

Cremona FCSS Newsletter

January/February News and Happenings

Kids afterschool Movie at FCSS

Jan 29 - "Wild Robot"

Feb 26 - "Harold and the Purple
Crayon"
3:15pm



Please register your kid(s) using the
QR code or contact the library



Interagency Meeting at FCSS

Thursday Jan 16, 2025
10am

Light snacks, tea, and coffee
provided.

Open to organizations and the
public. Let's connect and plan
2025 for our community!



Email newsletter

*If you would like to receive the newsletter
via email, please email fcss@cremona.ca
to be added to the distribution list.*

Cremona Village and FCSS
offices will be closed
Monday February 17 for
Family Day

Bell Let's Talk Day Jan 22, 2025

To have a supportive conversation, use the **EARS** acronym:

Engage the person in a conversation

Actively listen

Refer to resources

Stay in touch/follow up

More resources at

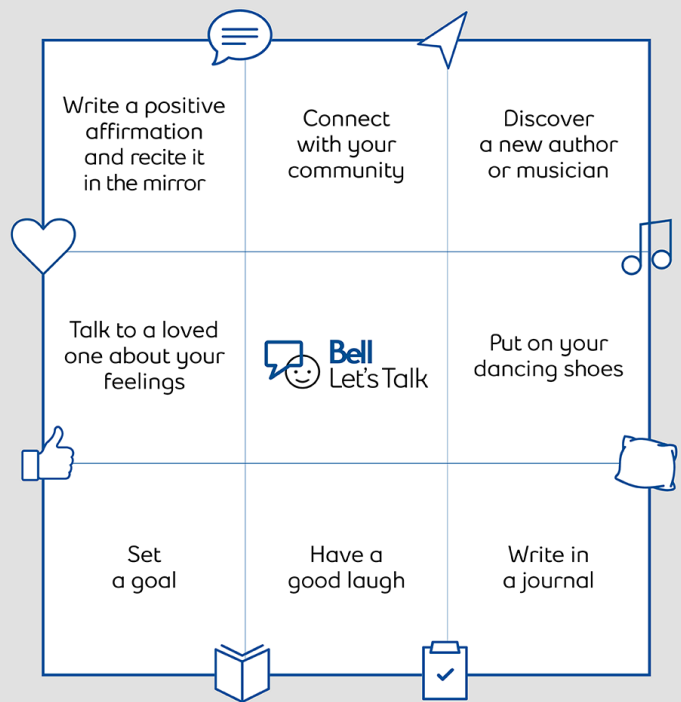
<https://letstalk.bell.ca/tools-and-resources/bell-lets-talk-day-toolkit/>



It's okay to ask for help

Self-Care Activity

This month, challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the square.



Let's create real change.

Join in with #BellLetsTalk



MOUNTAIN VIEW EMERGENCY SHELTER WILL BE AT CREMONA FCSS FOR DROP-IN SUPPORT THURSDAYS JAN 30 AND FEB 27 (LAST THURSDAY OF THE MONTH) 10AM-1PM

24/7 Mental Health Supports

Suicide Crisis line 9-8-8 call or text

Kids Help Phone 1-800-668-6868 or text 686868

Distress Centre 403-266-4357 (HELP) - call or text

Fear is Not Love 403-234-7233 (SAFE)- call or text for Domestic Violence

Indigenous Hope for Wellness 1-855-242-3310

If you are in immediate danger, please call 9-1-1

**Tooth Express is coming to
Cremona!**

**Tuesday March 4th
11am-7pm**

Outside of Cremona FCSS

Book an appointment with the QR
code



Tooth express is a mobile dental hygiene service. They do dental exams, cleaning, x-rays, and more. If you need help with booking, call 587-836-9798 or go to <https://toothexpress.ca/>



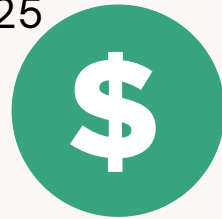
note: this service is not free but services are covered by most dental insurance plans

**FREE Online Finance Workshops
75 Ways to Save on Household Expenses**

Participants will gather tips on how to save on various household expenses including utilities, transportation, groceries and personal items. Participants will also be encouraged to share their best practices with each other.

