

# September / October 2023 Newsletter

# Cremona FCSS Newsletter

**(403) 510-4521**

**fcss@cremoma.ca**

# HEALTH & WELLNESS



## **VENDORS WANTED**

## Tables are FREE!

**To register please call  
(403)510-4521 or e-mail**

**fcss@cremona.ca**

**The event will take place November 18th at the  
Cremona Community Center.**

**Preference is given to those located in MVC**

**Any business, or service groups offering anything Heath and Wellness related are welcome to a table.**

**If you'd like some stage time to speak or demo  
we'd love to give you some time.**



## 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**

**You can leave an email at [fcss@cremona.ca](mailto:fcss@cremona.ca) or a message at (403)510-4521 for when I return**





Cremona 11th Annual

# SHOW 'N SHINE



September 9 2023

9am - 3pm

Rain Day September 16

**GRAND  
PRIZE**



1994 Formula Firebird

LSI - 6SPD

& MANY  
MORE PRIZES



ENTRY FEE:

FOOD DONATION TO  
MOUNTAIN VIEW FOOD BANK

Pancake Breakfast 9am

BROUGHT TO YOU BY



FOLLOW US ON  
**facebook**

## CREMONA FCSS COMMUNITY INFORMATION

Join our group to keep  
up to date on the  
things we haven't  
thought of yet or to  
post your Community  
Event.



TO ALL THOSE THAT  
DONATED CRAFT SUPPLIES  
TO THE FCSS



We received some GREAT  
stuff and appreciate  
your generosity.



A CRAFTERNOON AT THE FCSS  
OCTOBER 16TH, 1PM AT THE FCSS  
WE ARE MAKING LITTLE GNOMES!  
**FREE!**

PLEASE NOTE FCSS WILL BE CLOSED  
SEPT 7TH - 22ND

TO REGISTER YOU CAN CALL  
(403) 510-4521 OR E-MAIL [FCSS@CREMONA.CA](mailto:FCSS@CREMONA.CA)



# Parent Café



Parent Cafés are physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family.

**October 3rd, 10th, 17th, 24th and  
November 7th 2023**

MVFRN and Cremona FCSS will be hosting Parent Cafes. Join us for coffee and conversation about being a parent with other parents/guardians and caregivers

This is a opportunity for change, breaking old habits you don't like as a parent and the impacts of parenting.

Topics include -

- Time management/stress: over run in a stressful world, how stress shows up in us and our kids. Tips on how to better manage, and how to self regulate
- Digital wellbeing: how do you handle internet at home and how does it impact your family
- Child development and managing expectations : who sets the standards re where our kids should be, where can we get support if needed and how to manage our own expectations re our kids
- Self care : for ourselves and our kids

This program is meant be engaging, fun, thought provoking and also to be educational/helpful. If there is a subject you would like to recommend we'd be happy to accommodate.

If you have any questions please call  
(403)510-4521 or email [fcss@cremona.ca](mailto:fcss@cremona.ca) or  
[info@mvfrn.ca](mailto:info@mvfrn.ca)





## Ladies' Clothing Exchange

Water Valley Community Hall

Friday, September 22, 2023

7:00 to 9:00 PM



Happy Fall! We're planning to meet again for our semi-annual ladies' clothing exchange!

Clean out your closets, shoes, and accessories then 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**

**\*\*Sorry, but NO donations will 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!

This is a **FREE** community event – just bring some bags and fill them up!

*Any left-over items will be donated to The Attic at Cremona Country Fellowship*

For more info contact: Coreen Lema @ [lemafamily.mc@gmail.com](mailto:lemafamily.mc@gmail.com) or

Terri Coutts @ [teresapurslow@gmail.com](mailto:teresapurslow@gmail.com)



Debra Rice

Salomons for your

**VERY COOL**

donation of

Freezies to the

Summer Fun

Program!

They were enjoyed

all summer long!



