

Cremona FCSS Newsletter

October News and Happenings

Hello Cremona Community! My name is **Meghan Vornholt** and I have recently started as the FCSS Coordinator for Cremona. I have a background in education and spent many years in school classrooms. My most recent work was at Cochrane FCSS where I did community development programming for community well-being. I have been blessed to have horses in my life since I was 5 years old when I finally wore my parents down for riding lessons. I have had my horse Shiloh for 16 years! I live in Cochrane with my husband, son, two dogs, and two cats. I look forward to meeting you during office hours or at programs.



HALLOWEEN COSTUME SWAP

DROP OFF your clean, gently used costumes between **October 1st to 4th** at Cremona FCSS or Cremona Municipal Library (during open hours) and receive a voucher for each costume.

VOUCHER HOLDERS ONLY can join us at Cremona FCSS on **Tuesday, October 15 from 12- 6 pm** to trade in your voucher(s) for a new to you costume.

Event will be **OPEN TO ALL** on **Wednesday, October 16 from 12- 6 pm**. No voucher? Costumes can be exchanged for a non-perishable food donation to the Food Pantry at FCSS.

COSTUME AND ACCESSORY DONATIONS ALSO ACCEPTED

ALL SIZES: INFANT TO ADULTS





Join us for **FREE**

Halloween Movies

WEDNESDAY OCTOBER 30, 2024

Seniors Movie
"Frankenstein (1931)"
12:45-2:30pm

Kids Movie
"Wallace and Gromit: The Curse of the Were-Rabbit"
3:15-5:00pm

CREMONA FCSS
106 1 AVE (UNITED CHURCH)

Popcorn provided by ConnectFirst Credit Union





Cremona FCSS will be closed
Monday October 14 for
Thanksgiving.





Cremona Food Pantry

Come shop the food pantry **Tuesday 10am-1pm** or by appointment.

Bring your own bag or we have some. Have extra bags? Donate them to the food pantry!

For more info regarding food support services, book an appointment with FCSS.



FREE Lending Library at FCSS

Did you know we have personal development books you can borrow?

We have books on:

- parenting
- mental health/addictions
- relationships

Come on by during office hours to check our collection and sign one out.



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

Feel free to drop into the FCSS office (old United Church) Tuesdays or Thursdays 9:00am - 4:00pm or by appointment on Wednesdays.

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





AA Meetings

These meetings are for those ready to get support in their addiction.

Sunday @ 7:30pm Carstairs Legion 121 10th Ave **Carstairs**

Monday @ 8pm Cremona Gold and Silver Centre 113 Centre St. **Cremona**

Tuesdays @ 7:30pm Weedon Hall 42299 Weedon Trail **Cochrane**

Wednesdays @ 8pm Church of Nazarene **Sundre**

Thursdays @ 7pm Evergreen Seniors Centre 5237 52 St **Olds**

Fridays @ 8pm Masonic Hall 2037 21 Ave **Didsbury**

Saturdays @ 8pm Unit B 126 Main St N **Airdrie**



**This is not a complete list of meetings. For a complete list of meetings, including online meetings, go to <https://calgaryaa.org/meetings/>*



Al-Anon Meetings

These meetings are to support family and friends of alcoholics

Monday @7:30pm Cremona Country Fellowship Church 210 1st Ave W.
Cremona

Monday @ 7:15 St Paul Lutheran Church 5022 52 St **Olds**

Monday @ 7:30pm St. Andrew's United Church 128 1st E **Cochrane**

Thursdays @ 11am **Sundre United Church** 118 Centre St. **Sundre**

Fridays @ 7:30pm St. Andrew's United Church 128 1st E **Cochrane**

Fridays @ 7:30pm Day Break Church 2104 Yankee Valley Blvd **Airdrie**

**This is not a complete list of meetings. For a complete list of meetings, including online meetings, go to <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>*

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

Feel free to drop into the FCSS office (old United Church) Tuesdays or Thursdays 9:00am – 4:00pm or by appointment on Wednesdays.



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



Community Events/Services



The **Cremona Harvest Fest** Family Dance promises to provide a safe and enjoyable environment for everyone. So put on your dancing shoes and get ready to create unforgettable memories with your loved ones. Food and beverages will be available for purchase throughout the evening.

Saturday October 26, 2024

TICKETS: Available at KC Foods, Cremona Credit Union or contact Brenda at 403-637-3912

Family of 4 (2 Adults, 2 kids under 18) - \$30.00 (additional kids under 18, \$5.00 each)
Single Adult (18+) - \$15.00
Children (11 and under) - FREE

Cremona Community Engagement Site has many opportunities to connect, create, and learn. Here's one we've highlighted!

