



CREMONA COMMUNITY ENGAGEMENT SITE

206 3rd Street East
Box 141, Cremona, Alberta, T0M 0R0
Phone: 403-337-4277
Fax: 403-637-3830
email: coordinator@cremonaces.com
Website: www.cremonaces.com

GROWING TOGETHER, LEARNING FOREVER
"A Campus Alberta Central Learning Site"

TEA & TRAVEL

*Visit Italy and France with high school students
Drew and Kelsey*

*Date: Tuesday, February 23rd Time: 1pm – 2:30pm
Cost: \$5 Dessert included Please call or email to book a seat*

BOOK CLUB

*Monday, February 8th, 2016 MESSAGE IN A BOTTLE by
Nicholas Sparks*

*Time: 3pm at the Cremona Community Engagement Site
Everyone Welcome!! FREE*

CASHFLOW CLUB FOR KIDS Recommended for Grade 2
and up (need to be able to read).

HEY KIDS! Want to play a game to learn how money
works? How to make money WORK FOR YOU instead of you
having to WORK FOR YOUR MONEY?

DATE: Tuesdays starting, January 12th 2016

TIME: 3:00-4:00pm **COST:** \$5 per session

For more information or to register 403-337-4277 or email:
coordinator@cremonaces.com.

AUTOMATIC WRITING

Join Marianne Frank, Energy Healer, for a 3 hour session on Au-
tomatic Writing- this is a simple but very powerful way to devel-
op intuition, access inner guidance, and unblock creativity.

DATE: Tuesday February 9, 2016 **TIME:** 7-10 pm

COST: \$60PP **DEADLINE TO REGISTER:** February 5th

Call 403-337-4277 or email coordinator@cremonaces.com
to register

iPad/iPhone

Lawson is back to help you navigate your device and answer all
your questions in a humorous, non-frustrating way.

DATE: Thursdays, February 4th & 11th **TIME:** 6:30 – 8:30pm

COST: \$40/person, \$70/couple

Call 403-337-4277 or email: coordinator@cremonaces.com

MAC BASICS AND MORE

Bring your Mac and join Lawson for basic instruction and a trouble shoot-
ing tour as he will show you the basics of navigating, getting organized,
and keeping your software up to date. He can answer any questions you
have about your computer.

DATE: Thursdays, February 25th & March 3rd

TIME: 6:30 – 8:30 PM **COST:** \$40/person, \$70/couple

DEADLINE TO REGISTER: Thursday, February 18th

Call 403-337-4277 or email: coordinator@cremonaces.com

CHROMEBOOKS FOR PARENTS

DROP INS WELCOME

A **Chromebook** is a laptop of a different breed. Instead of Win-
dows or Mac OS, **Chromebooks** run Google's Chrome OS. These
machines are designed to be used primarily while connected to
the Internet, with most applications and documents living in the
cloud to be accessed anywhere. Come and learn about the
Chromebooks that your children are using in school so you can
help them connect at home. This will be hands on class and you
will work individually with a Chromebook to learn the ins and
outs of the device. We will cover: 1. Logging in remotely
2. Sharing documents 3. Apps and more

DATE: Monday, February 8th, 2016 **TIME:** 7 – 9 PM

COST: FREE **LOCATION:** Cremona Engagement Site

Call 403-337-4277 or email: coordinator@cremonaces.com to register.

FERMENTING FUN – Healthy Eating

KIMCHI: think super powered kraut.
with kick. This is one of the ultimate
condiments that, when added to your
arsenal of kitchen skills, and can really
that ingredient you bring to potlucks
and parties. Kimchi plays an important
role in nutrition, providing the con-
sumer a bevvy of additional
vitamins and minerals, live enzymes and those all-important pro-
biotics.



DATE: Tuesday, February 23

TIME: 7 – 9 pm

COST: \$65/person (ingredients and containers are supplied) bring
a cutting board, super sharp knife, two tea towels and large
mixing bowl.

DEADLINE TO REGISTER: Tuesday, February 16th.

Call 403-337-4277 or email: coordinator@cremonaces.com .

AFTER SCHOOL SEWING- Sporty Strap Pack

Our project this session will be a "Sporty Strap
Pack". It is a one shoulder backpack with a
zipper closing and 2 types of pockets. You will
be given a supply list when you register.

