



Family and Community
Support Services

IT'S GOOD TO
BE BLESSED.
IT'S BETTER TO
BE A BLESSING.

January/February 2022 Newsletter

Cremona FCSS Newsletter in Cooperation with the Village of Cremona

fcss@cremoma.ca

TRY SOMETHING NEW!!!!

Sound Infusion by Amaryllis Crystal Garden

For a truly amazing meditative and healing experience, try a Sound Infusion. You are surrounded by many beautiful alchemy crystal alchemy bowls. The sounds surround you with their powerful healing tones and immediately allow you to experience your multi-dimensional selves, tune your chakras and relax your mind. This allows for greater expansion of your being and allows for healing and transformation.

Each session allows you to release blockages and helps to open you to your full potential and to the opportunities in life. It is the frequencies of the alchemy crystal bowls that penetrate into every cell of your body, allowing optimal healing and growth to occur. This Crystal Sound Infusion will take about 90 min in Total.

February 25th at the Cremona FCSS - 7pm

Cost \$20 per person

Space is limited. To register or if you have questions please call Jen (403)510-4521

Ages 16 +

Mats are supplied, bring your own pillow and blanket



Cremona Hall Society's Annual General Meeting

on January 17th, 2022 at 7pm at
the Community Hall

Election of officers will be held.

New members welcome to add your
input to help your community.



TEEN MOVIE NIGHT



**FEBURARY 11th, 2022 at
the Cremona FCSS**

**Open for those between
the ages of 9 to 17**

**To register please call
MVFRN @ (403)559-7894**

**Drinks, Snacks, Popcorn
and PIZZA provided**

**Doors open 6:15 pm,
Movie begins at 6:30**

Movie to be announced in the future

Brought to you by -



2021 Gift Collection for the Cremona and Water Valley area was a huge success!

**THANK YOU to all our
generous citizens (we are blessed to
have soooo many) that
contributed to our gift bags at
Christmas.**

**And a very special thank you to Bonnie Akkus - the
architect and implementor of so many great things in
our community**

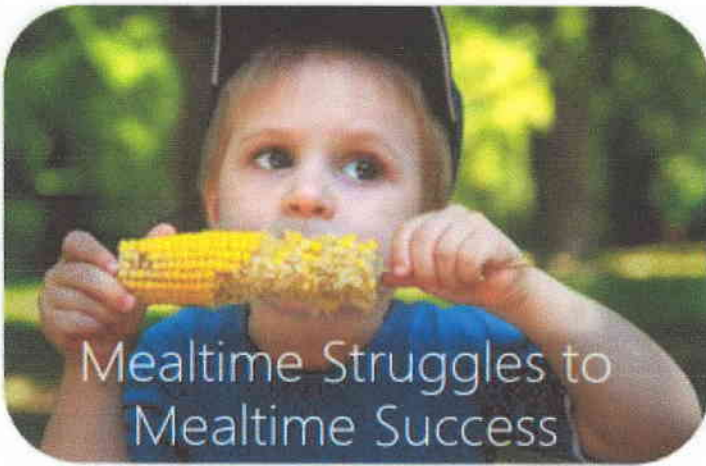
**THE DEGREE OF
LOVING IS
MEASURED BY THE
DEGREE OF GIVING.**

CHRISTMAS HAMPER DONATIONS THANK YOU.

WE WOULD LIKE TO THANK THE FOLLOWING FOR THEIR
GENEROUS DONATIONS TO THE CREMONA AND DISTRICT
CHRISTMAS HAMPER FUND: KC FOODS, CREMONA
CONGREGATIONAL CHURCH, CREMONA LIONS, CREMONA
LEGION, CONNECT FIRST CREDIT UNION, WOLF WILLOW
WOMEN'S GROUP, PARKHILL'S WOMEN'S GUILD AS WELL AS
ALL THE GENEROUS PERSONAL DONATIONS WE RECEIVED.
YOUR GENEROSITY IS GREATLY APPRECIATED AND WE
COULD NOT PROVIDE THESE HAMPERS TO THOSE IN NEED
WITHOUT YOUR SUPPORT.

