



Family and Community
Support Services



JULY/ AUGUST 2023 Newsletter

Cremona FCSS Newsletter

(403) 510-4521

fcss@cremona.ca



STARTS JULY 4TH

It runs every Tuesday and
Thursday until August 29th.

\$5 per day per child, Ages 6 - 12.

You must **call** to register your child. (403)510-4521

Space is limited.

The YES Program is also hosting a day camp day - July 26th



Youth trip August 5th to Jubilations in Calgary and a walk in downtown to
the Peace Bridge. For ages 6-18, **CALL to REGISTER** (403)510-4521

Bus leaves 9:45 am

Cost \$30 per child

Cremona FCSS offers an additional subsidy if you are struggling
financially - Please call for more information.



FREE Crafternoon

at the Gold and Silver July 17th

**Rusty Nail Dragonflies and
Butterflies or Rock Art**

**To register call Jen
(403)510-4521**



**PLEASE
NO TEXTING
NO MESSAGING!**

**If you need to contact FCSS
please call, email or stop by.**

**Text and messages will not be
answered, they are often missed.
Regular office hour are Tuesdays
and Thursdays 9 - 3:30**

**Or Monday and Wednesday by
chance or appointment**

(403)510-4521

fcss@cremona.ca

Cribbage at the Gold and Silver Club In Cremona

Thursdays at 1pm



**Everyone
welcome - \$2 per
person. No
partner needed**

**Please note, Potlucks, singing and
bridge at the Gold and Silver will
not run throughout the summer.**

**For more general
information please
call Larry at (403)637-2873
For bookings please call
Donna (403)637-2873**



LETS GO ON AN ADVENTURE!

July 22, 2023

\$75 per person

Includes Banff Gondola,
Minnewanka Boat Cruise,
Day Park Pass, Picnic Lunch and
Transportation

Priority give to our area seniors, then
residents however others may call to be
added to the waitlist.

Area seniors and residents have
priority until July 3rd

CALL TO REGISTER (403)510-4521

Bus leaves Cremona at 9 am



Alcohol Ink Tips and Tricks

Cremona Community Engagement Site

Beginners
to
Advanced

July 11th
10 am to 4 pm

Sherry Telle
403.560.8901
sherrytelle@cremona.ca
sherrytelle.com

Learn to Use Alcohol Ink

A beginners guide to all things alcohol ink. A full day packed with information, demos and time to experiment. This workshop is great for everyone!

An immersive painting workshop blending easy technique with creative skill building. Alcohol inks are a great way to loosen up, unblock a creative block and to have fun with your art. Includes all supplies.

DATE: Tuesday, July 11th

TIME: 10-4pm

LOCATION: The Gold and Silver Club, Cremona

COST: \$65 for under 55, \$55 for 55+

To register, email coordinator@cremonaces.com.

Register by July 10th.



REGISTRATION
FOR 2023/24 IS
OPEN!!

Link to google registration form:

<https://forms.gle/7WupPzAiLMUgV6Bv9>

REGISTER BEFORE JULY 1 AND HAVE YOUR
NAME ENTERED FOR \$250 OFF SKATING FEES.

This year we are offering:

CanSkate: Learn fundamental skating skills in a fun environment. Skaters will advance through different levels.

Junior Power Skating: U9 or younger

Senior Power Skating: U11 or older

CanStar: Transition level from CanSkate to Star Level. Focus on edge, turns, stroking, jumps and spins.

Star 1 & 2: Concentrates on stroking, freeskate, dance and skating skills. Option to test and compete are available.