HALLOWEEN SUGAR SKULL MOSAIC CLASS

Make your very own sugar skull in glass mosaic. In this class you will get a wedi board already precut in the shape of a skull that measures 10" x 7.5", then you will have a choice of all sorts of colored glass and decorations to glue your very own skull. First class you will design and glue then the following day you will grout it and you will have a great skull for your halloween goblins to show. All materials included. Bring an apron.

DATE: Tuesday October 22nd and Wednesday October 23rd

TIME: 1-4pm

LOCATION: Cremona Gold and Silver Club

COST: \$60 under 55, \$45 for 55 and up, adults only

To register, email coordinator@cremonaces.com



[UPCOMING CLASSES: | Cremona Community Engagement Site \(cremonaces.com\)](https://www.cremonaces.com)



Community Events/Services



The Attic on 2nd is the Community's closet.

EVERYTHING IS FREE!

Located in the basement of the Cremona Congregation Church.

Donations of items in good condition are gratefully accepted.

Please no worn out or heavy items.

The Attic is open every Wednesday from 10am- 5pm and every Saturday from 9am - 12pm.

If anyone would like to learn more about how to volunteer please contact us at CCFATTIC@GMAIL.COM



St. John Ambulance
First Aid Course in
Cremona, November 2, 2024
\$65.00, Lunch Provided

Class Starts at 9 am at the Cremona FCSS

We are offering a "Blended" First Aid Course at the Cremona FCSS, This course has a on-line portion and 1 day in class. Blended standard first aid CPR & AED (immediate first aid) course, one day in person learning and an online portion. (online portion is 7-8 hours long and must be completed prior to in class portion). Must provide email address phone number and full name.

Please call FCSS to register (403)510-4521 or email fcss@cremona.ca

Payment must be received and minimum participant threshold met before you'll be able to start the on-line portion.

Open to residents of the Cremona / Water Valley area.

Space is limited.



Register for First Aid by October 18!

Cremona Curling
Cremona Curling Club AGM
Oct 9 @ 7:30pm

Seniors Curling Club AGM
Oct 10@2pm

Cremona Curling Rink



LOCAL

Seniors

SUPPORTS

For help navigating seniors supports, such as OAS paperwork, seniors benefits, etc. book an appointment with Meghan at FCSS.



CONNECT SENIOR SUPPORTS

Fostering autonomy and providing supports for each seniors specific needs in the comfort of their own home. Proudly serving Olds and surrounding areas.

Our Services

- ✔ System Navigation
- ✔ Transportation
- ✔ Companionship
- ✔ Social Support Connections
- ✔ Respite
- ✔ Homemaking
- ✔ Meal Support

How it works


Services required will be determined by the senior and their caregivers and will be delivered by a team of professional and trained staff using a person-centered approach.


To learn more


Phone:
(403) 556-4110
Email:
connectseniors@asc-mva.ab.ca
www.asc-mva.ab.ca





Offered services:


 **System Navigation:** Guide and facilitate referrals and support older adults to navigate systems that are relevant to their needs or circumstance.

 **Transportation:** Escorted transportation and support to attend medical and non-medical appointments within the Mountain View County area, including shopping, errands, and social events.

 **Companionship:** Provide older adults with the opportunity to spend time with someone in their home, doing the activities they enjoy.

 **Social Support Connections:** Provide transportation to community events or visiting with friends and offering the ability to participate in the day-to-day tasks one enjoys.

 **Respite:** Provide respite services that allow family caregivers a break from caregiving.

 **Homemaking:** Provide assistance with meal cleanup and general tidying. Should an individual require full housekeeping services, CSS will assist with referrals as required.

 **Meal Support:** Assist with meal planning, shopping, meal preparation and companionship during meals.



Need A Ride? - Call Grampy

Cremona and Area Driver and Delivery Service
A community service funded by cash donations.

Suggested donation for local delivery within
10 km of Cremona - \$10.00

Suggested donation for appointment.

Out of area service \$20/h

All services are provided at the discretion of Grampy
(587) 836-9414 – CALL ONLY



Have you ever wondered if there was a ladies group to join that was just for fun? Consider **The Red Hat Society**, for ladies 50+ Join them for Lunch and some laughs!

For more information
Contact Adele at
403-637-2544

Thank you to the **Cremona and Area Garden Club** for the donation of \$425 to the Cremona and district food pantry. Thank you to all those that dropped off plants and purchased plants. We really appreciate your participation!



