

Cremona FCSS Newsletter



RURAL MEN'S CIRCLE

REAL TALK. STRONGER TOGETHER.

- LAST MONDAY OF EVERY MONTH 7-9PM
- 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 Cremona Family and Community Support Services
VILLAGE OF Cremona
MAN UP MEN'S ACTUALIZATION NETWORK
STONY CREEK MEN'S SHED
RURAL Mental Health Network

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

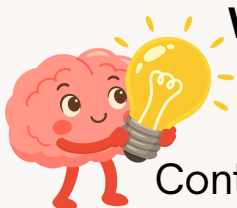
Let's talk about Brains

Drop in for coffee and conversation to share holistic supports, resources and community reintegration around brain injury recovery.

Wednesday June 17
2-4pm

Cremona FCSS

Contact FCSS for questions
Facilitated by:



Canadian Mental Health Association
Central Alberta



TO SECURE YOUR SPOT

1. SCAN QR CODE
2. Select Workplace/Organization
3. PICK YOUR TIME SLOT



WHEN: MAY 7TH, 2026

WHERE: OUTSIDE OF FCSS

Direct Billing To Insurance

Email: info@toothexpress.ca
Call/Text: 587-836-9798

INDIGENOUS BLANKET EXERCISE



The Indigenous Blanket Exercise is an interactive educational program that teaches the history of colonization in Canada from an Indigenous perspective, fostering understanding and empathy. Facilitated by Mountain View Moccasin House.

SATURDAY JUNE 6

2:00-4:00PM
Cremona FCSS
106 1 ave E



Register using the QR code or at <https://forms.office.com/r/JXNtaRcdzX>



If you have question, contact fcss@cremona.ca or (403)510-4521



VILLAGE OF Cremona





Plant Walk

A guided walk on the Cremona nature trail

learn about the guidelines and ethical practices of foraging

identify plants on the nature trail and their medicinal purposes

learn about when to forage what plants

Sat, June 13 2026

2-3:30pm

FREE

ALL AGES WELCOME

Meet at the Cremona Nature Trail Gazebo. No dogs please.

Bring a notebook and pen if you want to take notes



Cremona Village and FCSS offices will be closed Monday May 18th for Victoria Day

Advanced Care Planning Workshop

The Advanced Care Planning Workshop designed to help you understand your options, make informed decisions, and create a personalized plan for your/your loved one's future healthcare needs.

Date: Wednesday June 3rd

Time: 10am-1pm (lunch included)

Location: Cremona FCSS

Register here

<https://forms.office.com/r/yinxEbGcGy>

Contact FCSS if you have questions at (403)510-4521 or fcss@cremona.ca



Stony Creek Men's Shed in Water Valley plans to have Project days on Saturdays from 9am-4pm. This will be a space for men to gather for woodworking, cars, etc. in community

Check out <https://stonycreekmensshed.com>

Email info@stonycreekmensshed.com



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. It is a discussion group, rather than a grief support or counselling group.

Facilitated by Colleen Tronsgard, End of Life Doula.

Wednesday June 3, 2026
1-3pm
Cremona FCSS (106 1Ave E)

Register

If you have questions

contact FCSS at

403-510-4521 or

fcss@cremona.ca



LOCAL

Seniors

CONNECTION

SENIORS LUNCH & EXPO

Monday June 1

Doors Open @ 11:00 AM

Lunch Begins @ 11:30 AM

Guest Speaker @ 12:00 PM

Seniors Expo 1:00-2:30 PM

Join us in kicking off Seniors Week 2026
with our annual lunch and expo
Didsbury Memorial Complex
1702 21 Ave, Didsbury, AB

Reservations
Required



For reservations and information
Cremona FCSS 403-510-4521
fcss@cremona.ca

Featuring Guest
Speaker:
Chris Kennedy

PRESENTED BY
DIDSBURY, CARSTAIRS,
CREMONA, OLDS &
MOUNTAIN VIEW
COUNTY



Gold and Silver Centre

Potluck 1st Wednesday
May 6 & June 3 at 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

Thursdays 9-11am Water Valley

Hall

\$5 meals for seniors

SENIORS MONTHLY ART CLASS

The projects are a surprise! Presented
by Debbie McIvor. All supplies included,
no experience necessary.

