



CREMONA COMMUNITY ENGAGEMENT SITE

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

PLEASE CALL 403-337-4277 or email: coordinator@cremonaces.com to register for any of the courses listed

BOOK CLUB

MY SECRET SISTER by Helen Edwards, Jenny Lee Smith
Helen grew up in a village in Tyneside with her neglectful mother & violent father. Jenny was adopted & grew up in Newcastle. Neither woman knew of the other's existence until Jenny went looking for her birth family & found she had a sister.

DATE: Monday, October 17th **TIME:** 3 PM

LOCATION: Cremona CES

COST: Free *Everyone Welcome!*

TEA & TRAVEL

Please join Reg & Pam Bottrill as they guide us through their Spring 2016 trip to **Japan**. Learn about making Kimonos, a rice farm, cherry blossoms and flower season, as well as Mt. Fuji, Hokada Mountains, Hiroshima, Kyoto and sumo wrestlers!



DATE: Tuesday, October 18th **TIME:** 1 PM

COST: \$5 (refreshments included)



SPANISH FOR FUN

KIDS & PARENTS CLUB

Join Gabby for this 6 week class right after school Thursdays. Learn Spanish together, and have fun with your kids at the same time! Students

are welcome to attend even if parents are not able to.

DATE: October 6 to Nov. 17 (no class Nov. 10)

TIME: Thursdays from 3:15 PM - 4:30 PM

COST: \$80/pair (\$45 for a single child) Kids only welcome!

SPANISH FOR TRAVELLERS

¡Hola! Let's keep learning Spanish by joining Gabby in this 8 week course; we will start with a language refresher and introduce daily life Spanish vocabulary and phrases.

DATE: October 6 to Nov. 24

TIME: Thursdays from 6:30-8:30 PM **COST:** \$100/person

MANAGING STORED GRAIN

DATE: Tuesday, October 18, 2016

TIME: 7:00 to 9:00 PM

COST: \$20/PERSON

DEADLINE TO REGISTER: *Tuesday, October 18*

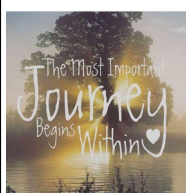
Join Ron Larson, grain farmer & VP Engineering at OPIsystems to answer some of your key questions for Managing Stored Grain:

Why do we store grain? What are the ways to store grain? What happens to grain when it is stored? What are some things to look for when storing grain? What makes grain storage in Alberta better or worse than other



places in the world? How can we make storage work for us, saving or making money? What are some grain storage best practices? What equipment or systems are available to make grain storage easier and let you sleep at night?

INTRODUCTION TO ENERGY HEALING



This is a follow-up to the free introduction in June. This basic introduction to Energy Medicine workshop will teach you the history of Energy Healing, What is Energy healing and how does it work, *Discard and Re-charge of Energy *Our Energy centres *How does Energy effect us, our lives and our physical and mental health. *How can we use Energy to heal ourselves. **Deadline: October 11**

DATE: Thursday, October 13th **TIME:** 7-9 pm

COST: \$45/person, minimum required to run is 6.

BLUEBIRD 101

Come out for an enjoyable evening to hear Dick Stauffer speak about the Mountain Bluebird. Dick has done "citizen science research" on, egg laying, egg incubation, banding, blowfly infestation and nest box preference, working with Cornell University, Ellis Bird Farm and Beaver Hill Bird Observatory.



DATE: Tuesday, Nov. 1 **TIME:** 7:00 PM

COST: \$15

LOCATION: Cremona CES

DEADLINE TO REGISTER: *Tuesday, October 25th*

CHAIR YOGA FOR MEN & WOMEN

Geared to beginners, but will fit all levels, a touch of yoga if you have never tried it before. You can take what you learn anywhere - to the office, in the car, on vacation. Tammi will provide good tools to maintain or increase your mobility You are encouraged to work within your comfort zone.

DATES: October 11, 18, 25, and Nov. 1

TIME: 10 – 11 am

COST: \$60 FOR 4 WEEKS, Minimum 5 participants.

LOCATION: Cremona CES

Wear flexible moving clothing and socks. Bring blanket, water and a smile!



BUSINESS CARD ADVERTISING AVAILABLE !!