## FCSS INTERAGENCY MEETING

**OCTOBER 11TH, 9:30 AM AT THE  
FCSS. (FORMER UNITED CHURCH)**

*Everyone Welcome.* These meetings are a great way to connect with other local groups and catch up on all the happenings, find out what people are working towards, put names to faces, and ask for help, suggestions, community needs. If you have any questions call (403)510-4521

## PICKLEBALL

**7 - 9 pm**

**TUESDAYS &  
SUNDAYS**

**Cremona Community  
Hall**

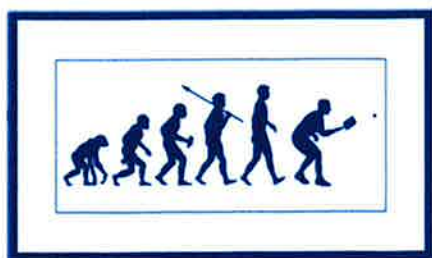
**Drop in fee - \$2.00**

**Two Courts -**

**Equipment Available**

**Bring clean, indoor**

**running shoes**



**A positive  
attitude gives you  
power over your  
circumstances  
instead of your  
circumstances  
having power  
over you.**

**-Joyce Meyer**

**Deadline for the FCSS November/December Newsletter is NOON, October 23th**



# Cribbage at the Gold and Silver Club In Cremona



**Thursdays at 1pm**

**Everyone welcome -**

**\$2 per person.**

**No partner needed**

**For more general information please**

**call Larry at (403)637-2873**

**For bookings please call Donna**

**(403)637-2873**

**Starting September 22,**

**Friday mornings at**

**10:00-11:30**

**A Joyful Noise**

**singing group**

**At the Gold and Silver Club**

**For more information Contact**

**Dianne Whitlow**

**(403)637-3792**



**LEARN**

**HOW TO USE**

**CANVA**

**FOR BEGINNERS**

**CREATE AMAZING**

**FLYERS**

**ALBUMS**

**CARDS**

**POSTERS**

**CALENDARS**

**Documents**

**BUSINESS CARDS**

**FRIDAY OCTOBER 6, 2023**

**10AM - 12PM**

**AT: FCSS CREMONA**

**To register call the FCSS at**

**(403)510-4521 or email**

**[fcss@cremona.ca](mailto:fcss@cremona.ca)**



**BINGO**

**in Water Valley at the Community Hall**

**Dates: Friday Sept. 15, Friday Oct. 13 and Nov. 17**

**Doors open at 7 p.m.**

**First call at 7:15 p.m.**

**All card sales end at 7:30 p.m. sharp**

## The 43 Annual Water Valley Terry Fox Run

**September 17th 2023 at Water Valley Arts and Wellness building 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. Collector T Shirts will be sold at the Cremona Show and Shine and at the run.**



**More information Call Mary 403 637 2458 or online at**  
**<http://run.terryfox.ca/watervalley>**

**Struggling to make ends meet?  
You might qualify for the Rent  
Assistance Benefit!**



The Benefit is offered through Mountain View Seniors Housing - but it is **For Everyone!** NOT JUST SENIORS!

Cremona FCSS would be happy to print you off the forms or help in any way we can.

MVSH administers a rent assistance benefit on behalf of the Government of Alberta for qualified individuals and families residing in Carstairs, Cremona, Didsbury, Mountain View Country, Olds and Sundre.

**How to Apply:**

To receive an application form by mail, please contact our Admissions Department at 403-556-2957 (ext. 731 or ext. 708). In order to

be processed, all applications must be completed in full, must be signed by a Commissioner for Oaths, and must include all supporting documents of current monthly income. Incomplete applications will not be processed and will be returned to the applicant. Please allow 2 weeks to process your application.

**EVENTS**

WHERE: WATER VALLEY ARTS &  
WELLNESS CENTRE  
(OLD SCHOOL)  
EMAIL: CCAF1972@GMAIL.COM

MONTHLY  
MEETING  
SECOND  
WEDNESDAY @  
1:30 PM IN KITCHEN  
OF OLD SCHOOL

NEW VOLUNTEERS &  
BOARD MEMBERS  
WELCOMED



**Schoolhouse Quilters** located in the historic Water Valley School will be resuming Sept 12 2023. Open to all skill levels. Beginners welcome as there are members to advise and assist. These sessions will run on the 2nd and 4th Tuesdays of every month. Doors will be open at 9:00 until 4:00. There will be 20 sessions through to the 4th Tuesday in June. Cost is 100.00 for the year. Drop in available for \$10.00 per day. E-mail Karen Macpherson at [wvmacs@icloud.com](mailto:wvmacs@icloud.com) to reserve a spot. Limited space available.