For more information email
cremonaskatingclub@hotmail.ca



Hosted by the

Y.E.S

Program

July 26th

Sign up with FCSS

(403)510-4521

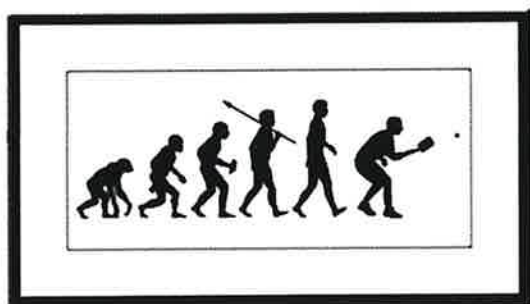
9 am - 3 pm

Ages 6 - 12

\$5 for the day per child

PICKLEBALL

**TUESDAYS &
SUNDAYS**
**Cremona Community
Hall**



7 - 9 pm

Drop in Fee - \$2.00

Two Courts - Equipment
Available

Bring clean. Indoor
running shoes



H.O.R.S.E BASKETBALL TOURNAMENT

July 19th, 2023 10am - 1:30pm

Hosted by MVFRN and Cremona FCSS

Please register by calling the Cremona

FCSS (403)510-4521 or online with the MVFRN www.mvfrn.ca

Lunch will be provided, prizes to be won,

4 age category's

Ages 6-9, 10-13, 14-17, 18 +

Trick shots allowed for 14 + categories.

Feel free to bring your own ball



The 43 Annual Water Valley Terry Fox Run

September 17th 2023 at Chinook Edge Arts Center in

Water Valley, Register 8:30 am, Run 9 am to 2pm.

Family oriented and dog friendly.

Put in a team or drop by to make a donation to cancer research. Come walk, run or ride the 2 km to 10 km route on the beautiful country backroads.

Refreshments, and water stations provided.



Traffic is patrolled for safety. Some T-Shirts available for sale at site.

Learn to Create With Resin

This is a resin workshop for beginners, that teaches the basics and fundamentals on how to pour resin. We will explore what resin is and the endless possibilities of what you can do with it. In this class we will be following a step-by-step process on how to mix resin and how resin cures. Here we will be making coasters and attendees will have the choice of using either flowers, or colour their resin piece with ink and glitter. This class is facilitated by artist Rochelle Reonal. As a multi-disciplinary artist Rochelle uses resin with a variety of mediums to enhance her art practice. Her hope is to show the class how easy it is to create with resin. She wants to inspire those that are curious, and want to start making resin art, but don't know where to begin.

DATE: July 25th

TIME: 6-8pm

LOCATION: The Cremona Gold & Silver Club

COST: \$55 for under 55, \$45 for 55+

To register, email coordinator@cremonaces.com.

Please let me know if you would like flowers or ink and glitter.



To all those that made Canada Day in Cremona so AMAZING!



**The Country Fellowship Church,
Cremona Library, Village of
Cremona, The Gold and Silver
Club Connect First, Mountain View
County, Parkhill Women's Guild,
Iron Mountain Diesel, Cremona
Lions, Rebecca Smith, All the**

**Parade Participants, KC Foods, Don Flack, George and Lynne
Francois, Glenda Butler, Cremona FCSS, Cremona and Water
Valley Volunteer Fire Department, Cremona Hall Board, Members
of local ball teams for the tournament, Mary Juneau &
Sherry MacDonald and Gordon and Peggy Reid's Family**



**Join us at the
FCSS for a
WELLBRIETY
Social Circle
@ the FCSS**

**A place to talk about
anything you'd like
Just drop in! 7pm**

AGES 10 - 120 WELCOME!

July 6th, & 20th, Aug 3rd, 17th & 31st

You can share your triumphs, frustrations, or just things
you are thankful for, whatever your
comfortable with. This is a very casual talk circle led by
Scott Lashmore

Bring a drum if you have one - if appropriate we may
even have a bit of a drum circle.

Snacks and Beverages provided. If you have any
questions feel free to call Jen (403)510-4521.

We hope to see you here!!!

Cremona Garden Club

On behalf of the Cremona Garden Club, Rosemarie McGonigle presented Jen Thompson with \$618.80 for the Cremona food pantry. The money was raised by the Garden Club from the 'Plants— by Donation' tables that were set up in front of the libraries in Cremona and Water Valley since May 29th. The Club would like to thank the staff of both libraries, and residents of both communities for their generous support of this project, and it looks forward to doing it again next year!



**POP UP
PLAY**

In The Park

(by the library)

July 11th, 2023, from 10-12.

(kids 6 and under)

register at

www.mvfrn.ca



FCSS HOURS

Monday and Wednesday by chance or appointment

Tuesday and Thursday 9 am- 3:30 pm

I try to be in the office Tuesdays and Thursdays, but sometimes things come up that take me away. It never hurts to call (403)510-4521 before making the trip in.