Date: Wednesday Jan 22, 2025

Time: 7:30pm



Food and Finance

Participants will learn how to create financially sustainable meal plans in the face of growing inflation, and obtain tips on SMART Shopping.



Date: Monday Feb 24, 2025

Time: 7:30pm

These workshops are facilitated in partnership with The Credit Counselling Society.

To register, please call or email FCSS

Presented by:



Cremona FCSS food pantry is open Tuesdays 10am-1pm on a drop-in basis or by appointment outside of these hours.



Community Paint Night

Making art can reduce stress, lower anxiety levels, and improve mood. Doing so with community improves social connections and well-being.

Date: Wednesday Feb 12, 2025

Time: 6:30pm

Location: Cremona FCSS 106 1 Ave E

Cost: \$40. Includes all supplies.

Ages 7+ Welcome

20 spots available.

Pick from one of these two paintings.

To register, please call/text Letitia at (403)391-6923

FCSS Puzzle Challenge

Date: Thursday Feb 20, 2025

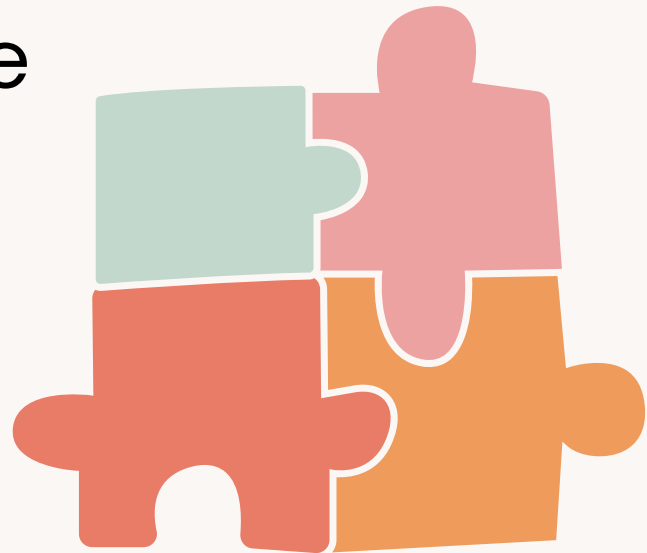
Time: 1-4pm

Location: Cremona FCSS

Ages 6+ welcome

Register your team of 2-4 people by calling or emailing Cremona FCSS

Show up with your team Feb 20 to see which team can solve the puzzle the fastest! Prizes and bragging rights awarded. Parents must attend with children. Teams with young children can be 5-6 people.



Cremona FCSS office is open for appointments
Tuesdays & Thursdays 9:00am – 4:00pm

We can be reached by phone or email Monday –
Thursday between 9am-4pm.

Phone: (403)510-4521 Email: fcss@cremona.ca

Cremona Events/Services

The Cremona Community Hall Society Annual General Meeting

and Election of officers

January 20, 2025 at 7 pm

at the Cremona Hall.

New members are welcome and needed.

Info Call Mary 403 637 2763



"The Cremona Christmas Hamper program would like to send a huge Thank you to the following for their donations to our program for 2024:

The many personal donations that we received.

Connect First Credit Union,
Cremona

WPK Holdings

Cremona Legion #172

Cremona Lions

Cremona Congregational Church

There was a 30% increase in hamper requests this year so all the many donations were greatly appreciated. Thank you to Cremona and area for your continuing generosity that is always forthcoming. Many families were able to have great meals over the Christmas season because of your donations.

Sincerely

The Cremona Christmas Hamper Program"

The Parkhills Women's Guild wishes to thank all our patrons who supported our bake table at Winterfest. All proceeds go to community charities.

Thank You

Cook books are still available at the Cremona Credit Union.

Thank You

CREMONA & DISTRICT SANTA'S ANONYMOUS

WOULD LIKE TO THANK:

- Our Anonymous Cash & Gift Donators
- Cremona Legion
- Altagas Harmattan
- Parkhills Womens Guild
- Cremona Minor Hockey U15
- Cremona School
- Bethel Church
- Connect First Credit Union
- Watervalley Hardware
- Wolf Willow Women's Group
- Cremona Lions Club
- Gary Williams
- Jennifer Berryman
- Kathy Reid
- Birgit McLean

Wishing Everyone a Very Merry Christmas and all the best in 2025.