PICKLEBALL

Sundays & Thursdays
Cremona Community Hall
7-9pm
\$2 drop in

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

Rosebud Theatre Seniors Trip



A 1940s family-run radio station is moments from going live with their annual Christmas Eve broadcast full of familiar holiday carols and yuletide stories. In the booth, young love sparks between Kitty, the weather reporter, and Danny, the sound effects operator, but Kitty has a secret that could put her job in jeopardy. All of this unfolds under the watchful eyes of Danny's parents, owners of the radio station, and a live studio audience, resulting in a chaotic and hilarious "on-air" Christmas.

Thursday Dec 12, 2024

Leave from FCSS at 10:15am

Tickets are \$65

Includes transportation, buffet, and the show

To register call or email FCSS **by November 12** and send payment to finance@cremona.ca to secure your spot.

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

Feel free to drop into the FCSS office (old United Church) Tuesdays or Thursdays 9:00am - 4:00pm or by appointment on Wednesdays.

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



LOCAL

Cremona Library

EDUCATION & RECREATION



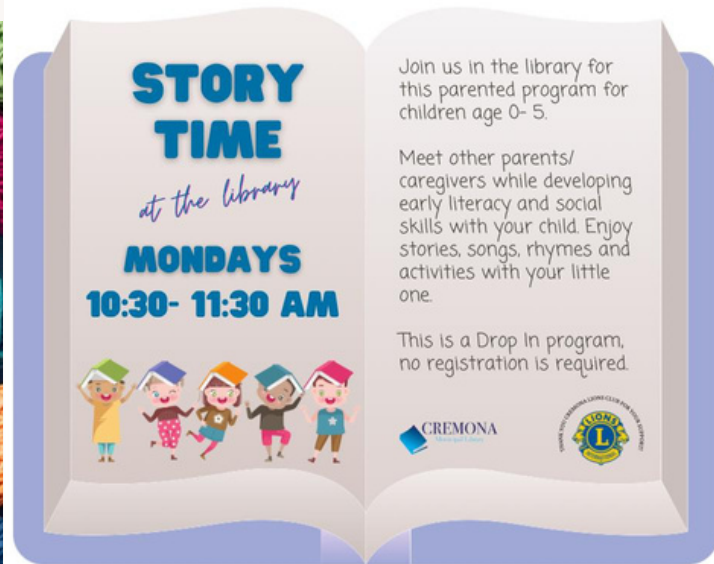
CREMONA
Municipal Library

Knit 'N' Natter

All needlecrafters of all skills & levels welcome

Bring your own supplies/ projects to work on

2nd Tuesday each month @ 6 PM



STORY TIME

at the library

MONDAYS

10:30- 11:30 AM

Join us in the library for this parented program for children age 0-5.

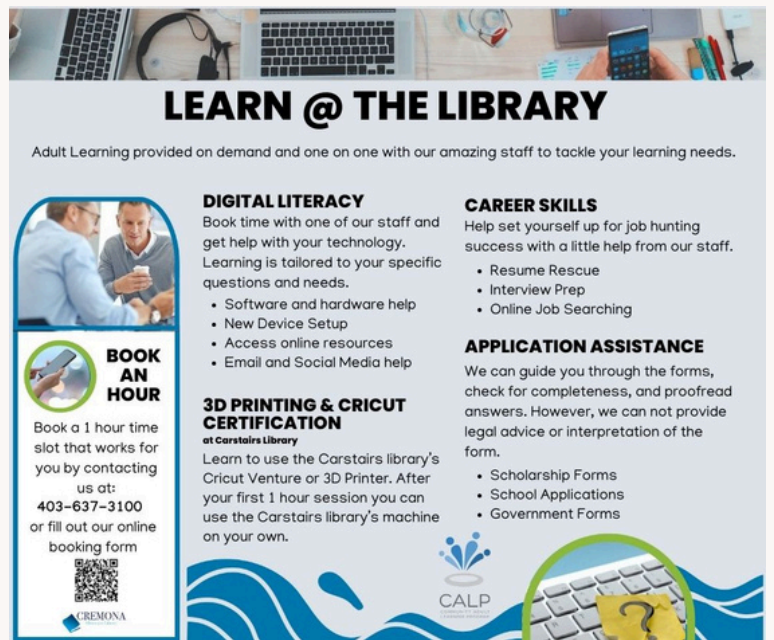
Meet other parents/ caregivers while developing early literacy and social skills with your child. Enjoy stories, songs, rhymes and activities with your little one.