DATE: Tuesday May 19th & June 16th
(3rd Tuesday)

TIME: 2-4pm

LOCATION: Cremona Gold and Silver
Club

COST: FREE for seniors 55+, registration
is required

To register, email
coordinator@cremonaces.com



Seniors Chair Yoga

Every Thursday at 10am

\$10/month

Max 14 people

These classes support balance,
strength, mental clarity, and
community connection. Followed
by the option to stay for coffee in
community

Space is limited. Please register
with FCSS at (403)510-4521 or
fcss@cremona.ca



Local Events/Services

WESTBROOK PLAYSCHOOL PRESENTS

2nd Annual

TEE OFF FORE THE FUTURE

GOLF TOURNAMENT FUNDRAISER

MAY 29
SHOTGUN START AT 9:00AM

Water Valley Golf Course

- Team Scramble Format
- \$175 Per Person Early Bird Pricing /\$180 After April 20th
- Food & Drinks to Follow

WESTBROOK PLAYSCHOOL EARLY BIRD ENDS APRIL 20

REGISTER NOW!



Scan/Call/Text/E-mail
(587) 888-9114
Robyn.Rabbitt@gmail.com

Various Sponsorship Opportunities & Silent Auction Items Needed!

www.thewardensmusic.com

THE WARDENS

Live in Concert



May 9th 

Doors open at 7 p.m. Show time is 7:30.
\$30 for adults, \$15 for youth 12 to 17, free for 11 and under.
Tickets are available at
KC Foods Cremona, Servus Credit Union Cremona and Hall board members.
Call Brenda at 403-637-3912 for more info.

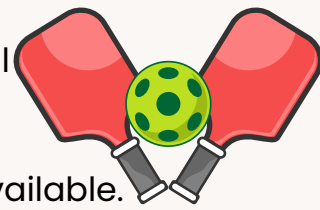


Cremona Community Hall



PICKLEBALL

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



Big Prairie Community Hall Monthly Meeting
2nd Monday of the month at 7:30pm

VALWELL TECHNOLOGIES PRESENTS

1st Annual

BUCKIN' IN THE VILLAGE

★ CREMONA, AB ★




VIP PACKAGES AVAILABLE!

SATURDAY JUNE 13, 2026
DOORS OPEN 5PM | BULL RIDING 6:30PM
CREMONA AG SOCIETY COMMUNITY ARENA

TICKETS \$35
BUCKININTHEVILLAGE2026.EVENTBRITE.COM
CONTACT: BUCKININTHEVILLAGE@GMAIL.COM





Here's what's happening in Water Valley:

Mom's Connect at WV Library
1st and 3rd Wednesday 10-11:30am

Thursday morning coffee at WV Hall
9-11am, \$2 for coffee, goodies by donation, seniors meal pick up

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

Craft Day at Arts and Wellness Center
the 3rd Sunday of each month from
11-4pm. \$5 drop in, bring a craft, lunch and a smile

WV Community Association Meeting
2nd Tuesday of the month
7pm at the WV Hall

Water Valley Arts & Wellness Foundation
Trunk SALE
FUNDRAISER FOR WATER VALLEY SCHOOL RENOS
SAT, MAY 9 2026
10 AM-2 PM
RESERVE YOUR SALE SPOT \$20 PER VEHICLE
CONTACT: 403-637-2650 OR CCAF1972@GMAIL.COM
WHERE: OLD WATER VALLEY SCHOOL - 29376 RR52

