



# 2026

## NEWSLETTER-Better Me/Be Cool

*'March is a month of expectation, longing for the colours of spring to burst forth from the earth.'*

Is March coming in like a lion or a lamb? We will have to wait to find out.

We have a few exciting activities this month. We will be celebrating Pi Day, St. Patrick's Day, and preparing for Easter. There is Daylight Savings in there too. We will be trying to make some bioplastic sun catchers, trying foil etching, and let's see how far we can send things flying with a catapult!

The Self Advocacy Committee has planned and is hosting a hot chocolate and cookie fundraiser this month at Rexall in Olds. Bring your money and show your support for your peers. We are having a bake sale this month on the 25<sup>th</sup>. I ask that people donate some baking to make sure that there are delicious goodies to sell. Come and have a piece of pie on Pi Day as well!

There is a Shamrock Hunt on the 12<sup>th</sup>. Everyone will meet at the office to be put into groups if they want to hunt as a group, individuals and staff independently looking is always welcome too. This is an interesting way to investigate the neighbourhood.

We have 3 training days for staff this month. Please see the calendar for when these are happening at the office.

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

**Mark**-Likes winter as he likes to be inside where it is warm by the fire where he can binge watch the shows he likes. Mark loves savory foods but also loves Pepsi and candy. He loves pizza and spaghetti but would like to not go to outer space. Mark does not work out but does go for long walks when the weather is nice. Mark would like to learn French.

**Daniel**-Loves the warmth of the summer months where you can find him out west camping. He would like to go to outer space; however, he may not be able to enjoy his steak from the BBQ and salad as much, but Mars bars may be ok. He does not work out, but you can see him working hard both at home and around the agency. He is an iPhone guy who loves his sweet foods. You can find him drinking his cans of coke while binge watching his favorite shows or perhaps learning one of the Philippine languages.

## UPCOMING EVENTS

- Mar 3-Make Card Books
- Mar 7- Hot Chocolate and Cookies at Rexall
- Mar 8-Daylight Savings
- Mar 9-Self-Advocacy Meeting
- Mar 11-Catapult Making
- Mar 12-Community Shamrock Hunt
- Mar 13-Pi Day
- Mar 17-St. Patrick's Day
- Mar 18- Easter Games
- Mar 20-Fun Drink Friday Happy Hour
- Mar 25- Bake Sale
- Mar 26- Birthday Party
- Mar 27- Movie and Treats Evening
- Mar 30-Make Pinecone Flowers

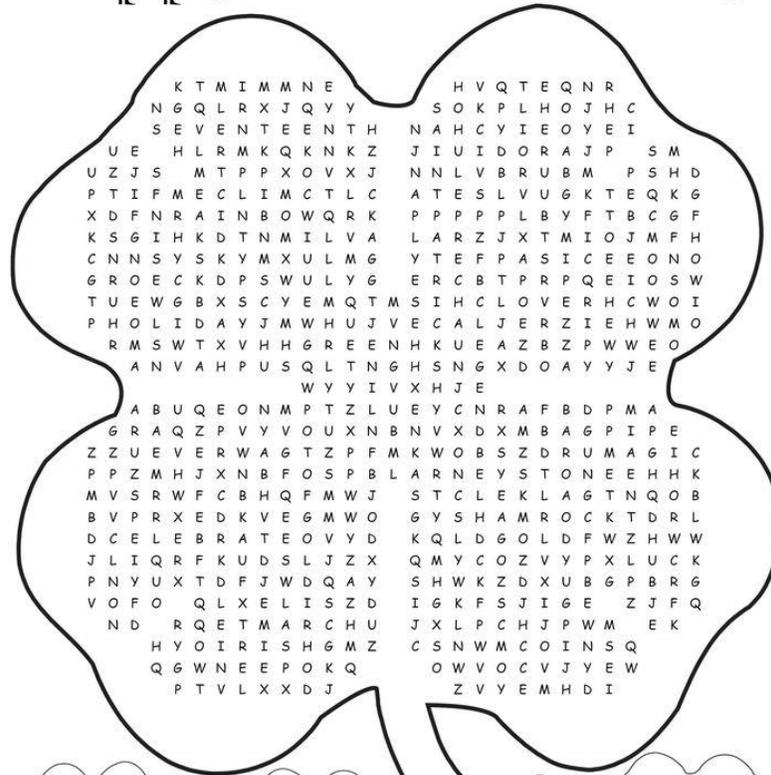
### ACTIVITY PUNCH CARDS

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.**

# Happy St. Patty's Day!



BAG PIPE  
BLARNEY STONE  
CELEBRATE  
CLOVER  
COINS

GOLD GREEN  
HOLIDAY  
IRISH  
JIG

LEGEND  
LEPRECHAUN  
LUCK  
MAGIC  
MARCH

POT OF GOLD  
RAINBOW  
SAINT PATRICK  
SEVENTEENTH  
SHAMROCK

## Trivia:

- The first day of March is celebrated as National Pig Day in the United States.
- The Ides of March, made famous by Shakespeare, is on March 15th
- The first recorded St. Patrick's Day parade was in 1762, in New York.
- Pi Day, honoring the math constant pi, is celebrated on March 14th.
- The first day of March is celebrated as St. David's Day in Wales.
- March is National Nutrition Month in North America, which is one of the interesting fun facts about March.
- International Women's Day is celebrated on March 8th.
- March 11 is Johnny Appleseed Day, celebrating John Chapman and everything apple!
- March is the only month with three consecutive consonants in its name.
- March symbolizes transformation and new growth
- March is the time of year when animals start waking up from hibernation.
- Coca-Cola was invented by John Pemberton in March of 1886.
- The Girl Scouts was officially founded on the 12<sup>th</sup> of March 1912.