



# 2025

## NEWSLETTER-Better Me/Be Cool

*"June is the gateway to the summer, a time to let go of the past and embrace the new."*  
-Unknown

We are finally at summer! There are some exciting activities this month. We will be having a coffee and chat morning, water gun painting, Father's Day crafts and cards, water balloon baseball, fun drink Friday, a potluck BBQ in the park and we will be decorating the suburban for the July 1<sup>st</sup> parade.

Our fun drink Friday will be ice cream sodas! We will be meeting at Tims/Wendy's for coffee and chat. Find some topics you would like to discuss with your friends, perhaps it is something you read in the paper. We have a few crafts and a science experiment afternoon. How about water balloon baseball? Sounds fun!

There will be a potluck BBQ in the park on the 24<sup>th</sup>. Better Me will bring the items to BBQ, the rest of the things needed to share with everyone. Movie and treats will be a bit early this month, so please watch the change.

Innisfail Historical Museum will the trip for the month. It costs \$5 to enter. There will also be water balloon baseball. Please ensure that you bring a hat, sunscreen, and bug spray for any activities that are outside.

We have postponed the gym time at the LDS church for the summer. We will be able to go outside and enjoy the weather. If it happens to rain when there is an outside activity, the activity will be happening at the office.

Just a reminder as well. Regardless of the days that individuals have staffing; they are always welcome to join in all the activities. We just need to know if they require a ride to the venue.

If anyone has any ideas for activities that would be of interest for the Better Me Program, please let me know and we can investigate costs, etc. and can include this on the calendar.

**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 Father's 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

June 2-Lunch in the Park

June 4- Coffee and Chat at  
Tims/Wendys

June 6-Fun Drink Friday

June 9-Water Gun Painting

June 10/12-Father's Day Card  
and Craft Making

June 16-Sea Turtle Craft

June 18-Innisfail Historical  
Museum

June 19-Water Balloon Baseball

June 20- Movie and Treats  
Evening

Jun3 24-Potluck BBQ in the  
Park

June 26-Birthday Party

June 30-Decorate Suburban  
For Parade

### 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.**

# SOCIAL SKILL **WORD SEARCH**

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

TAKE TURNS	ENCOURAGE	PRAISE OTHERS
DISAGREE POLITELY	COURTEOUS	PARTICIPATE
STAY ON TASK	COMMUNICATE CLEARLY	LISTEN
SPEAK CALMLY	CELEBRATE SUCCESS	KIND
SHARE	ASK PERMISSION	HELP OTHERS
RESOLVE CONFLICTS	ASK FOR HELP	GOSSIP
GOOD LOSER	ACCEPT DIFFERENCES	FOLLOW DIRECTIONS

## Trivia:

- It's typically the month with the most daylight hours to enjoy.
- National Rocky-Road Day and National Chocolate Ice Cream Day fall in June.
- The June bug (or June beetle) is named for the month itself.
- Wimbledon is the oldest Grand Slam tournament. It was founded in 1877 followed by US Open in 1881.
- June is unique in that it begins on a different day to every other month of the year.
- June is designated as National Candy Month.
- It's the peak of wedding season, with countless couples exchanging vows and celebrating love throughout June.
- The full moon in June is often referred to as the "Strawberry Moon," a name derived from Native American traditions, specifically the Algonquin tribes, who used it as a signal to gather ripening strawberries.
- The June solstice, which typically occurs around June 20th or 21st in the Northern Hemisphere, marks the longest day of the year, known as the summer solstice.
- On June 14th, 1919, John Alcock and Arthur Whitten Brown completed the first non-stop transatlantic flight in a Vickers Vimy biplane.
- The third Sunday in June is celebrated as Father's Day.
- On June 10th, 1913, Death Valley, California, recorded a temperature of 134°F (56.7°C), the highest temperature ever documented in the Northern Hemisphere.