WATER VALLEY SCHOOL
100TH ANNIVERSARY
COME CELEBRATE WITH US
WATER VALLEY ARTS & WELLNESS FOUNDATION
(formally Chinook Creative Arts Foundation)
Featuring:
• Pie & Coffee
• History Presentation
• Local Past & Present Art Display
• Art Display Highlighting the Late Pauline Peterson
• Various Demonstrations by Current User Groups
• Local Musicians and Artists
MAY 30, 2026 1 PM - 4 PM
WATER VALLEY SCHOOL
ccaf1972@gmail.com

Ladies' Clothing Exchange
Water Valley Community Hall
Friday, May 8th, 2026
7:00 to 9:00 PM
Ladies!... Start your spring cleaning now!
Go through your clothing, shoes, & accessories and 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 (1) Second Blessings operated by Cremona Country Fellowship Church and (2) The Clothesline located in Cochrane
For more info contact: Coreen Lema @ lemfamily.mcg@gmail.com or Terri Coultts @ teresapurlow@gmail.com

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, May 6, 13 & 20, 3:15- 4:15 pm

Registration required

THE SCRAPYARD (age 7 and up)

Wednesdays, June 3, 10 & 17, 3:15- 5:00 pm

Hotdogs & drinks provided

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, May 27- Zootopia 2

Wed, Jun 24- 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)

ELL: LET'S TALK ENGLISH! (adults)

Thursday, May 28 & Jun 25, 2- 4 pm

SPECIAL PROGRAMS / EVENTS

TEEN SWIM NIGHT (TAB EVENT)

Friday, May 1, bus leaves library 4:30 pm,

returns ~ 8:15 pm

Registration required

TEEN ADVISORY BOARD (TAB) (teens age 14- 17)

Meets monthly (or as needed).

Homeschoolers welcome- contact us to get involved!

May mtg: May 21 at noon, Cremona School

(conference rm, next to library. June mtg: TBA

STAY SAFE ONLINE: AI, SCAMS, & HOW TO PROTECT YOURSELF

Thursday, May 21, 12- 2 pm

Registration required

NEXT CHAPTER: RESUME & JOB SKILLS TRAINING FOR ADULTS

Thursdays, May 28, June 4 & 11, 2- 4 pm

Registration required

RED HOT SCIENCE

Amazing Shrinking Science- Friday, May 15, 10:30-11:30 am (ages 5-7)

Feathered Flight- Friday, May 15, 1- 2 pm (age 7-10)

Registration required



JOIN US ON CANADA DAY / CREMONA DAY

55TH ANNIVERSARY CELEBRATION!

Join us as we celebrate 55 years of our library! Fun for the whole family!

More details coming soon.

EMERALD TICKET CONTEST – STARTING MAY 7 –

Part of our 55th Anniversary (Emerald!) celebrations!



Find the emerald ticket(s) hidden in the library each day starting May 7.

Each ticket = entry into the July 1 grand prize draw.

SUMMER READING PROGRAM

DIVE IN!

NOW HIRING!

Looking for a summer job? Help run fun programs, share your love of books, and make a splash at the library!



Check out our website for application and job 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

SEED LIBRARY – NOW AVAILABLE!



Borrow seeds, grow your garden, share the harvest!

Let's grow together!

LIBRARY BINGO – MAY ONLY



Pick up a Bingo card at the library

- ✓ Complete a row (across, down or diagonal)
- ✓ Get staff sign-off & return your card

Earn 1 entry into the prize draw

1 of 10 \$100 Visa gift cards

All ages welcome!

CONTACT US

- ☎ (403)637-3100
- 🌐 www.prLab.ca/cremona
- ✉ cremonalibrary@prLab.ca
- 📍 @CremonaMunicipalLibrary
- 📍 205- 1st Street E

POP-UP PLAY

“life on the farm”

Explore all things farm at this Pop-Up Play, including hands-on crafts, songs, and stories!!!

