



2025

NEWSLETTER-Better Me/Be Cool

December: The month of joy, happiness, and to finish what you started.

Christmas is here! Welcome to December. We have some interesting activities planned for this month. We will be making cards for seniors in the community, watching the second last Transformer movie, selling candy canes that can be given to friend or family, cookie decorating, Christmas Light Tours in the various communities, and a delicious hot chocolate bar on Christmas Eve while watching Charlie Brown Christmas.

Come join us for a Christmas potluck hosted by the cooking class. Bring your favorite dish and enjoy food prepared by the class. On December 29th, we are having an all-day movie day. Bring you lunch and stay for the day! We will also be having a New Year's Party on the 31st.

We will be going on the 12th to the Creche display at the LDS Church, however the time for this activity has not yet been made public, so when I have this info, I will be sending this out.

There will be a sign-up sheet for the Christmas Light Tour in Sundre, Olds, and Didsbury. If you would like to attend any of these evenings, don't forget to sign up!

The office will be closed on December 25th and 26th for the Christmas holiday. The office will be open for all the other days during the week.

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

Cheryl

People of the Month

Kendall: Kendall's favorite time of year is Christmas. Kendall can be seen binge watching Simpson's and riding his bike. Kendall loves coffee and sweet treats like anything chocolate. Kendall would like to learn to speak Chinese but would not like to go into space.

Simran: Simran loves vacation time, especially Mexico. Simran would like to learn French and is an iPhone user. Savory foods are the favorite like pizza or Indo-Chinese food, and her favorite choice to drink is water. Simran may want to go into space and hopefully be able to eat her guilty pleasure foods of ice cream and pop.

UPCOMING EVENTS

Dec 1- Make Mailboxes

Dec 3-Christmas Ornament Making

Dec 5-Movie Afternoon

Dec 8- Make Gifts for Family

Dec 9-CP Train

Dec 10- Candy Cane Sales

Dec 12-Creche Display

Dec 17-Christmas Light Tour Didsbury

Dec 18- Birthday Party

Dec 18-Christmas Lights Tour Olds

Dec 19-Fun Drink Friday Happy Hour

Dec 22-Christmas Potluck

Dec 24-Hot Chocolate Bar

Dec 29-All Day Movies

Dec 30-Christmas Lights Tour Sundre

Dec 31-New Year's Party

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.**



WINTER

K	O	A	X	M	G	U	P	N	Q	D	S	H	O	V	E	L	C	W	F	I	T
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A	J	T	Q	H	V	I	M	O	G	T	L	B	R	N	P	X	U	G	E	F	C
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Y	F	S	N	V	T	E	K	C	A	J	H	D	Q	Z	I	P	L	X	M	B	R

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime



Tree Valley Academy

Trivia:

- Google was formally incorporated as a company on September 4, 1998.
- Pepsi was first served in December 1891.
- The first Nobel Prizes were awarded on 10 December 1901.
- In the Northern Hemisphere, December has the shortest daylight hours of the year.
- December 14 is Monkey Day, a day to celebrate and promote primate conservation.
- The first text message sent was Merry Christmas in December 1992.
- December 28 is known as Card Playing Day, a day to stay in and play a card game.
- Thomas Edison made the first demonstration of electric illumination on December 31, 1879.
- December 14 marks the beginning of Hanukkah this year, the 8-day Jewish festival of lights.
- December's natural wonders include the Winter Solstice, first snowfall, and the dazzling Geminid Meteor Shower, making it a unique and beautiful month.
- Kwanzaa, starting on December 26th and ending on January 1st, is a celebration of African heritage, unity, and culture.
- The Wright brothers made the first successful powered flight on December 17, 1903, in Kitty Hawk, North Carolina, changing the future of travel.