



## NEWSLETTER-Better Me/Be Cool

*"Dry August and warmth doth harvest no harm."*

This month we are heading to Kerry wood Nature Centre in Red Deer. The cost is \$10, and everyone need to bring a packed lunch. We are also checking out the disc golf in Harmattan Green in Olds.

We are having a lady's morning and a gent's morning. These will both be at the office and everyone is invited. Sign up sheet is at the office.

There is a fall potluck lunch on the 17<sup>th</sup>. Please sign up if you are able to attend. We are also making honey cake and serving it up with tea (either hot or iced) in the afternoon on the 29<sup>th</sup>. Don't forget about the coffee out on the 24<sup>th</sup> at McDonald's!

We are back to having Be Cool on Tuesdays, except it will be during the afternoon and will be working on ourselves and learning about how to make and keep friends, having some control as well as who we are.

Please see below for the new part of the newsletter. People of the month. This month we will learn a few things about Tanya from the office and Richard.

**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.*

Cheryl and Franca

## People of the Month

Tanya-likes Spring, riding her bike, going for walks, pizza and enjoys sweet things like candy, but especially sour coke bottles! Tanya would like to learn Spanish, and when she is feeling like having guilty pleasure foods, she can be found eating either all dressed or ruffles sour cream chips. Watch her around chipits chocolate chips!

Richard-likes Christmas when people are at peace. He can be seen watching Star Wars or Skeleton Crew while enjoying meat lovers' pizza or a sub from subway. Richard would like to learn about new cultures and species while taking a trip to outer space. Richard is an iPhone person who would like to learn Japanese. Tuesday may be his favorite day as he has a guilty pleasure for tacos!

## UPCOMING EVENTS

Sept 3-Better Me Planning Meeting

Sept 5-Disk Golf

Sept 8-Ladies Morning

Sept 10-Kerry Wood Nature Centre

Sept 11-Rice Krispie Treat Day

Sept 12- Fun Drink Friday

Sept 15-Men's Morning

Sept 17-Fall Potluck Lunch

Sept 18-Paper Bag Fall Luminaries

Sept 23-Office Closed for Staff Training

Sept 24-Coffee at McDonald's

Sept 25- Birthday Party

Sept 29-Make Honey Cake

### 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.*

Fall is here, and the word search is full of autumn treasures waiting to be found! Can you track down and circle each cozy fall word hidden in the grid? Don't forget to check them off the list as you go!



Fall

Word Search



ACORN	Y	T	S	E	V	R	A	H	L	Q	N	R	T	K	K	K	M	A	R
APPLE	C	R	I	S	P	A	U	T	U	M	N	L	E	T	K	W	K	I	C
AUTUMN	M	Q	N	V	V	F	Z	I	Y	W	Z	R	E	D	N	K	N	P	N
BONFIRE	N	Y	D	M	Y	Y	L	Z	N	T	L	N	L	A	I	T	R	O	V
BREEZY	L	N	F	Q	D	T	O	L	N	F	L	R	D	R	V	C	H	C	W
CHESTNUT	G	E	B	Y	W	C	N	R	L	H	Z	O	H	F	P	E	N	U	O
CHILLY	Z	M	D	O	W	P	W	N	M	L	G	C	L	B	F	O	S	N	R
CIDER	G	A	R	I	N	I	K	P	M	U	P	A	S	D	L	R	B	R	C
CINNAMON	N	P	J	N	R	F	Y	L	L	I	H	C	C	W	H	C	L	O	E
CORNUCOPIA	I	L	M	V	T	Y	I	M	P	T	F	H	N	X	E	H	W	C	R
COZY	V	E	B	F	X	F	A	R	N	K	E	T	O	W	T	A	L	D	A
CRISP	I	M	R	D	F	G	L	H	E	S	G	G	M	R	Q	R	T	L	C
FLANNEL	G	F	E	Y	O	T	E	A	T	L	O	K	A	H	H	D	L	E	S
FOLIAGE	S	T	E	K	L	C	D	N	N	L	G	E	N	Q	D	L	L	N	R
GOLDEN	K	H	Z	P	I	W	U	T	D	N	H	V	N	Q	K	P	T	M	C
HARVEST	N	T	Y	P	A	T	T	E	N	N	E	Z	I	X	P	D	N	M	B
HAYRIDE	A	R	S	G	G	X	N	L	K	B	T	L	C	A	K	C	N	C	R
HEARTH	H	L	Z	R	E	M	L	H	Q	A	W	S	Q	U	I	R	R	E	L
LANTERN	T	Y	P	N	L	T	L	G	M	T	R	L	A	N	T	E	R	N	R
LEAVES																			
MAPLE																			
ORCHARD																			



PUMPKIN

QUILT

RAKE

SCARECROW



SPICE

SQUIRREL

SWEATER

THANKSGIVING



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### Trivia:

- In the year 1752, the British Empire skipped 11 days of September, between the 2<sup>nd</sup> and 14<sup>th</sup>.
- September begins on the same day of the week of just one other month, December.
- While it shares the first day, the month does not end on the same day of the week as any other month.
- September 19<sup>th</sup> is talk like a pirate day
- The first newspaper to ever be put into print in the US was published on September 25, 1690.
- September 2, 1666, was the start of the London fire that destroyed all it touched within the ancient Roman walls. Only 6 people died during this fire.
- September 30<sup>th</sup> is National Day for Truth and Reconciliation in Canada