

# Cremona Community Engagement Site

Located at Cremona School  
P.O. Box 141, Cremona, Alberta TOM ORO  
206—3rd Street East

Jan Shand—Program Coordinator

Phone: 403.637-3856 ext:4862 or direct line 403.337-4277

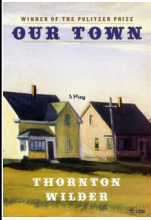
E-mail: cremonaces@gmail.com

*Growing Together, Learning Forever*  
"A Campus Alberta Central Learning Site"

Website: [www.cremonaces.com](http://www.cremonaces.com)

May 2013

## Book Club

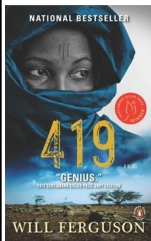


**September 11<sup>th</sup>, 2013 - "Our Town"** by Thornton Wilde – please let me know if you need a book so that I can let the library know.

**Wednesday September 18<sup>th</sup>** – Rosebud Theatre – "Our Town" – Matinee: Sr.

\$61.95 Adult \$68.51 If you plan on attending, cheques need to be to Betty Ann

Horbay or Jan right away. Please make cheque payable to Betty Ann Horbay.



**October 9<sup>th</sup>** - "419" by Will Ferguson – please let me know as soon as possible, who needs the book so that I can let the library know.

7 pm – 8:30 pm

FREE

Have a great summer and happy reading!

***Better Choices, Better Health™*** is a program designed to support people, and their caregivers/partners, living with ongoing chronic health conditions like diabetes, heart disease, arthritis, asthma, high blood pressure, chronic pain, obesity and others.

This workshop is unique in that it's led by trained volunteers and/or Alberta Health Services staff, many of whom also live with a chronic disease. This approach ensures an understanding of the challenges participants face and provides a supportive and welcoming environment.

Workshop Topics

***How to handle pain and fatigue, medication management, dealing with difficult emotions, healthy eating and activity, problem solving, goal setting, communicating with health-care provider***

**DATES:** Wednesdays, May 15, 22, 29, June 5, 12, 19

**TIME:** 9:30 AM – 12:00 PM

**COST:** Free **12 Participants needed to run this program**

**LOCATION:** Cremona CES

**TO REGISTER CALL: 403-337-4277 OR**

**EMAIL: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)**

**DEADLINE TO REGISTER IS**

**MONDAY, MAY 6, 2013**



## WOMEN'S WELLNESS SERIES 5 - 7 pm

**May 6<sup>th</sup> - Stress Management: Exhausted to Energized** - Sharon Christie, MSW, RSW

Are you exhausted, stressed, frazzled? Are you so tired that you are losing your sense of joy in life? Would you like to make some changes, but cannot find the energy to get started? Come explore ways to reduce stress, while you renew, refresh, and re-energize your life, one baby step at a time.

**May 13 - Memory as You Age**

As we age we often think our memory is going and wonder if we need to be concerned. This session will cover what to expect in normal ageing. You also will learn strategies to help your memory.

**May 27 - No, it's not hot**

**(UNDERSTANDING MENOPAUSE)** - Ranjit Uppal

Menopause can occur anytime from age 40 to 60. Perimenopause can be a few months or a few years before menopause. Learn what you need to know to help you understand and manage this normal stage in your life.

**ALBERTA HEALTH SERVICES**

**Cost: FREE**

## COMPUTER HELP

Come into the Engagement Site for some one-on-one help with your computer questions.

**Date:** Wednesdays **Time:** 12–1 pm **Cost:** FREE

Please call 403.337.4277 if you are coming and let me know what you wish to learn.

## COMPUTER "KNOW HOW"

**Learn about Scanning/PDF'S, etc.**

**DATE:** Tuesday, May 21st

**TIME:** 7:00 – 8:30 PM

**COST:** \$15/person

**LOCATION:** Cremona CES



## TRAVEL TIDBITS

### *Italy & France*

Join Cremona students as they share their experiences on a school trip to Italy and France.

**DATE:** Tuesday, May 21

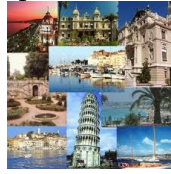
**TIME:** 11:00 AM – 12:30 PM

**COST:** \$10/person

Please call 403 337-4277

or email [cremonaces@gmail.com](mailto:cremonaces@gmail.com) to book your seat.

**Deadline to register is Wednesday, May 16<sup>th</sup>**



### **CELEBRATING SENIORS WEEK - China**

Join Janet Warner as she shares her travels to China with us.

**DATE:** Tuesday, June 4<sup>th</sup>

**TIME:** 11:00 AM – 12:30 PM

**COST:** FREE (Lunch provided by Cremona FCSS)

*Non seniors are welcome to attend at a cost of \$10*

Please call 403 337-4277 or email [cremonaces@gmail.com](mailto:cremonaces@gmail.com) to book your seat.

**Deadline to register is Wed., May 29<sup>th</sup>**



**\*\*\*\*The High School Cosmetology Class is offering free shampoo & sets, at the school, for the ladies following the Travel Tidbits. If anyone is interested please call 403 337-4277 to book an appointment.**



## Campus Alberta Central

**Looking for an educational opportunity that fits your schedule?**

Whether you're a stay-at-home parent, full-time employee, business owner or current student you can choose the education that fits your busy schedule.

**New and exciting community programs for September 2013.**

- \* **Early Learning & Child Care Certificate**
- \* **Educational Assistant**
- \* **Health Care Aide**
- \* **Management Certificate – no diploma needed**
- \* **Pharmacy Technician Certificate**
- \* **Virtual Assistant**

Check out their website: [www.campusalbertacentral.com](http://www.campusalbertacentral.com)

If require more information please contact your Engagement Site coordinator.

Call 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)

# Can YOU FILL These Shoes?



## Now Hiring Summer Staff!

**Program Assistants**—these individuals assist the coordinator as needed through the day, helping with planned activities, set up and clean up, while promoting good sportsmanship and fun. Approximately 15 hours/week required in July & August. On the job training & mentorship is provided. 2 team players will be hired. Must be 15 years of age by July 1st.

**If you enjoy kids & having fun while you work this job is for you!**

Resumes accepted until May 17, 2013

Email—[fcss@village.cremona.ab.ca](mailto:fcss@village.cremona.ab.ca) or mail—  
Box 10, Cremona, AB T0M 0R0



## THANK YOU

The Cremona Community Engagement Society would like to thank all those that came to our Annual General Meeting. Your support is greatly appreciated. At the meeting we had feedback from the community what they see as our mission and vision.

Thank you to Keltie and Daryl for their presentations on the Polar Bears of Churchill and the Amazon. All in attendance enjoyed their pictures and stories.

We look forward to another successful year starting in September. Please let us know if there is anything that you would like to see offered at the Engagement Site. If you wish to sit on our Advisory Council as a Director at Large or as the Chair please contact Jan.

