



# 2026

## NEWSLETTER-Better Me/Be Cool

*Welcome February. Let's let love bloom, dreams flourish and let every day be a step closer to the extraordinary.-Unknown*

February has so many exciting things happening this month. Groundhog Day, Valentines Day, Chinese New Years, Olympics, Mardi Gras, Shrove Tuesday, and Superbowl LX. Lots of fun activities for everyone.

On February 6<sup>th</sup> we are going to try to stream in the opening ceremony for the Olympic Games. We will be having various activities this month regarding the Olympics. On the 11<sup>th</sup> we are making Valentines for Vets again this year. We are also making boxes to put Valentines into so if you have a box or a bag that you would like to decorate, please do so.

On February 9<sup>th</sup>, we have a special guest coming for a visit at 10:30. Come and spend time with Nugget and Anita. Nugget is with Horse Aid Canada and Help Alberta Wildies Society. There is a sign up sheet with Brenda so please let her know if you are able to come and have fun with Nugget!

On February 17<sup>th</sup> we are having a pancake breakfast for Shrove Tuesday. The cost is \$5 so please sign up for some delicious flapjacks! Fun Drink Friday will be something special for Valentine's Day. We finish the month with Chinese New Year's horse crafts, a birthday party and movie and treats evening.

Come on out and join in the fun!

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

Cheryl

## People of the Month

**Tammy**-Loves the warmth of the summer months. You can find her enjoying her favorite shows like Highway to Hell, 911, and Sky Med while eating Chinese food. You will not find Tammy heading to outer space, but she would love to learn to speak Dutch. She loves her sweet foods like ice cream and drinks like hot chocolate, tea or pop.

**Asia**-can be found watching Brooklyn 99 or Little House on the Prairie while eating Japanese cuisine. She would love a trip to outer space especially if she can have a workout in space. Asia would like to learn the Icelandic language while sipping Vietnamese iced coffee. Sometimes you can find Asia scrolling her iPhone looking up savory recipes while eating dill pickle chips and milk chocolate.

## UPCOMING EVENTS

Feb 2-Groundhog Day

Feb 4- Key Chain Craft

Feb 5-Nutella Baking

Feb 9-Visit from Nugget

Feb 11-Make Paper Umbrellas

Feb 11-Valentines for Vets

Feb 12-Olympics Bingo

Feb 13- Fun Drink Friday  
Happy Hour

Feb 16- STAT Office Closed

Feb 17-Pancake Breakfast

Feb 18-Olympics Day

Feb 23-Chinese New Year's  
Crafts

Feb 25- Wheel of Fortune

Feb 25-Pink Shirt Day

Feb 26-Birthday Party

Feb 27-Movie and Treats  
Evening

### 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.**

# February Second



|           |              |         |
|-----------|--------------|---------|
| BURROW    | HIBERNATE    | SECOND  |
| CLOUDY    | MARMOT       | SHADOW  |
| COLD      | MILD         | SIGN    |
| DAY       | MYTH         | SIX     |
| EARLY     | OMEN         | SPRING  |
| EMERGE    | PHIL         | WARM    |
| FEBRUARY  | PORTEND      | WEATHER |
| FORECAST  | PREDICT      | WEEKS   |
| GROUNDHOG | PUNXSUTAWNEY | WINTER  |

## Trivia:

- Groundhog Day originated from an ancient European tradition called Candlemas Day, where clergy would bless candles and distribute them to ward off the darkness of winter.
- The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, Pennsylvania.
- According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter. If he doesn't see his shadow, spring will arrive early.
- The first Olympic Games took place in 776BC
- In 393 AD, the Olympic Games were cancelled and didn't start up again for over 1,500 years!
- 1896, when a man named Baron Pierre de Coubertin started a revival of the Games. He called this new event the 'modern Olympics' – and it's still going today!
- In ancient times, a flame burned throughout the Games as a tribute to the goddess, Hestia. Since 1928, this tradition has continued in the modern Games, but instead of an altar, the flame burns in a special torch and it is lit from the sun in Olympia, Greece.
- New torches and medals are designed for each Olympics.
- Shrove Tuesday is a Christian festival celebrated in many countries across the globe. It falls on the Tuesday before the beginning of Lent
- The exact date of Shrove Tuesday changes from year to year. But one thing stays the same — it's always 47 days before Easter Sunday.
- In the United Kingdom, Ireland, Australia and Canada, Shrove Tuesday has another name... Pancake Day!