**Craft Day** is 3rd Sunday of the month from Sept - June 9am - 4pm. \$5/person. Bring a craft to start or finish and enjoy the company of community members.

**Room Rentals** are \$10/hour for community use.



**SAVE THE DATE:**

**Kids Halloween Party at the  
Water Valley Hall October 28<sup>th</sup>**

**Watch FB for more information**



Who you spend your time  
with will have a great  
impact on what kind of life  
you live.  
Spend time with the right  
people.  
-Joel Osteen



**SIMBA WAS  
WALKING TO  
SLOW SO I  
TOLD HIM  
TO MUFASA**

# POP-UP PLAY

*Pop in and join us for free play time,  
an activity and a story. We are also  
available during this time to answer any  
parenting questions you may have!*



**Please register so we know to expect you!**  
Register online at [www.MVFRN.ca](http://www.MVFRN.ca)

**In Cremona  
3rd Tuesday  
each month  
starting  
September 19th  
9:30 am-11:30 am**



## **SAVE THE DATE! OCTOBER 14, 2023**

**Dancing! Great Food!  
All Ages Welcome!**

**Come enjoy some fun with your community!**

More details to come so keep your eyes out for a new poster around the village  
or scan the QR code below and stay up to date on events by liking our new  
Cremona Community Hall, Alberta Facebook Page

# **Cremona HARVEST FEST**



**in CREMONA**

**Cremona Community Hall**

**Oct. 16 to Dec. 13**

**Monday and Wednesday**

**Mornings**

**9:30 am to 10:30 am**

**OPEN HOUSE**

**MONDAY, Oct. 16**

Cremona Tai Chi is going into its second year and will be taking in new people on October 16, 2023. All levels, from beginner to experienced, are welcome. We meet on Monday and Wednesday mornings from 9:30 to 10:30.

**Contact Linda Ribi**

**Email: [linribi@gmail.com](mailto:linribi@gmail.com)**

Cremona Tai Chi is affiliated with Olds Tai Chi, which is a non-profit organization. A \$5 drop in fee will be charged to cover the hall rental.

**OPEN HOUSE IS FREE OF CHARGE.**





# SCREEN TEST

Mobile Mammography Screening is coming to:

## Cochrane

October 6 to 13, 2023

Cochrane Community Health Centre



Appointments are required. Call to book:

**1-800-667-0604** (toll free)

To learn more visit: [screeningforlife.ca](http://screeningforlife.ca)

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

*Thank you for supporting Screen Test over the past 30 years.  
Together we are saving lives, one community at a time.*



SCREENING  
FOR LIFE.CA



Post until: Oct. 13, 2023



CREMONA  
Municipal Library



Family and Community  
Support Services

&

Hope to start hosting a regular



**Starting in November.**

**Watch our Facebook  
pages for more  
information**

Did you know Cremona

has a Food Pantry?

**We do!! It's here to help you!**

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.

Tuesdays and Thursdays 9 - 3 (403)510-4521

Donations are gratefully accepted, non-perishable food, cash, cheques.

Or e-transfer to [finances@cremona.ca](mailto:finances@cremona.ca)

Please send a separate e-mail with password and include "donation for food pantry"

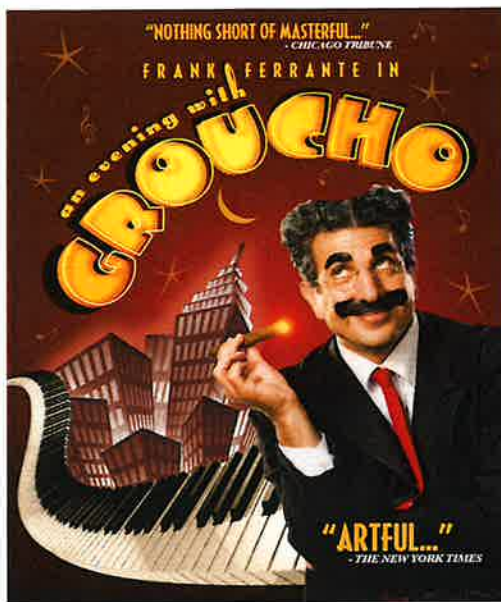


Accepting help  
is its own kind  
of strength.



KIERA CASS





# stage west

THEATRE RESTAURANTS

play with your dinner!