LOCAL

Seniors

CONNECTION



Adults 65+

Join our free information session

Bonnie McIntyre from Canada Revenue Agency (CRA) Outreach will be presenting an information session.

Date: January 28, 2025
Time: 2:00 – 3:00 PM
Location: Cremona FCSS – 106, 1st Ave

Please join us to find out more about

- ❖ Disability Tax Credit
- ❖ Age amount
- ❖ Pension Income splitting
- ❖ Medical Expenses
- ❖ Caregiver Credit
- ❖ GST credit
- ❖ Canada Carbon Rebate
- ❖ Scams
- ❖ Community Volunteer Income Tax Program (CVITP)

Register with FCSS
(403)510-4521
fcss@cremona.ca

Gold and Silver Centre

Potluck Wednesday Feb 5 at 5pm

Thursdays Bridge/Crib at 1pm

Book Club 2nd Monday at 1pm

We are located at 113 Centre St.
in Cremona

Memberships are just \$10/yr



PICKLEBALL

Sundays & Thursdays
Cremona Community Hall

7-9pm

\$2 drop in

Two courts, equipment available.
Bring clean, indoor running shoes

Free Afternoon Movie at FCSS

We invite seniors to drop in and watch a movie together on the “big screen” the last Wednesday of the month

Jan 29 - “Fly Me to the Moon” (2024)

Feb 26- “Rain Man” (1988)

12:45pm start

Free popcorn provided by ConnectFirst Credit Union

Let us know what movies you want to watch! Call or email suggestions.



LOCAL

Cremona Library

EDUCATION &
RECREATION

ONGOING PROGRAMS

STORY TIME (age 0-6 & caregivers)

Mondays 10:30- 11:30 am

KNIT 'N' NATTER (adults)

2nd Tuesday each month 6:00 pm

LET'S GET LIT- BOOK CLUB (adults)

4th Tuesday each month 6:00 pm

LEGO CLUB (age 6+)

Wednesdays, 3:15- 4:15 pm

Registration required

AFTER-SCHOOL MOVIE (age 8+, under 8 if accompanied by an adult)

Last Wednesday of the month, 3:15-
5:00 pm @ Cremona FCSS

LEARN @ THE LIBRARY, 1-on-1 tech help and more (adults)

Thursdays 12:00- 2:00 pm

*By appointment or by chance (appt
recommended)*

IMAGINE & EXPLORE: NO- SCHOOL ADVENTURES (age 8+)

Friday 1:00- 3:00 pm (Jan 31 & Feb 21)

SPECIAL EVENTS

FAMILY LITERACY DAY EVENT

Thursday, January 23 @ 2:30 pm

Registration required

READ FOR 15

Monday, January 27, all day

AUTHOR EVENT- Harry Sanders, "Abee to Zama City"

Thursday, January 30 @ 2:30 pm

!! Seed Sale Fundraiser !!
January 17- February 7, 2025
Grow with the library and West Coast Seeds! Scan QR code

or visit
<https://fundraising.westcoastseeds.com/pages/organizations/cremona-municipal-library>

CHECK OUT OUR WEBSITE FOR MORE INFO AND REGISTRATION 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

CONTACT US



(403)637-3100



www.prl.ab.ca/cremona



cremonalibrary@prl.ab.ca



205- 1st Street E, Cremona AB

LOCAL

Water Valley

CONNECTION

Mom's Connect at the **Water Valley Library**, runs the first and third Wednesday of the month. It is for caregivers of young children. There is a craft, story and toys for the kids and connection time for the adults. It is 10:00-11:30am.



WV Community Association Monthly Meeting

2nd Tuesday of the month
7pm
WV Hall



Bottle Drive

2nd Saturday of the month
10am-2pm at the hall
proceeds go to WV
Community Association



Here's what's happening in Water Valley:

Thursday morning coffee @ the WV
Community Hall 9-11am
\$2 for coffee, goodies by donation

Pickleball

Mon & Thursday 7-9pm
Tuesdays 1-3pm
WV Community Hall
\$2 drop in, all levels welcome

Craft Day

the 3rd Sunday of each month from
11-4pm in the Arts and Wellness Center
(old WV schoolhouse)
\$5 drop in, bring a craft, lunch and a
smile

POP-UP PLAY

Join us for some free play time, a story and a fun activity! We are also available during this time to answer any parenting questions you may have. This program is for kids ages 0-6.