SINCERELY
CREMONA & DISTRICT
CHRISTMAS HAMPER
PROGRAM





Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class
for parents and caregivers of 1 to 5 year olds

Winter 2022 Schedule

January 19 th	6:30 pm - 8:00 pm
February 2 nd	1:30 pm - 3:00 pm
February 15 th	6:30 pm - 8:00 pm
March 15 th	6:30 pm - 8:00 pm
April 13 th	6:30 pm - 8:00 pm
April 26 th	1:30 pm - 3:00 pm

- Join a Registered Dietitian to learn how to:
- create a positive mealtime environment
 - introduce new foods
 - cope with mealtime struggles

Easy to attend virtual classes!

REGISTRATION:

- birthandbabies.com
- 403-955-1450



Feeding Your Baby

FREE Online Nutrition Class
for parents and caregivers of infants

Winter 2022 Schedule

January 11 th	1:30 pm - 3:00 pm
January 26 th	6:30 pm - 8:00 pm
February 9 th	6:30 pm - 8:00 pm
February 22 nd	1:30 pm - 3:00 pm
March 8 th	1:30 pm - 3:00 pm
March 23 rd	6:30 pm - 8:00 pm
April 5 th	6:30 pm - 8:00 pm
April 20 th	1:30 pm - 3:00 pm

- A Registered Dietitian will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

REGISTRATION:

- birthandbabies.com
- 403-955-1450



FCSS can print and laminate your Vaccine Card
Call to make and appointment
(403)510-4521

COMING IN 2022 from your FCSS

- Indigenous Rattle and Drum Building
- Drumheller Passion Play (July)
- Sound Bath Therapy (February)
- Hammocks around the nature trail
- Photo op back drop
- Youth game nights
- The Kindness Challenge (March)

Countless partnerships with other groups
And we're just getting started! Please stay tuned

A heart felt
THANK YOU to all
those who
donated to our
Community Food Pantry
during 2021 and the
holiday season.
Your kindness is
greatly
appreciated

Donate Your Winter Clothing!

Starting right now Cremona FCSS is accepting all winter clothing in all sizes, in good condition.

If you have something to donate please drop off at the Cremona FCSS.

If your in need of winter items please call and if we have anything available, we'd be happy to pass it on to you!

In the event we receive more than we can use locally, each fall a portion will be distributed to drop in centers, shelters and homes for recovery.

Suggested items—Coats, Toques, Scarfs, Gloves, Boots

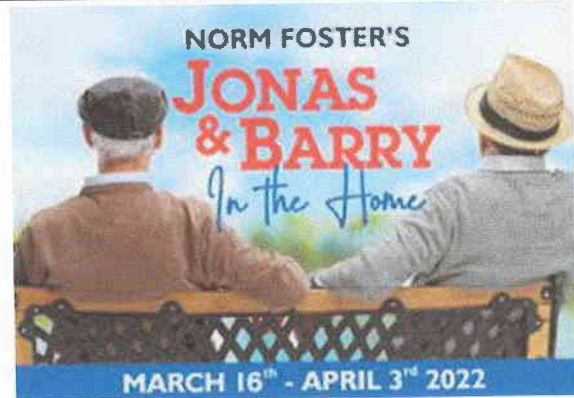
FCSS Phone # (403)510-4521



COW PATTI
professional comedy dinner theatre

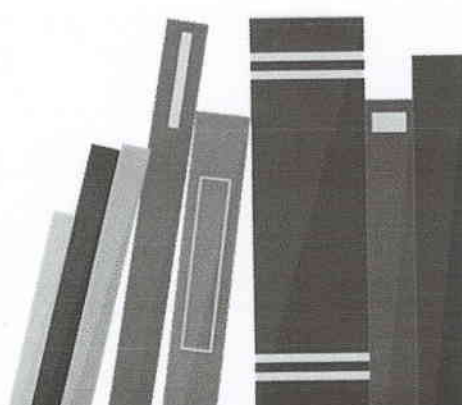
April 3 , 2022 Tickets \$40, Includes Transportation, Brunch Buffet, and the Performance
Bus leaves Cremona at 10:30 am.

Please call to register (403)510-4522 or if you have any questions.



CREMONA
Municipal Library

NEW HOURS



Sunday	Closed
Monday	10:00 AM - 5:00 PM
Tuesday	1:00 PM - 8:00 PM
Wednesday	10:00 AM - 5:00 PM
Thursday	10:00 AM - 5:00 PM
Friday	10:00 AM - 5:00 PM
Saturday	Closed

Happy New Year!

from the Cremona Community
Engagement Site!