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

CREMONA
Municipal Library

Drop in Thursdays between 1- 3 pm for Learn at the Library.
Need tech help? Have questions about your device or need help with your cellphone? Want to learn how to use the Libby app or Cloud Library to access e-books and audiobooks with your library membership, or how to use some of the other e-resources available with your library membership? Book an appointment or drop by the library today!

You can also call the library to book a one-on-one, 1 hour appointment at (403)637-3100



LEARN @ THE LIBRARY

Adult Learning provided on demand and one on one with our amazing staff to tackle your learning needs.

DIGITAL LITERACY
Book time with one of our staff and get help with your technology. Learning is tailored to your specific questions and needs.

- Software and hardware help
- New Device Setup
- Access online resources
- Email and Social Media help

CAREER SKILLS
Help set yourself up for job hunting success with a little help from our staff.

- Resume Rescue
- Interview Prep
- Online Job Searching

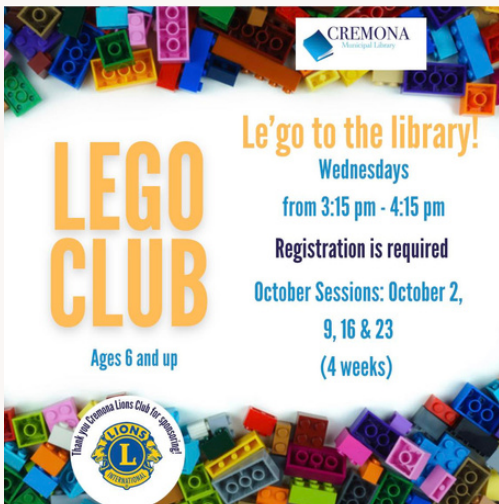
APPLICATION ASSISTANCE
We can guide you through the forms, check for completeness, and proofread answers. However, we can not provide legal advice or interpretation of the form.

- Scholarship Forms
- School Applications
- Government Forms

BOOK AN HOUR
Book a 1 hour time slot that works for you by contacting us at: 403-637-3100 or fill out our online booking form

CREMONA
Municipal Library

CALP



CREMONA
Municipal Library

LEGO CLUB

Le'go to the library!

Wednesdays
from 3:15 pm - 4:15 pm

Registration is required

October Sessions: October 2, 9, 16 & 23
(4 weeks)

Ages 6 and up

Thank You Cremona Lions Club for Sponsorship!

Lego Club
Wednesdays 3:15-4:15pm
Suitable for children age 6+
Registration Required
<https://form.jotform.com/222424949599270>

**CHECK OUT THE
CREMONA LIBRARY
ON SOCIAL MEDIA**

LOCAL

Cremona Library

EDUCATION & RECREATION

WHAT'S HAPPENING?!

@ Cremona Municipal Library



MONDAYS

October 7, 21 & 28



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.

TUESDAY

October 8



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!

TUESDAY

October 22



6:00- 7:30 pm

Let's Get Lit!

Join us for spirited discussions, meaningful connections, and a shared love for the written word.

October: A New Season, by Terry Falls

WEDNESDAYS

October 2, 9, 16 & 23



3:15- 4:15 pm

Lego Club

For ages 6 and up. Build, create, have fun! Space is limited. Registration is required.

THURSDAY

October 24



1:00- 3:00 pm

Cyber Security Seminar

We'll show you how to stay safe while accessing the internet to its fullest. The internet is a magical place full of valuable information and tools, you deserve to have access to it.

FRIDAY

October 25



1:00- 3:00 pm

Imagine & Explore: No-school Adventures

No school? No problem! Join us in the library for this 2-hour program for kids ages 8 and up that aims to engage children's imagination, creativity and curiosity. Let's make every no-school day an adventure of discovery and fun. Space is limited. Registration is required.

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

LEARN @ THE LIBRARY

Adult Learning provided on- demand

Need tech help? Have questions about your device or need help with your cellphone? Want to learn how to use the Libby app or CloudLibrary to access ebooks and audiobooks with your library membership, or how to use some of the other resources available with your library membership? Need help with your resume or application? Give us a call to book an appointment. Available every Thursday from 1- 3 pm (1 hour, 1-on-1 appts).

