

## NEWSLETTER-Better Me/Be Cool

*As the world changes around you in November, remember that you have the strength and resilience to adapt, thrive and shine. -Unknown.*

Well, we are down to the last couple of months in the year. We have a few activities this month that will show our respect and thanks for Remembrance Day. We will also be talking more about our feelings and what that means. We will be finishing the wishing well project started by the gents for the gent's morning. We will also be continuing the Transformers series.

We will be learning about giving to the community as well through the kindness day, stone soup cooking, and donating at the Christmas Party in support of the Self-Advocacy Group. Come and join us on the 21<sup>st</sup> for baking for the Christmas party. We also have donut day when we will be making baked donuts and having a picnic indoors. Come and do some drumming with Shannon as well this month.

The Better Me/Be Cool group is putting a float into the parade of lights this year again. We have a day at the end of the month that is for decorating the float. We are looking for volunteers to come and join us on the float for parade day.

There are 2 days planned for swimming at the Olds Aquatic Centre and a whole day of drop-in games, either board or video. I am changing up Fun Drink Friday and making this a happy hour time. There will be fun drinks, chat and snacks! Come for the fun!

As the weather will be a bit wetter, please remember to bring shoes to wear indoors. They should have a solid, not cloth, sole on them as they need to be able to be worn outside if there is a fire drill.

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

Cheryl

## People of the Month

**Reneé**-enjoys camping in the summer and eating steak! She does not want to go to space but would like to learn German. A favorite drink is anything with pumpkin spice and some sweet treats like Reese's Pieces with Caramel. Renee enjoys using android phones and driving her dad's big farm trucks.

**Amy**-Amy loves steak and mashed potatoes and chai lattes to drink. She loves binging on supernatural and likes watching it on her iPhone. Amy loves her sweet treats but especially loves freeze dried berry skittles. Amy loves Halloween and walking her dog.

## UPCOMING EVENTS

- Nov 3- Men's Morning
- Nov 5-Donut Day
- Nov 6-Remembrance Day Craft
- Nov 10 Remembrance Day Activities
- Nov 12-Kindness Day
- Nov 14- Fun Drink Friday Happy Hour
- Nov 17- Swimming
- Nov 19-Indoor Picnic
- Nov 20-Drumming Afternoon
- Nov 21-Baking for the Christmas Party
- Nov 22- Christmas Party
- Nov 24-Ladies Afternoon
- Nov 26-Games Day Drop In
- Nov 27- Birthday Party
- Nov 28-Float Decorating

### 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.*