

NEWSLETTER-Better Me/Be Cool

"Live in the sunshine. Swim in the sea. Drink in the wild air." – Ralph Waldo Emerson

Hard to believe that summer has just started and we are on the last month of it already. Hopefully it is a nice warm one without too much rain so that the plans for the month will be a success. We are continuing our activities outside this month to enjoy the last of summer.

We have trips to various local places this month. We have plans to go berry picking at the Jungle Farm. The strawberries are \$5.25/pound for anyone who would like to pick some for themselves. The next day we will be having a strawberry shortcake tea to taste and enjoy our bounty. We have a trip planned to go to Glennifer Lake as well as a trip to Red Lodge Park for the day.

Our STEM experiments include making ice cream, finding out what walking colours is all about, making some home-made butter, and what exactly is a blubber glove? We will find out this month. Come out for a hot dog lunch as well this month. The cost is \$5. We also continue the fun with the Fun Drink Friday and the Movie and Treats Afternoon.

Ladies-we are having an all-day Ladies Camp Day on August 22nd at Cipperly's Pond. The cost is \$20 and this covers all the supplies and food needed for this day. If you are interested, please let me know. There will be crafts, games, prizes, food, and fun!

Come out and join the Self Advocacy Committee! Next meeting is September 14th at 6pm, FFRA office!

PLEASE NOTE THAT ALL ACTIVITIES NEED TO BE SIGNED UP FOR IN ADVANCE.

Cheryl

People of the Month

Chad-Chad likes watching Fast and Furious Movies and Big Bang Theory while eating chicken strips and fries. Chad likes Pepsi and loves both sweet and savory foods. He does not have a phone but does have a laptop. Chad loves summer as he can see and hear all the birds. He does not work out but does walk around town with his roommate. Chad's guilty pleasure is beef jerky!

Whitney- Whitney would love to explore all the planets in outer space while learning to speak Spanish. Whitney loves the colours and the crispness of fall the most. She can be seen enjoying cheeseburgers and diet coke after she does her workout, unless she is enjoying some delicious unhealthy foods, possibly sweet or savory, depends on the day. Whitney likes to binge watch tv shows, maybe even on her iPhone.

UPCOMING EVENTS

Aug 4-Hot Dog Lunch

Aug 5- STEM Ice Cream in a Bag

Aug 10-Berry Picking at Jungle Farm

Aug 11-Strawberry Shortcake

Aug 12- STEM Walking Colours

Aug 14- Fun Drink Friday

Aug 17-Trip to Glennifer Lake

Aug 19-STEM Making Butter

Aug 22-Ladies Day Camp

Aug 24-Picnic at Centennial Park

Aug 26- STEM Blubber Gloves

Aug 27- Birthday Party

Aug 28-Movie and Treats Evening

Aug 31-Day Trip to Red Lodge

ACTIVITY PUNCH CARDS

Activity Punch Cards are \$20. This is good for 10 activities and saves you \$1 per activity.

LUNCH PUNCH CARDS

Don't forget to get your Lunch Punch Cards. \$20 gets you 4 lunches. See Cheryl to purchase one. **Staff are welcome to purchase these cards as well.**

Summer Crossword



Across

1. Sandy place to play and swim
4. Eating lunch outside on a blanket
7. Wear this to shade your face
8. Frozen snack on a stick
12. You fly this in the sky on a breezy day
13. Two-wheeled ride for summer adventures
16. These bloom in gardens and smell sweet
17. You might see these flying or crawling around
19. Put this on your skin to protect it from the sun
22. Path to walk or hike on
26. Clothes you wear to keep cool
28. Open shoes you wear to the beach

Down

2. Small boat you paddle
3. Place filled with water for swimming
5. Cold cubes that help drinks stay chilled
6. Sleeping in a tent under the stars
7. What you do in a pool or ocean
9. It shines bright and keeps us warm
10. You roast marshmallows over this
11. Place where flowers and vegetables grow
14. Sweet and tangy drink
15. Cooking food outside on a grill
18. Time off from school, often spent having fun
19. These protect your eyes from bright light
20. Fun thing to build at the beach
21. Juicy red fruit that's a summer favorite
23. Cold treat that melts fast in the heat
24. Ride the waves on a board
25. Use this to dry off after swimming
27. Your skin might get this from the sun

Trivia:

- On August 6, 1762 The sandwich was invented by the Earl of Sandwich
- On August 1st, Lammas day is celebrated as the first day of harvest in the UK.
- August is the month when most vegetables are ready to be harvested.
- The Mona Lisa was famously stolen in August of 1911 and wasn't recovered for two years.
- On August 3rd, 1492, that the journey of Columbus and his 90 crewmen began as they set sail from Spain.
- August 19 brings National Aviation Day, chosen for the birthday of Orville Wright, who piloted the first recorded flight of a powered heavier-than-air machine in 1903.
- Observe on what day in August the first heavy fog occurs and expect a hard frost on the same day in October.
- If the first week of august is unusually warm, the winter will be white and long.
- August 1st is Swiss National Day, celebrating the founding of the Swiss Confederation in 1291.