We miss seeing everyone in
person, but we are hopeful to
resume in person
programming soon.

In 2021 we provided over
1500 virtual programs and
take home craft kits. We are
excited to continue virtual
programming in the New Year.
If you wish to be added to the
seniors (55+) at home craft
kit list, or if you
have any other
ideas for future
programming,
please contact
Jessica at
coordinator@cremonaces.com



Did you know Cremona
has a Food Pantry?
WE DO!!!

It's here to help!

The community pantry is at the FCSS
(Former United Church), supported
by donations from our community to
help anyone that asks!

We stock non-perishable foods.

To qualify—just call -
that's it!

We'll pack you up a hamper and give
time to pick up.

To make a request or to donate
please call
(403)510-4521

KINDNESS IS MORE
THAN DEEDS.
IT IS AN ATTITUDE,
AN EXPRESSION, A
LOOK, A TOUCH. IT
IS ANYTHING THAT
LIFTS ANOTHER
PERSON.

2022 Kindness Challenge
returns in March

CREMONA & DISTRICT STANTA'S ANONYMOUS 2021



As we all continue to work through the different and difficult times with Covid19; once again, we have received generous support for our annual program, that provides assistance for families during this season.

We want to say a special thank you to all our corporate and individual supporters and to each and everyone who contributed in their own special way to this Santa's Anonymous program.

Thank You and We Wish You All The Best In 2022!

SAVE THE DATE



Pop up Play: ages 0-6years. 9:30 am-12pm.

January 12, 2022. Olds, Cadet Hall. 9:30-12:00pm.

January 18, 2022. Sundre, Elks Hall. 1:00-3:00pm

January 19, 2022. Carstairs, Carstairs Community Hall. 9:30am-12:00pm

January 26, 2022. Didsbury, DNP. 9:30am-12:00pm

BabyTalk: Babies under 9 months 10am-12pm

January 13, 20, 27, February 3 & 10. Olds Library and Zoom

Baby Rhyme and Wiggle Time Olds Library 1:00-2:00pm

January 12 & 26. February 9 & 23. Olds library (registration is through the library.)

Baby Laptime: under 1 year. 10:30-11:30am

January 11 & 25. (Tuesday) 10:30-11:30. - Carstairs Library (registration is through the library.)

February 8 & 22. (Tuesday) 10:30-11:30. - Carstairs Library

Sock Monsters Ages 7-12 years. 3:30-5:00

January 11, 2022. Carstairs, Carstairs Community Hall 3:30-5:00 pm

January 18, 2022. Sundre, Elks Hall. 3:30-5:00pm

January 25, 2022. Cremona, FCSS Building. 3:30-5:00pm

January 26, 2022. Olds, Hope Point Church (Parking lot entrance). 3:30-5:00pm

January 27, 2022 7:00 - 8:00 pm

Bridges: Online Support Group for Divorced Parents

January 31, 2022 7:00 - 8:00 pm Online Via Zoom

February 23, 2022 7:00 - 8:00 pm Online Via Zoom

Mom Tribe: Online Via Zoom

February 16, 2022

February 23, 2022

March 2, 2022

March 9, 2022

March 16, 2022

March 23, 2022

Infant Massage: Babies 3-12 months Online Via Zoom

February 17, 2022 10:00 - 11:00 am

February 24, 2022 10:00 - 11:00 am

March 3, 2022 10:00 - 11:00 am

March 10, 2022 10:00 - 11:00 am

Second Time Around: Online Via Zoom

January 4, 2022 9:30 - 10:30 am

Teen Stress 101

January 11, 2022 7:30 - 8:30 pm

Money Mentors: Online Via Zoom

January 12, 2022 MONEY AND PAYMENT OPTIONS 9-12 years 6:30 - 7:15 pm

January 12, 2022 CONQUER CASH ALOT 13-17 years 7:45 - 8:30 pm

Youth Sleep Seminar

January 17, 2022 7:30 - 8:30 pm

CONTACT INFORMATION

Phone: 1-877-761-0033

E-mail: info@mufvrn.ca

Hours:

Open Monday - Friday

8:30 am - 4:30 pm