OFFICE CLOSED September 7th to 22nd



JOIN US FOR OUR
ANNUAL:

Memorial

BUTTERFLY RELEASE

July 16 @ 10:00 am
Olds College Wetlands

Our beautiful fundraising event involves purchasing a live butterfly to release in remembrance of a loved one or to give hope to someone who needs it. Live music, prayers and snacks and coffee will be present
www.olds hospice.com

We hope to see you there



welcome

A Way FORWARD



(DAY HOSPICE)

Meaningful social contact with others whose journeys are similar.
Respite for the caregiver.

sc@hospiceolds.com
(587)-796-1208

Call Now



CREMONA

CREMONA MUNICIPAL LIBRARY

NEW SUMMER HOURS

Effective July and August

Sunday	CLOSED
Monday	10 am- 5 pm
Tuesday	1 pm- 5 pm
Wednesday	10 am- 5 pm
Thursday	10 am- 5 pm
Friday	CLOSED
Saturday	CLOSED



Grief & Bereavement Opportunities



- One on One
- Group Classes
- Resources

Supporting end of life, the individual, the family, and friends. We believe sincerely in continued support through the grief journey

sc@hospiceolds.com
(587)-796-1208

Call Now

Deadline for the September/ October FCSS Newsletter is Noon August 23rd,
If you would like to join our reminder email list for the newsletter, or if you have
any questions please send your request to fcss@cremona.ca

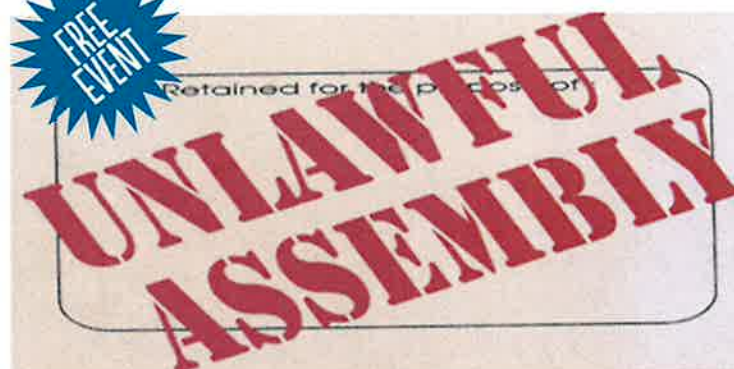
Join MVFRN for a Teddy
Bear Picnic
at the FCSS

on August 23 from 11-1
(for kids 5 & under)

Register at www.mvfrn.ca



Join us for a Concert
July 1 Cremona Day
Country, Rock, Blues band



Outside the Cremona
Community Hall
9 pm until Fireworks

With sponsorship from:
Cremona Community Hall



**SUMMER
STORY
TIME**



at the library

**THURSDAY,
JULY 20 &
AUGUST 17
10:30- 11:30 AM**

Join us in the library for this
parented program for children
age 0- 6.

Meet other parents/ caregivers
while developing early literacy
and social skills with your child.
Enjoy stories, crafts and activities
with your little one.

This is a Drop In program, no
registration is required.



We are all just
walking each
other home

- Ram Dass

Water Valley Days



SATURDAY
AUGUST 26
11AM - 11PM



PANCAKE LUNCH • PARADE • PICKLE BALL TOURNAMENT • MUSIC • SWAG
CRIB TOURNAMENT • BASEBALL TOURNAMENT • CORN HOLE • FIREWORKS
HORSESHOE THROWING • CHICKEN SH*T BINGO • VENDORS • BBQ DINNER
CALF ROPING • LOG SAWING CONTEST • KIDS GAMES • TEAM SKIING CONTEST
BOBBING FOR APPLES • WATER MELON EATING CONTEST • BEER GARDENS
CAKE BAKING CONTEST • TEA BOILING & TASTING CONTEST • AND MORE!

FREE GAMES & PRIZES
PARADE @ 12PM



GAMES FOR A LOONIE
GAMES FOR A TOONIE



Join Mountain View Family Resource Network August 16th, 2023 for a Games Day in Cremona!

Axe throwing,
Indoor table games,
Ping pong, BBQ
11:30 - 2 pm

Please register at
www.mvfrn.ca



TD
Summer
Reading
Club
2023

Check this out!

Ages 5- 12

Mondays, Jul 3- Aug 21
(excl. Aug 7), 1- 4 pm

Register for some or all dates:
<https://cremonalibrary.prl.ab.ca/events/children/2023/summer-reading-club>

