



# 2025

## NEWSLETTER-Better Me/Be Cool

*'If I had my way, I'd remove January from the calendar altogether and have an extra July instead.'* -Roald Dahl

We have some exciting activities for the month of July. Trips and activities out of town, pancake breakfast, various crafts, Canada Day Parade, Jurassic Park movie marathon, and the incredible trip to Ghost Lake for the Handi Boat Ride for the day!

July 1<sup>st</sup> is the Canada Day Parade in Olds. We are decorating the vehicles on June 30<sup>th</sup>, and we will meet at Olds Elementary School at 9:15am for the parade route. We need people to come and walk the route and hand out candy. Please let me know if you are available to help.

July 7<sup>th</sup> is the next Self-Advocacy meeting at the office. It starts at 6:30pm. Come out and join in the group to help your community. We have a freezie sale this month. Come and buy a nice frosty treat! We have coffee and chat days for both Olds and Didsbury. The month of July is the continuation of the Jurassic Park/World movie marathon. The movie nights will be on Friday evenings.

We are going on our first Handi-boat Ride at Ghost Lake! We are leaving at 9am sharp. There is a \$10 charge for the day. Better Me will be supplying lunch, snacks, and water. There will not be any opportunity for fishing during the boat ride. There are only 18 seats on the boat which includes staff and individuals. **PLEASE SIGN UP ASAP.** There is a waiver that needs to be signed by each guardian/individual or staff who will be attending. Please contact Cheryl for this.

We will be going to Innisfail for the day on July 9<sup>th</sup>. We will be attending the RCMP dog training in the morning and when this is finished, we will be having lunch and a walk at Napoleon Park. Please bring a packed lunch, bug spray, hat, and sunscreen. If it is raining, there will be alternate plans made.

There is a staff training day on July 25<sup>th</sup>. The office will be closed for the day; however, lunch can still be eaten at 12 noon by staff and individuals.

There is a tie dye craft this month. The dye will be provided; however, each person will need to bring their own hat, or item they would like to dye.

**PLEASE NOTE THAT ALL ACTIVITIES NEED TO BE SIGNED UP FOR IN ADVANCE.** This is to ensure that all carpooling can be arranged before these activities and that there are enough items purchased and/or prepared in advanced for everyone to enjoy. Please contact either the office or me to get your name on the list.

Happy Canada Day to all!

Cheryl and Franca

## CLASSIFIEDS

- Need yardwork done? Contact Amanda for more information.

### ADS NEEDED!

If you have something you would like to post in the classifieds, please contact Cheryl.

## UPCOMING EVENTS

July 1-Canada Day Parade

July 4- Stampede Parade  
And Pancake Breakfast

July 7-Self Advocacy Meeting

July 9-RCMP Dog Training  
And Lunch

July 11-Fun Drink Friday

July 16-Lunch at Cipperly's  
Pond

July 18-Freezie Sale

July 22-Bingo Afternoon

July 23-Handi-Boat Ride

July 25-Office Closed

July 28-Coffee and Chatter  
Didsbury

July 31-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.**

## OH CANADA! WORD SEARCH PUZZLE



ALBERTA	MANITOBA	NOVA SCOTIA	VANCOUVER
BRITISH COLUMBIA	MAPLE LEAF	ONTARIO	VICTORIA
CARIBOU	MONTREAL	OTTAWA	WINNIPEG
EDMONTON	MOUNTIES	QUEBEC	YELLOWKNIFE
HOCKEY	NEW BRUNSWICK	TORONTO	YUKON

### Trivia:

- July 1 is Canada Day, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.
- July 3 brings the start of the hot and sultry Dog Days of Summer!
- July 14 is Bastille Day, which commemorates the storming of the Bastille and the start of the French Revolution.
- July 17: National Hot Dog Day
- July's full Moon, the Full Buck Moon, occurs on Thursday, July 20.
- If ant hills are high in July, the coming winter will be hard.
- The hottest temperature ever recorded in the United States was in Greenland Ranch, California. The thermometer soared to 134°F/57°C on July 10th, 1913. It was hot enough to fry an egg on a rock in a matter of seconds!
- The temperature at Vostok Station in Antarctica saw an extreme temperature of -129°F/-89.6°C. That's weather only a penguin could love!
- the first bikini debuted in Paris on July 5th, 1946 at the famous Piscine Militor swimming pool.
- On July 16th, 1969, the crew of the Apollo 11 launched from Kennedy Space Center in Florida.
- Four days later, on July 20th, 1969, Neil Armstrong was the first human to set foot on the moon.
- On July 1, 1881 that the first ever international phone call was successfully made. The call originated in the Canadian province of New Brunswick and was received in the US state of Maine.