CONTACT US

(403)637-3100
 www.prl.ab.ca/Cremona
 cremonalibrary@prl.ab.ca
 205- 1st Street E, Cremona AB



LOCAL

**Water
Valley**

CONNECTION

**Here's what's happening
in Water Valley:**

Thursday morning coffee
9-11am
\$2 for coffee, goodies by
donation

Pickleball

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

Craft Day

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



Kids'
HALLOWEEN PARTY
OCTOBER 26, 2024
Starts at 2:00pm
@ Water Valley Community Hall

SPOOKY TREATS, MUSIC, & GAMES (Inside)
TRUNK OR TREAT (Outside)

More Info at www.watervalley.ca or
email mtmannine@hotmail.com



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.

CHILD/YOUTH EVENTS

MVFRN

PARENT RESOURCES

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 October 2024!

- Tuesday, October 1 - 9:30 to 11:30 a.m. Sundre Library
- Monday, October 7 - 9:30 - 11:30 a.m. Didsbury Neighbourhood Place
- Tuesday, October 15 - 9:30 to 11:30 a.m. Cremona FCSS Building**
- Tuesday, October 22 - 9:30 to 11:30 a.m. Carstairs Community Hall
- Wednesday, October 23 - 9:30 to 11:30 a.m. Olds ***New Hope Church** NEW LOCATION

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

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



MVFRN will be coming to Cremona FCSS Tuesday Oct 15 9:30-11:30am

CHECK OUT MVFRN ON SOCIAL MEDIA



Youth 9-14yrs RECHARGE

At Jeans Place 4911 51st Avenue, Olds


Recharge your brain! During the 3 week sessions we'll explore stress and what it means, learn to identify stress and learn new coping skills. Each week will take a look at new techniques to bust stress/anxiety and RECHARGE!

BEGINS TUESDAY OCT 8, 3:30 - 5:00 PM

Three sessions
Oct 8
Oct 15
Oct 22

This program is intended for youth ages 9-14yrs.
A light snack will be served each week!
Registration Required!

REGISTER ONLINE AT:
WWW.MVFRN.CA/REGISTRATIONS



Connect Parent Group

An attachment based program for parents and caregivers

Begins October 9 10am-12pm, zoom

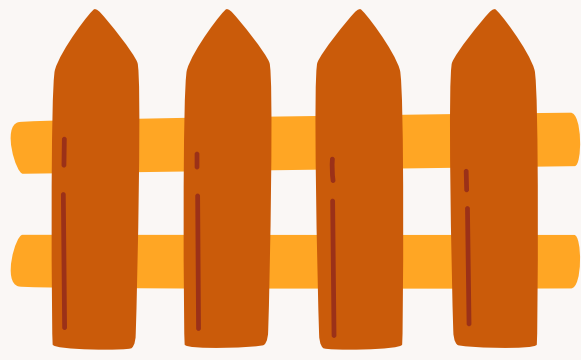
Connect is a 10-week program to support parents and caregivers of pre-teens and teens with behavioural and emotional problems.

Parents meet in small groups with two trained group leaders for 90 minutes each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

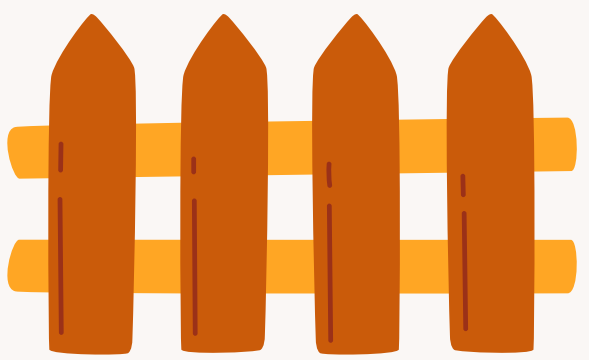
Looking for more information?
Email us at info@mvfrn.ca or call 1-877-761-0033!

REGISTRATION IS REQUIRED:
Register online at MVFRN.CA

Connect




Autumn shows us how beautiful it is to let things go.



