



Fisher Farm Residential Association Ltd.



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 12<sup>th</sup>, 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 21<sup>st</sup>, 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! Kadie 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.