



Family and Community Support Services



# September/October 2022 Newsletter

Cremona FCSS Newsletter

[fcss@cremoma.ca](mailto:fcss@cremoma.ca)



Join us at Rosebud October 8th 2022

Bus will leave Cremona at 10:15am

Tickets only \$50.00

Includes Lunch Buffet, Transportation and the Show.

Space is limited!

To book your ticket please call FCSS

(403)510-4521

Two down-on-their-luck men in a down-on-its-luck Irish town are given what they hope is a chance at the good life. Jake and Charlie have been cast as extras in a Hollywood movie – a shaft of light through the clouds of their dreary rural existence. Like most film sets, this one is rife with drama on stage and off – some hilarious and some heartbreaking – as the American cast and crew try to immerse themselves in Jake and Charlie's culture, and vice-versa. And the boys have big Irish dreams that might come true if they can just get their screenplay into the hands of the right person.

## CREMONA 2022 SHOW AND SHINE

SEPTEMBER 10TH, 2022 EVERYONE WELCOME!

Registration is free and begins at 9am

Please bring a donation for the food bank.

Bouncy House, , BBQ, Kids Archery, Amazing Prizes

1974 Ranchero w/351C Prize Car

For more Show and Shine information please contact Clarke (403)875-4473

or check out the web site [CremonaWaterValley.com](http://CremonaWaterValley.com)

Rain Date September 17th

Vendor tables \$25, Please contact Sam (780)206-7327 or apply on the website.



REGISTER AT  
WWW.MVFRN.CA

CREMONA  
YOUTH  
GAME  
NIGHT

SEPT 30, 2022 3:15 - 6:15 PM  
WE'VE GOT VIDEO GAMES, BOARD GAMES,  
PIZZA AND SNACKS!!!

CREMONA FCSS - 106 1ST AVE E AGES 10-18

REGISTER AT  
WWW.OVERN.CA

CREMONA  
YOUTH  
GAME  
NIGHT

OCT 28, 2022 3:15 - 6:15 PM  
WE'VE GOT VIDEO GAMES,  
BOARD GAMES, PIZZA AND  
SNACKS!!!

CREMONA FCSS - 106 1ST AVE E AGES 10-18

FEATURING A HALLOWEEN MOVIE!

## ***COMING SOON!***

PARKHILLS WOMEN'S GUILD HAS COLLECTED AN AMAZING ARRAY OF FAMILY FAVORITE RECIPES FOR A SOON TO BE PUBLISHED COOKBOOK IN TIME FOR CHRISTMAS GIVING! (LOOK FOR US AT WINTERFEST)

### **"OLD AND NEW — TRIED AND TRUE"**

WILL HAVE 300 TREASURED FAMILY RECIPES OF FAVORITE APPETIZERS, DESSERTS, HEARTY FAMILY MEALS TO GLUTEN FREE RECIPES AND HOUSEHOLD HINTS.

THERE WILL BE SOMETHING FOR EVERYONE!

GUARANTEED TO BE A TREASURED FAMILY HEIRLOOM.


MORE INFORMATION CALL

MARY THOMSON:

403 637-2458 OR A

PARKHILLS WOMEN'S GUILD MEMBER





**Water Valley Turkey Supper will be held  
on Sunday, Oct.16 from  
4:30 - 7 pm at the Water Valley  
Community Hall.**

**Menu: turkey, ham, mashed potatoes,  
gravy, stuffing, bun, salads,  
beverage and dessert included in price!**

**13 and up \$ 15**

**8 - 12 yr old \$ 10**

**under 7 free**

**First come first served - Cash Only!**

## *42nd Annual Terry Fox Run*

*In person for the first time in two years!*

April 12, 1980 was the day Terry dipped his foot in the Atlantic Ocean and started his iconic marathon to raise money for cancer research 42 years ago!

There is a limited edition T-shirt honoring that effort this year. His theme "I am not a quitter" and a portrait of Terry on the front.

**TSHIRTS WILL BE AVAILABLE TO PURCHASE AT THIS YEARS SHOW AND SHINE!!!**

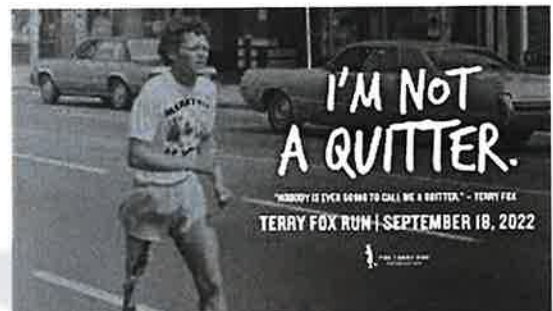
We will be holding our Run at the Water Valley Arts Center,  
September 18th 2022 Registration 8:30 am Run 9 am to 1 pm

We look forward to renewing our family tradition of friends and family coming together to help fight cancer by supporting research.

