



# 2022

## NEWSLETTER-Better Me

As our days become nicer and nicer, we will be having our Monday gym time at various places in Olds. As we have very little nice summer weather, we need to take advantage of that time.

We are having a Freezie sale for Better Me on June 13<sup>th</sup>. The cost is \$1 and the Freezies are the large ones! Part of this sale will be learning and building our money skills that day as well.

If anyone is interested in having volunteer activities or food safety on their resumes, please contact me. I have created a food safety course that is modified to make it easier for learning. This will come with a certificate with completion and a passing mark. There are also numerous volunteer opportunities in the community.

I have started a new part of the newsletter. It is a Classified area. Please contact me if you would like to put in an ad for something you want, need, would like help with, or opportunities for people in the agency.

Birthday cards are on the sign in table in the north office. Please sign them when you are in!

Welcome summer!  
Cheryl

## CLASSIFIEDS

### Help Wanted:

We are hiring. If you know anyone looking for work, have them send in a resume. We need people for residential, days, evenings, overnights, and community support.

### Do You Need?

We have a staff who will be cleaning out a house. If you need household items, furniture, etc., please let Brenda know.

### Need Help with Your Bottles and Cans?

Tired of having bottles to go to the bottle depot and no time to do them? We have a gent who is interested in taking care of this for you for a small fee. Contact Cheryl for details.

## UPCOMING EVENTS

June 8-No Better Me

June 9-Bowling

June 13- Freezie Sale

June 19-Father's Day

June 29-Make and Share

Lunch \$5

June 30-Birthday Celebration

## ACTIVITY PUNCH CARDS

These cards are available through Jackie or Cheryl. The cost is \$20, and this is good for about 10 activities (works out to \$2 per activity).

# Fathers Day Word Search

Find the hidden words.

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

BBQ	FATHER	HOLIDAY	LAUGHTER	SPECIAL
BRAVE	FISHING	HOME	LOVE	SPORTS
CARING	FOOTBALL	HONOR	MEMORIES	STRONG
CHILDREN	FUNNY	HUGS	NURTURE	SWEET
DADDY	GIFTS	JOKES	PARENT	THOUGHTFUL
DEVOTED	GIVING	JUNE	PROTECT	TIE
FAMILY	HEART	KISSES	RESPECT	TOOLS

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## Trivia:

- Father's Day was first celebrated on the third Sunday of June
- Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, a white rose if he is deceased.
- In the Netherlands, according to tradition, fathers get breakfast in bed and take their children to their fathers for supper.
- It was Anna Jarvis of Philadelphia who started Mother's Day celebrations
- Ancient Egyptians believed that 'Bast' was the mother of all cats on Earth, and that cats were sacred animals
- Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday
- Approximately \$14 billion dollars is spent on Mother's Day