**OCTOBER 18, 2023**

**Bus leaves Gold & Silver 9:00 am**

**Cost \$55.00 - \$65.00**

Award-winning actor and director Frank Ferrante ignites his PBS, New York and London acclaimed portrayal of legendary comedian Groucho Marx in this fast paced 90 minutes of hilarity. The two-act comedy consists of the funniest Groucho one-liners, anecdotes and songs including "Hooray for Captain Spalding," and "Lydia, the Tattooed Lady." The audience literally becomes part of the show as Ferrante ad-libs his way throughout the performance in grand Groucho style. Accompanied by his onstage pianist, Ferrante portrays the young Groucho of stage and film and reacquaints us with the likes of brothers Harpo, Chico, Zeppo and Gummo, Charlie Chaplin, W.C. Fields and Marx foil Margaret Dumont.

**Includes Transportation, Brunch**

**Buffet, the Show,**

**+ \$10 for 1h BOWLING and shoes at**

**Let's Bowl in Calgary**

**DOES NOT INCLUDE BEVERAGES, or GRATUITIES**

**Call (403)510-4521 to book your ticket**

Gobble Til you  
**WOBBLE**



**At the Gold and Silver  
is back!!!! 6 pm**

**Starting October 5th**

**Everyone over 50**

**Welcome to attend.**

**Questions? Please call  
Betty Ann (403)637-0164**



## Water Valley Turkey Supper



**will be held at the Water Valley  
Community Hall on  
Sunday Sept 24 2023**

**4:30pm to 7:00pm**

**13 yrs & up \$15**

**8-12 yrs \$8**

**7 & under FREE**

**Dine in or takeout**



# WHAT'S HAPPENING?

@ *Cremona Library*



**MONDAYS**

Sep 11 & 25  
Oct 2, 16, 23 & 30

**TUESDAYS**

Sep 12  
Oct 10

**WEDNESDAYS**

Sep 13, 20 & 27  
Oct 4, 11, 18, 25

**FRIDAYS**

Sep 22  
Oct 20

**EPIC BOOK SALE**

**OCTOBER IS CANADIAN LIBRARY MONTH!**



10:30-11:30 am

**Story Time**

Drop-in program for ages 0-6 and parents/caregivers. Enjoy stories, crafts & activities with your little ones.



6:00-7:30 pm

**Knit 'N' Natter**

A casual, drop-in get-together for adults who enjoy knitting, crochet, cross stitch and other handicrafts. All skills and levels of experience are welcome!



3:15-4:15 pm

**Lego Club**

For ages 5 and up. Build, create, have fun! Space is limited. Registration is required.



1:00-3:00 pm

**Imagine & Explore: No-school Adventures**

This program for ages 8 and up aims to engage children's imagination, creativity, curiosity, and love for learning during their no-school days. Sep theme: Artzooka Oct theme: Grossology Space is limited. Registration is required.



AUG 28-SEP 8

Check out our **EPIC BOOK SALE** and stock up on books and DVDs.

Available during library operating hours.

Find the Golden Ticket! Each day a golden ticket will be hidden within the library. Find the ticket, get a prize draw entry to win:

- 4 passes to West Edmonton Mall World Water Park
- \$100 gas card
- \$150 restaurant gift card
- \$200 gift card for accommodation in Edmonton

New members and renewals will be entered into a prize draw to win 1 of 5 \$100 VISA gift cards!

- What can you do with your library card?
- 24/7 Online access to e-books and e-audiobooks
  - Huge collection of books and movies
  - Explore local history and your family's ancestry
  - Programs for all ages
  - Computer, internet and Wi-Fi access
  - Printing and scanning services
  - Homework help
  - Job and employment resources
  - Online access to newspapers and magazines

**CHECK OUT OUR WEBSITE FOR MORE INFO AND REGISTRATION DETAILS**  
**WWW.CREMONALIBRARY.PRL.AB.CA**

Find us on **@CREMONAMUNICIPALLIBRARY**

**Bottle Drive**

Help the library and help the environment too! Please donate to our bottle drive. For the month of September 2023, drop off your cans and bottles at the Cremona Bottle Depot and tell them to credit your refund to Cremona Library's account. Your donation will help us fund library programs and other library resources.

Thanks for your support!