**TO DONATE SCAN THE STICKER ON POSTERS WITH YOUR PHONE  
OR GO TO [www.terryfox.org](http://www.terryfox.org)**

Hopefully we can serve refreshments again!

**More information Mary 403 637 2458**



## Cremona Gold and Silver Club

- **A Joyful Noise Friday Mornings at 10 am**
- **Pot Luck Supper Night the First Thursday night each month 6pm start.**
- **Cribbage every Thursday @ 1pm—\$2**
- **no partners needed, lunch and coffee provided.**
- **Bridge will be starting in September**
- **To rent the Gold and Silver please call Donna Steeves (403)637 - 2873**

**Membership is \$10 a year. For more information please call Larry at (403)637-2873**



Do you see an FCSS event you'd like to participate in but you're a little skint at the moment... We can help. We offer subsidies for our programs - we never want money to be the reason you don't participate.

**Ultimately we want your company most!**

(403)510-4521—JOIN US!!!



## FINDING OUR VOICES

ROYAL LEPAGE  
Windsor Real Estate

SEPTEMBER 22 - OCTOBER 27  
THURSDAY EVENINGS 6 - 9 PM  
OLDS - 5410 46 ST. OLDS

Finding Our Voices is a 6 week program that focuses on issues related to self-esteem and the importance of effective communication. Participants share their experiences and learn from each other. Topics include self-image, shame, compassion, and the significance of healthy relationships - both with ourselves and others.

Childcare assistance can be provided.

Registration is required.

Call - 403-586-4765

Email: [mountainviewemergencyshelter@gmail.com](mailto:mountainviewemergencyshelter@gmail.com)

**FREE**



Water Valley Community Association is looking for a volunteer to organize the Kids Halloween Party on Oct.29 this year. If you're able to volunteer please contact Laine at [presidentwatervalley@gmail.com](mailto:presidentwatervalley@gmail.com)

or Dee at

[secretarywatervalley@gmail.com](mailto:secretarywatervalley@gmail.com)



## SCHOOL BACK PACKS



Contact Cremona FCSS to request a Backpack full of school supplies. The packs and supplies are for Families in need in our area. Donated by MVFRN, Bethel Church and Cremona FCSS.

Please call (403)510-4521 to request a pack for your child. Please specify grade.

Donations of school supplies are welcome!

You can find the supply lists at <https://www.cremonaschool.ca/parents/supply-lists>



## Art Journaling with Julia ✂

Adult w kid/tween(s) workshop  
Or Adults, 16+ on there own

As part of our Wellness Marathon you are invited to learn how to build your own special journal.

Make your own special place to put your feelings. A place to write them down and keep until you're ready to let them go,

All supplies are provided.

October 15th at 6pm

Call FCSS to register

(403)510-4521

Cost- \$5 each



# fall FOR YOUR LIBRARY

Follow our Facebook Page and check out our website for fabulous fall programs and events!



@cremonamunicipallibrary



[cremonalibrary.prl.ab.ca](http://cremonalibrary.prl.ab.ca)



**CREMONA**  
Municipal Library

**A HUGE Thank you to the Cremona / Water Valley and District Chamber of Commerce for EVERYTHING you did to support Canada Day. It wouldn't have happened without you. To everyone that made that day great - THANK YOU You are all AMAZING!**





## Mealtime Struggles to Mealtime Success

### FREE Online Nutrition Class

for parents and caregivers of 1 to 5 year olds

#### Fall 2022 Schedule

September 14 <sup>th</sup>	6:30 pm - 8:00 pm
October 11 <sup>th</sup>	6:30 pm - 8:00 pm
October 26 <sup>th</sup>	1:30 pm - 3:00 pm
November 9 <sup>th</sup>	6:30 pm - 8:00 pm
December 13 <sup>th</sup>	6:30 pm - 8:00 pm

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

Easy to attend virtual classes!

