



2026

NEWSLETTER-Better Me/Be Cool

'New Year's Day. A fresh start. A new chapter waiting to be written.' -Sarah Ban Breathnach

Welcome to 2026. We are going to help our feathered friends in January by making bird feeders to help them to survive the cold Alberta winter! We will be learning about penguins this month as well and they have it a bit colder than we do! Come and make ice lanterns, build with Lego, make clay magnets, and make some polka dot art.

We will be looking at braille and how people can read through their fingers. On a sensory theme, we will be playing a game of guessing what something is through taste, touch, smell, and sound.

We are having a spaghetti lunch on the 12th, and it costs \$5. Come out and support the Better Me program and enjoy a plate of spaghetti. We will also be making bagels for bagel day. They were a success last year, so time to try again.

The office will be closed for staff training on January 21st, however lunch may be eaten at the office.

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

Cheryl

People of the Month

Keegen-Keegen loves spring the most because it is the perfect temperature. He loves to watch Cars, while eating chips and loves candy and other sweets. Keegen would love to learn English and can be seen walking around town on his way to get his favorite drink which is a smoothie. Keegen likes all kinds of foods as long as they are not too spicy. Keegen would love to take a trip to space!

Kadi-Kadi loves the summer months, especially if she can be on a floatie behind a boat! Kadi does not work out but would like to go into outer space. Kadi can be found on her iPhone eating sweet foods like mini eggs and Dr. Pepper. Kadi does not have a tv show that she binge watches, but would like to learn French someday.

UPCOMING EVENTS

- Jan 1-STAT Office Closed
- Jan 2- Coffee at Tims/Wendys
- Jan 5-Sensory Day
- Jan 7-Make Bird Feeders
- Jan 8- Bingo
- Jan 12-Spaghetti Lunch Day
- Jan 14-Make Ice Lanterns
- Jan 15-Make Bagels
- Jan 16- Fun Drink Friday Happy Hour
- Jan 19-Penguin Day
- Jan 21-Office Closed
- Jan 22-Polka Dot Art
- Jan 23-Movie and Treats Evening
- Jan 26-Make Clay Magnets
- Jan 28-Lego Day
- Jan 29-Birthday 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.**

PENGUINS



CAMOUFLAGE
CHICK
COLONY
DIVING
EMPEROR
ENDANGERED
FEATHERS
FLIGHTLESS
FLIPPERS
GENTOO
GLACIER
HABITAT
HUDDLE
INCUBATE
KRILL
MACARONI
MADAGASCAR
MAJESTIC
MIGRATION
MOLTING
PREENING
SWIMMER
TOBOGGANING
TUXEDO
UNDERWATER
WADDLE
WATERPROOF



Trivia:

- Penguins love to walk and sometimes they can walk up to 60 miles to reach their breeding grounds.
- Male penguins give female penguins rocks in order to mate with them later.
- The only species found in the northern hemisphere is the Galapagos penguin, found in the Galapagos Islands of Ecuador.
- Penguins don't have teeth.
- When they're on land, a group of penguins is called a waddle. In the sea, a group of penguins is called a raft.
- There are 18 species of penguins on the planet, but according to scientists, there could be a few more.
- The reason why penguins are colored as such is because it's camouflage to protect them from predators.
- After laying an egg, female penguins go off to sea to find food. Male penguins stay behind and protect the egg, keeping it warm.
- Penguins can dive in depths of more than 800 feet.
- Scientists have discovered that some extinct penguins were over five feet tall.
- Penguins have predators which include sea lions, orcas, seals, and sharks.
- Penguins can have over 100 feathers per square inch of their bodies.