremona Family and Community Support Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 FCSS Newsletter distributed FCSS Board Meeting 6:30pm	3	4 (R)Community Paint Night 6:30-8:30pm	5 (R)Seniors Chair Yoga 10-11am	6	7
8	9	10	11 Remembrance Day Closed	12 (R)Seniors Chair Yoga 10-11am	13	14
15	16 Stronger Together Cremona 6:30-8:30pm at Cremona Hall	17	18 (R)Death & Desserts 10-12pm (R)Indigenous Drumming 1:30-3:30pm	19 (R)Seniors Chair Yoga 10-11am	20	21
22	23	24	25 (R)Indigenous Drumming 6:30-8:30pm	26 (R)Seniors Chair Yoga 10-11am	27 (R)MVRN Home Alone 10am-12pm (R)MVRN Mind Up 1-3pm	28
29	30 Rural Men's Circle 7-9pm (Stony Creek Men's Shed)					

Office hours Tuesday and Thursday 9am-4pm
Free Food Pantry available during office hours

Bridge/Crib at Gold and Silver Centre 1pm Every Thursday

Blue = Children/Youth
Green = Seniors
Black = Adults
Pink = Family/all ages
(R) indicates registration required

December 2026

fcss@cremona.ca
(403)510-4521
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Cremona Family and Community Support Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 (R)Healthy Boundaries 6:30-8pm	3 (R)Seniors Chair Yoga 10-11am	4	5
6	7	8	9 (R)Rosebud Theatre Trip	10 (R)Seniors Chair Yoga 10-11am	11	12
13	14	15 MVESS Drop in Support 11am-12pm	16	17 (R)Seniors Chair Yoga 10-11am	18	19
20	21 Closed for holiday break	22 Closed for holiday break	23 Closed for holiday break	24 Christmas Eve Closed	25 Christmas Day Closed	26
27	28 Closed in lieu of Boxing Day	29 Closed for holiday break	30 Closed for holiday break	31 Happy New Year! (Closed)		

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

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24/7 Supports

211 for resource support
811 for health support
Suicide Crisis line 988 call or text
911 for immediate danger

Distress Centre 403-266-4357 (HELP) - call or text
Indigenous Hope for Wellness
1-855-242-3310
Kids Help Phone 1-800-668-6868
or text 686868
AHS Mental Health Helpline 1-877-303-2642
AHS Addiction Helpline 1-866-332-2322