PROGRAMMING FOR 0-6 YRS

Cochrane FRN

PARENT SUPPORT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7</p> <p>Toddlers in Tow (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Circle of Security (R) FULL 1:30-3 p.m.</p>	<p>8</p> <p>Play N Learn Preschool (D) 9:30-10:45 a.m. Super Dads Super Kids (D) 1:30-2:45 p.m. Thinking in Your Golden Years- Aging in Place FULL @ Cochrane Public Library (R) 3:30-4:30 p.m. FASD Cognitive Support (R) 10 a.m. - 12 p.m. New Time</p>	<p>9</p> <p>Grandparents Group (D) 10:15-11:30 a.m. New Time Cochrane Prenatal Health Group (D) 1:30-5 p.m. New Time</p>	<p>10</p> <p>Brigg Creek Rumble & Roar (D) 9:30-11:30 a.m. Inkart Massage (R) FULL 9:30-11 a.m. Baby Steps (D) 1:30-3 p.m.</p>	<p>11</p> <p>Mindful Minis (D) 9:30-10:45 a.m. Yoga & Connection (R) 1:30-2:45 p.m.</p>	<p>12</p> <p>Jacket Racket (D) 10 a.m. - 12 p.m.</p>
<p>14</p> <p>Closed for Thanksgiving</p>	<p>15</p> <p>Play N Learn Preschool (D) 9:30-10:45 a.m. Thriving in Your Golden Years- Aging in Place FULL @ Cochrane Public Library (R) 3:30-4:30 p.m. Prenatal Yoga (R) 5-6 p.m.</p>	<p>16</p> <p>Movers and Groovers (D) 10:30-12 p.m. LLC- Cochrane Breastfeeding Support Group (D) 10-11 a.m.</p>	<p>17</p> <p>Brigg Creek Rumble & Roar (D) 9:30-11:30 a.m. Inkart Massage (R) FULL 9:30-11 a.m. Baby Steps (D) 1:30-3 p.m.</p>	<p>18</p> <p>Mindful Minis (D) 9:30-10:45 a.m. Yoga & Connection (R) 1:30-2:45 p.m.</p>	<p>19</p> <p>Program Legend FRN Drop-In Programs (D) FRN Registered Program (R) FRN Virtual Programs (V) FRN Rural Programs FCSS Programs (R) External Community Programs</p>
<p>21</p> <p>Toddlers in Tow (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Circle of Security (R) FULL 1:30-3 p.m.</p>	<p>22</p> <p>Play N Learn Preschool (D) 9:30-10:45 a.m. Super Dads Super Kids (D) 1:30-2:45 p.m. Thriving in Your Golden Years- Aging in Place FULL @ Cochrane Public Library (R) 3:30-4:30 p.m.</p>	<p>23</p> <p>Grandparents Group (D) 10:15-11:30 a.m. New Time Cochrane Prenatal Health Group (D) 1:30-5 p.m. New Time Group Triple P (R/V) 6:30-8:30 p.m.</p>	<p>24</p> <p>Brigg Creek Rumble & Roar (D) 9:30-11:30 a.m. Baby Steps (D) 1:30-3 p.m. Nurturing Parenting: Building Positive Self-Worth (R) 1:30-3 p.m.</p>	<p>25</p> <p>Mindful Minis (D) 9:30-10:45 a.m. Yoga & Connection (R) 1:30-2:45 p.m.</p>	
<p>28</p> <p>Toddlers in Tow (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Circle of Security (R) FULL 1:30-3 p.m.</p>	<p>29</p> <p>Play N Learn Preschool (D) 9:30-10:45 a.m. Super Dads Super Kids (D) 1:30-2:45 p.m.</p>	<p>30</p> <p>Group Triple P (R/V) 6:30-8:30 p.m.</p>	<p>31</p> <p>Brigg Creek Rumble & Roar (D) 9:30-11:30 a.m. Baby Steps (D) 1:30-3 p.m. Nurturing Parenting: Building Positive Self-Worth (R) 1:30-3 p.m.</p>		

fcss@cochrane.ca • 403-851-2250 | frn@cochrane.ca • 403-851-2265



PERSONAL
DEVELOPMENT

MVESS

GRIEF SUPPORT



Building Better BOUNDARIES



*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:
Wednesday evenings - October 30 - December 4, 2024

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

To register you can contact:
MVESS Program Coordinator at 403-586-4545
www.mountainviewemergencysHELTER.ca
mountainviewemergencysHELTER@gmail.com

Location: Carstairs Library
Scarlett Ranch Boulevard, Carstairs
6:30PM - 8:30PM

**MVESS WILL BE AT
CREMONA FCSS
FOR DROP-IN
SUPPORT
THURSDAY
OCTOBER 24
10AM-1PM**

**CHECK OUT MVESS
ON SOCIAL MEDIA**

Beautiful Me is a free educational self-esteem program for female identifying youth ages 8-12 years. The goal is for females to feel empowered and self-confident in all aspects of their life.

Date: Saturday October 26

Time: 11:00am-3:30pm

Location: Cremona FCSS (old United Church)

Register at www.mountainviewemergencysHELTER.ca
or call (403)586-4545