DATES: February 24, March 2, 9, 16, 23, 30.

TIME: 3 – 5 PM **COST:** \$80 + Supplies

MINIMUM NEEDED: 8 **MAXIMUM:** 10

More students needed to register.

Call 403-337-4277 or

email: coordinator@cremonaces.com



The Cremona Community Engagement Site Presents:

Women Inspiring Women

A Day Just For You!

Saturday March 12, 2016

10:00 am—4:00 pm

Cremona School Gymnasium

A Day just for women including:

- Makeup tips with local makeup artist Karnell Collins
- Hair styling tips from local stylist Shelby Cummings
- How to use essential oils with Ralene McCulloch

Guest Speakers:

- Tessa Joyes—Deaf Mompreneur Chronicles, CEO Standout Publications
- Pam Hirtle, Real Food Warrior Holistic Nutrition Coach on Gut Health
- Catherine Scheers, Author/Trainer/Coach—Success University for Women
Yoga, Reiki, Jazzercise and Meditation Demonstrations & more

Women Vendors—*selling all the stuff you see for sale at Christmas markets that you wanted to buy for yourself!*

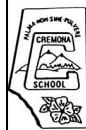
Let's support women entrepreneurs in our community.

Tickets only \$ 20 (including lunch by Amour's Good Food)

Available at the Cremona Community Engagement Site, Mountain View Credit Union and Cremona School by emailing coordinator@cremonaces.com or by calling 403-337-4277

Vendor booths are an additional \$10

For a vendor package or more information please visit www.cremonaces.com or facebook.com/cremonaengagement



CREMONA SCHOOL

**CREMONA COMMUNITY
ENGAGEMENT SITE**
Growing Together,
Learning Forever
A Campus Alberta Central
Learning Site

SCRAPBOOKING RETREAT

FUNDRAISER FOR CREMONA SCHOOL and ENGAGEMENT SITE

Join us for an afternoon or evening of scrapbooking fun! 4 (2 page) kits are available to purchase and are easy to build. Directions and photos of finished pages come with the kits.



Give Thanks



Men & Their Toys
Limited #



Good Times



Christmas
Limit #

DATE: Monday, February 29th
TIME: 6:30–9 pm
PLACE: Cremona CES
COST: \$10/PERSON + \$10 FOR EACH KIT

Don't forget your photos!
If you have tape, glue, ink, scissors please bring along
Some supplies will be provided

DATE: Thursday, February 25th
TIME: 1:30–3 pm
PLACE: Cremona CES
COST: \$10/PERSON + \$10 FOR EACH KIT

Don't forget your photos
If you have tape, glue, ink, scissors please bring along
Some supplies will be provided

Proceeds from this class go to programs for Cremona School and the Community Engagement Site.

NAVIGATING WINDOWS 10

Having difficulty with the new windows 10 operating system? Bring your device, if you can, and we will go over the basics of navigating in the new Windows 10. Bring your questions.

DATE: Wednesday, February 24th TIME: 1–3 pm COST: \$20/Person Maximum 6

LOCATION: Cremona Engagement Site

OBESITY IN CHILDREN AND ADOLESCENTS: The Role of Parents and the Family—Telehealth from Alberta Health Services by Video Conference

Participants will learn: 1. obesity is a complex chronic disease. 2. The role of parents and family on influencing food choices and body image. 3. You will leave with action strategies to help in the management of weight and health. Handouts given.

DATE: Thursday, February 25th TIME: 11am–12:30pm LOCATION: Cremona Engagement Site COST: FREE

CAMPUS ALBERTA CENTRAL—New courses available online with support in your community!

- 1) Accommodation Guest Services Certificate
- 2) Accommodation Management Certificate
- 3) Land Analyst Certificate
- 4) Rural Finance and Entrepreneurship Certificate
- 5) The Tourism Business and Services Management Certificate
- 6) Veterinary Medical Receptionist Certificate



In Partnership



FOR MORE INFORMATION GO TO: <http://campusalbertacentral.com/programs-courses/courselist.html>

THANK YOU TO THE CREMONA RECREATION BOARD AND AURORA FOR THEIR SUPPORT OF THE CREMONA COMMUNITY ENGAGEMENT SITE. YOUR COMMITMENT TO CULTURE, RECREATION AND LIFELONG LEARNING IS AN ASSET TO OUR COMMUNITY!