



2026

NEWSLETTER-Better Me/Be Cool

"Well. Hello September. Didn't expect to see you so soon."

Thank you to everyone who supported the popcorn fundraiser we had in August. This was a hit and I think we will be doing this again. We will be having another fundraiser this fall so watch for details.

This month brings some interesting STEM experiments. We will try the egg drop challenge to see if we can keep eggs from breaking when they are dropped, taste the rainbow, Oobleck making, cell molecules, and turning milk into plastic. I wonder how milk can turn into plastic?? I will need to come to see.

To recognize Truth and Reconciliation Day, we will be making home made soup and bannock for everyone who signs up. Come on out to make and enjoy some delicious soup and spread some butter on bannock.

There are some fun crafts for fall and decorating for both fall and Thanksgiving this month. One craft is to make carved apple heads. We also have the usual activities that include Fun Drink Friday, Birthday Party, Movie Night and a bingo game.

Come out and join the Self Advocacy Committee! Next meeting is September 14th at 6pm, FFRA office!

PLEASE NOTE THAT ALL ACTIVITIES NEED TO BE SIGNED UP FOR IN ADVANCE.

Cheryl

People of the Month

Christian- Christian loves Christmas the most through the year. He likes watching shows on Treehouse, Harry Potter Movies and would like to learn French. Christian does not have a phone but likes to use his iPad. Christian loves savory foods like burgers and fries but has a guilty pleasure for pizza. He would like to go to space but then he would not be able to go for walks to the park and enjoy his time there.

Athira- Athira loves both sweet and savory foods but really enjoys Kerala foods especially those that are spicy and flavorful. Athira is an android user and would like a freshly brewed cup of cardamom tea and a piece of chocolate cake while looking at the earth from outer space. Athira would like to learn French, dancing to Zumba with her family, and watching movies. Her favorite time of year is fall and is quickly approaching.

UPCOMING EVENTS

Sept 2-STEM Egg Drop Challenge

Sept 3-Apple Head Carving

Sept 4-Fun Drink Friday

Sept 9-STEM Taste the Rainbow

Sept 14-Make Bread

Sept 16-STEM Oobleck

Sept 17-Bingo

Sept 18-Movie and Treats Evening

Sept 21-Make a Leaf Bowl

Sept 23-STEM Cell Molecules

Sept 24-Birthday Party

Sept 28-Truth and Reconciliation Soup Making

Sept 30-STEM Turn Milk into Plastic

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.**

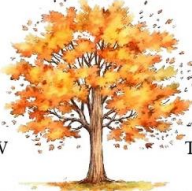
Fall is here, and the word search is full of autumn treasures waiting to be found! Can you track down and circle each cozy fall word hidden in the grid? Don't forget to check them off the list as you go!



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



Trivia:

- Great Fire of London: Began September 2, 1666.
- Women's suffrage (first country): New Zealand, September 19, 1893.
- *Star Trek* premiered September 8, 1966.
- Pumpkin Spice Latte: Often returns to menus in September.
- September is the only month with the same number of letters in its name as its number
- 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 22 marks the start of fall! This year's Autumnal Equinox occurs at 2:19pm EDT. On this date, there are approximately equal hours of daylight and darkness.
- September 19: International talk like a pirate day!
- Christopher Columbus set sail for the new year in September 1492.