Attention Small Business & Community Entrepreneurs!

Due to the closure of the Carstairs Courier the Cremona Community Engagement Site will be providing Cremona & area with business card advertisement space in our newsletter beginning in November. newsletters are distributed to over 1500 subscribers, in print (Cremona, Water Valley, RR#2 Carstairs and RR#2 Crossfield) and electronically. Cost for this advertising space is \$25 per month for a 10 month period. Total cost annually for a business card advertisement is only \$250.00! *Please contact the CCES office by October 15, 2016 with your business card information and payment, and we will be happy to publish your card. Please call if you wish more information.*



CAMPUS ALBERTA CENTRAL

POST SECONDARY EDUCATION WITHOUT LEAVING HOME

We are the voice of your Community

Education has the power to open doors, but let's be honest sometimes the constraints of time and distance have a way of making your goals feel out of reach.



Campus Alberta Central (CAC) is the connection between rural learners and their learning goals, with support right in your community. We are a joint venture between Olds College and Red Deer College, operating as *Campus Alberta Central*.

WEBSITE: www.campusalbertacentral.com

Please feel free to come into the Cremona Community Engagement Site to discuss accessing learning right in your community.

TECHNOLOGY HELP

Need a little help with a pesky technology problem with your computer or other mobile device. Come into the Engagement Site for a little one-on-one help with the issue. Stop being frustrated and work through the problem with assistance.

Call 403-337-4277 for an appointment.

Free to seniors 60+, non-seniors – \$10/hour.

FERMENTING FOOD – Gingered Carrots

There are healthy benefits to fermented foods. This process preserves the food, and creates beneficial enzymes, b-vitamins, Omega-3 fatty acids, and various strains of probiotics. Angela will guide you through the steps to make Gingered Carrots.

All the ingredients will be provided for you. Please bring a large plastic bowl, a cutting board, a grater and a sharp knife. You will take home a jar of the finished product as well as recipes.

DATE: Monday, November 7th **TIME:** 6:00 – 9 pm

COST: \$55/person **Deadline to register is November 1st**

HEALTH CARE AIDE CERTIFICATE PROGRAM FOR ADULT LEARNERS

The Health Care Aide Certificate Program provides students with the skills required to provide personal care for patients in long-term care, acute care, and community/home care settings. Health Care Aides assist patients with mobility and feeding needs, communication, medication delivery, and generally create a comfortable environment for them.

With one 5-day and one 4-week practicum, you will gain hands-on, practical experience in providing a high level of front-line care to clients in need of assistance. Full-time, blended (combines online learning with face-to-face lab instruction)

*Locations: Drumheller, Olds, and Stettler

Duration: *February to June 2017 Applications will be accepted starting in September 2016. To view the program card go to:

<http://www.campusalbertacentral.com/uploads/CAC%20program%20sheets/HCA%20Drum%20Stettler%20and%20Olds.pdf>

A PERSONAL DIRECTIVE, A WILL, A LEGAL TOOLKIT

Planning for disability or death is never pleasant. An enduring power of attorney, a personal directive, and a will are basic to building your plan. With them you can set out :

- *Who will handle your financial affairs and how
- *Who will handle your medical and other personal life decisions and the kinds of choices they can make for you
- *How you want your estate to be dealt with at your death.

In this presentation you'll learn about these basic legal tools and you'll also learn about the changes brought about by the Wills and Succession Act, recent legislation in this area.

DATE: Wednesday, November 16th **TIME:** 6:30 – 8:30 PM

COST: \$20/person

Deadline to register is November 9th

**Alberta LAW
FOUNDATION**

**Lethbridge
College**

OTHER CLASSES COMING SOON!

- * Google Docs * Cheese Making * Goat Soap & Lotion
- * Live Christmas Arrangements * Christmas Card Frenzy
- *Get Smart About Beef.



Cremona & District
Recreation Board

VILLAGE OF
Cremona

FCSS Family and Community
Cremona



FORTIS
ALBERTA Empowering
Communities

Mountain View
COUNTY

CHINOOK'S
EDGE
Where Students Come First!

Campus
Alberta
Central
In Partnership

LIONS
CLUBS
We Serve

OLDS COLLEGE

RDC