Various dates and times throughout January 2025

Tuesday, January 7 - 9:30 to 11:30 a.m.
Sundre Library

Monday, January 13 - 9:30 - 11:30 a.m.
Didsbury Neighborhood Place

Tuesday, January 21 - 9:30 to 11:30 a.m.
Cremona FCSS Building

Tuesday, January 28 - 9:30 to 11:30 a.m.
Carstairs Community Hall

Wednesday, January 29 - 9:30 to 11:30 a.m.
Olds, New Hope Church

We will be joined by our AHS Speech Therapists in Didsbury, Cremona and Carstairs

MVFRN will be coming to Cremona FCSS Tuesday Jan 21 and Feb 18 9:30-11:30am

SLP coming to January Pop up play!

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



AGES 4 YEARS AND UNDER

TINY TOTS GYM TIME

FRIDAYS 3:30 - 4:30

JANUARY 10

FEBRUARY 14

MARCH 14

Connect with your little one and help them develop motor skills as you run, jump and play together

DROP-IN FOR SOME PARENTED PLAY

CREMONA SCHOOL GYM

*PLEASE ENTER THROUGH THE BACK DOOR (WEST DOORS). THE DOORS WILL BE OPEN ONCE THE BUSES CLEAR THE PARKING LOT.

NO REGISTRATION REQUIRED!
For more information on the Mountain View Family Resource Network, visit www.MVFRN.ca or email info@mvfrn.ca



CAREGIVER SUPPORT & CONNECTION

At Didsbury Municipal Library

January 16, 2025
Bill of Rights

February 20, 2025
Community Supports

March 20, 2025
Self Care Plan

6:30-7:30pm



PROGRAMMING FOR 0-6 YRS

Cochrane FRN

PARENT SUPPORT

Hangin' with Dad

**Ages: 0-6yrs.
Parented Drop-In**

Attention all dads: are you looking for a fun, free activity for you and your children on Saturday morning? Join us for play, crafts, and circle time. Dads only please.



**Saturday,
January 18
9:30 - 10:45 a.m.**

Family Resource Network
Cochrane and Area
127 First Avenue W.



QUESTIONS?
frn@cochrane.ca • 403-851-2265
cochrane.ca/fcssfrn



Hot Cocoa and Chill

**Ages: 0-6yrs.
Parented Drop-In**

Embrace the magic of winter with pretend snow play. We will enjoy a delicious hot chocolate bar with all the fixings and end the afternoon with some winter themed songs and stories.



**Saturday,
January 18
1 - 2:15 p.m.**

Family Resource Network
Cochrane and Area
127 First Avenue W.



QUESTIONS?
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cochrane.ca/fcssfrn



Triple P Family Transitions

**Parents with children
0-18yrs.**

In this 5-week program you will learn ways to adjust and manage the transition of separation and divorce by focusing on skills to resolve conflict with your co-parent and how to cope positively with stress



**Mondays,
January 27;
February 3, 10,
24; March 3
9 - 11 a.m.**

Family Resource Network
Cochrane and Area
127 First Avenue W.



Register: www.cochrane.ca/programguide

Questions?
frn@cochrane.ca 403-851-2265
cochrane.ca/fcssfrn



Grandparents Group

**Ages: 0-6yrs.
Parented Drop-In**

If you are a grandparent with grandchildren ages 0-6 years, this program is for you! Come play, visit, share information and connect with other grandparents in your community!

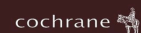


**Wednesday,
January 22
10:15 - 11:30 a.m.**

Family Resource Network
Cochrane and Area
127 First Avenue W.



QUESTIONS?
frn@cochrane.ca • 403-851-2265
cochrane.ca/fcssfrn



Check out their Facebook page for full list of events
<https://www.facebook.com/CochraneFRN/>