Various dates and times throughout MAY 2026

This program is intended for kids 0-6

Tuesday, May 5- 9:30 to 11:30 a.m. Sundre Library

Monday, May 11 - 9:30 - 11:30 a.m. Didsbury Neighborhood Place

Tuesday, May 19 9:30 to 11:30 a.m. Cremona FCSS Building

Tuesday, May 26- 9:30 to 11:30 a.m. Carstairs Community Hall

Friday, May 29- 9:30 to 11:30 a.m. Olds , Air Cadet Hall

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



Pop Up Play for June will be Tuesday June 16th

FRIENDSHIP BUILDERS

AGES 9-13

Friendship Builders is a fun, interactive program for youth ages 9-13 .

It is all about making friends, keeping friendships strong, and being a great teammate. Learn cool leadership skills, build confidence, and connect with others in a welcoming, supportive space!

June 10, 2026
3:30-4:30pm
Cremona FCSS Building

Please register so we know to expect you!
Register online at www.MVFRN.ca



Adulting 101

for youth aged 14-18

Growing up is hard and the responsibilities that come with can be overwhelming. In this series, will learn new skills and strategies around budgeting, meal planning, resume building, joining the workforce, healthy relationships and much more!

May 5/12/19/26
4-6pm

Carstairs Community Hall
(1100 Lackner Way)

pizza & pop provided

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



Fear-less TRIPLE P PROGRAM

Wednesday May 13, 2026
6:00 pm - 9:00 pm
Online via Zoom



physical location to be determined

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 OR EMAIL US AT INFO@MVFRN.CA



May

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
		FCSS Newsletter distributed	Seniors Potluck at Gold and Silver Centre 5pm	Bridge/Crib at Gold and Silver Centre 1pm Every Thursday (R)Seniors Chair Yoga 10am (R)Tooth Express at FCSS for hygiene appts		
10	11	12	13	14	15	16
				(R)Seniors Chair Yoga 10am		
17	18	19	20	21	22	23
	Victoria Day FCSS Closed	MVFRN Pop Up Play (6 & under) 9:30-11:30am	Volunteer Appreciation Event	Cremona Spring clean up May 21-24 10am-3pm (R)Seniors Chair Yoga 10am Interagency meeting 10am		
24	25	26	27	28	29	30
Cremona Spring Clean-up 10am-3pm	Rural Men's Circle 7-9pm (Stony Creek Men's Shed)	(R)Seniors Dance 10am	(R)Cremona Library Popcorn Club 3:15pm	(R)Seniors Chair Yoga 10am	Westbrook Playschool Golf Tournament fundraiser	
31	Blue = Children/Youth (R) indicates registration required	Green = Seniors	Black = Adults	Pink = Family/all ages		

Note: There will be a max of 2 truckloads per civic address for the Cremona Spring clean-up

June

2026

✉ fcss@cremona.ca
☎ (403)510-4521



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	(R)MVC Seniors Brunch and Resource Fair Didsbury Memorial Complex		(R)Advanced Care Planning 10am-1pm Death Cafe 1pm	(R)Seniors Chair Yoga 10am Bridge/Crib at Gold and Silver Centre 1pm		(R) Blanket Exercise 2-4pm
7	8	9	10	11	12	13
	FCSS Board Meeting 6:30pm		(R)Seniors Trip to Rosebud MVFRN Frienship Builders(9-13yrs) 3:30-4:30pm	(R)Seniors Chair Yoga 10am		Plant Walk 2-3:30pm (meet at Cremona Nature Trail Gazebo)
14	15	16	17	18	19	20
		MVFRN Pop Up Play (6 & under) 9:30-11:30am	Let's Talk about Brains CMHA/ABIN 2-4pm	(R)Seniors Chair Yoga 10am		Water Valley Celtic Festival
21	22	23	24	25	26	27
			(R)Cremona Library Popcorn Club 3:15-5:15pm	(R)Seniors Chair Yoga 10am		
28	29	30	July 1 - CANADA DAY 			
	Rural Men's Circle 7-9pm (Stony Creek Men's Shed)			Bridge/Crib at Gold and Silver Centre 1pm Every Thursday		
	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