#### REGISTRATION

- [birthandbabies.com](http://birthandbabies.com)
- 403-955-1450



## Feeding Your Baby

### FREE Online Nutrition Class

for parents and caregivers of infants

#### Fall 2022 Schedule

September 6 <sup>th</sup>	1:30 pm - 3:00 pm
September 20 <sup>th</sup>	6:30 pm - 8:00 pm
September 28 <sup>th</sup>	1:30 pm - 3:00 pm
October 5 <sup>th</sup>	1:30 pm - 3:00 pm
October 18 <sup>th</sup>	6:30 pm - 8:00 pm
November 1 <sup>st</sup>	1:30 pm - 3:00 pm
November 15 <sup>th</sup>	6:30 pm - 8:00 pm
November 23 <sup>rd</sup>	1:30 pm - 3:00 pm
December 6 <sup>th</sup>	1:30 pm - 3:00 pm
December 14 <sup>th</sup>	6:30 pm - 8:00 pm

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

#### REGISTRATION

- [birthandbabies.com](http://birthandbabies.com)
- 403-955-1450



# POP UP PLAY

AGES 0-6 YEARS



Pop up Play on  
September 27 from 9:30-11:30  
At the FCSS Building



Alberta

\*All current COVID restriction and rules are followed\*

REGISTER AT [WWW.MVFRN.CA](http://WWW.MVFRN.CA)

## Ladies Clothing Exchange

Water Valley Community Hall  
Friday, September 23, 2022  
7:00 to 9:00 PM

It's time to clean out your closet, shoe racks, and 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**

Please make sure all items are clean and in good condition.  
All sizes and brands welcome – ladies' clothes only please!

**Sorry, but NO donations will be accepted at the event.**

This is a **FREE** community event – just bring some bags and fill them up!  
If you have any questions, contact Coreen Lema @ [lemafamily.mc@gmail.com](mailto:lemafamily.mc@gmail.com)



## Building Better BOUNDARIES



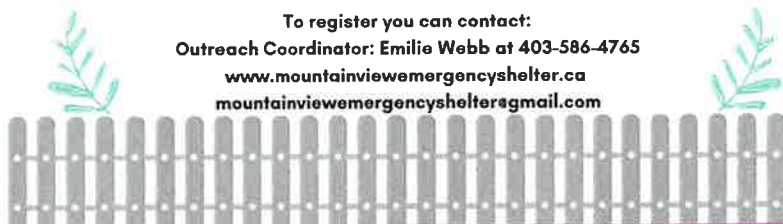
Location: Carstairs Library  
402 Scarlett Ranch Blvd, Carstairs,  
Tuesdays, starting September 13th until October 18th, 2022  
6:30 - 8:30pm

Do you find it hard to say no?  
Do you feel that others don't show you the respect that you deserve?  
Or do you feel like you go out of your way to please others often?

Join us for our Boundaries Program!  
We will be covering the following topics over the course of 6 weeks:

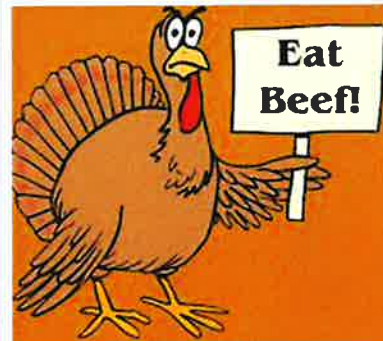
- Introduction to Boundaries
- Where Do Boundaries Come From?
  - Types of Boundaries
- Understanding and Setting Boundaries
- Overcoming Boundary Challenges

To register you can contact:  
Outreach Coordinator: **Emilie Webb** at 403-586-4765  
[www.mountainviewemergencyshester.ca](http://www.mountainviewemergencyshester.ca)  
[mountainviewemergencyshester@gmail.com](mailto:mountainviewemergencyshester@gmail.com)



What do  
mummies listen  
to on Halloween?

Wrap music.



# Field of Screams

## Annual outdoor Halloween themed event at Cobb's Adventure Park - October 21, 2022

Field of Screams is turning Cobb's Adventure Park into a terrifying, thrilling and spine-tingling terror show. Brought to you by Screamworks Inc. the mastermind creators of Calgary's morbid, macabre and hair-raising Screamfest, this Halloween inspired outdoor event is sure to bring horrifying fear into the hearts of attendees looking to roam 20 acres at night and test their bravery in our haunted houses. Field of Screams features 6 nightmare-inducing haunted houses. There are also, rides, activities, food & drinks and much more!

For ages 12 - 18 Tickets \$10. Drop off 6:30 pm and Pick up 10:30 pm is at Carstairs Community Hall. Ticket Includes admission as well as transportation.

To register please call Cremona FCSS (403)510-4521. SPACE IS VERY LIMITED!!!!



Didsbury  
Carstairs  
Cremona



### Cremona FCSS Hours

Monday and Wednesday by  
Chance or Appointment.

Tuesday and Thursday

Regular office hours 9 am - 3:30 pm

Please note: FCSS will be close September 14th  
to September 27th, 2022

The best way to connect is a phone call (403)510-  
4521. We'd be happy to help



SAVE THE DATE: Dec 3rd, 2022

### WINTERFEST

is returning to Cremona.  
To be places on our vendor  
"wait list" or for more  
information please send an

e-mail to [jthompson@cremona.ca](mailto:jthompson@cremona.ca)