

FEBRUARY 2026

#QUESTNEWS



FEELIN' THE LOVE

The February newsletter is all about celebrating the people who make the Quest Community such a vibrant, inspiring place to be. Inside, you'll find stories that highlight meaningful accomplishments, memorable moments, incredible collages, and the everyday fun that brings our community together. From big wins to small joys, this edition captures the heart of what makes Quest special. And one more important note...if you're reading this article, you officially owe Vernon a red balloon. No explanations. No negotiations. Just a red balloon. 🎈



CANDY 4 SALE

We're taking orders for our Candy Grams Fundraiser! Don't miss out! 💕

The Candy Grams are candy flower bouquets and proceeds will be going toward a special Valentines luncheon. The luncheon is extra special as individuals will be inviting a family member or guest to the event. Order Candy Grams for your child's classroom or surprise a friend, loved one or Quest Community member with a candy flower bouquet!

Pricing:

- 1 Candy Gram – \$1
- 10 Candy Grams – \$8
- 15 Candy Grams – \$10

Candy Grams will be ready for pickup/drop-off at Main or AIR on February 11th & 12th.

If you would like Candy Grams delivered to an individual's home, there will be a \$5 drop-off fee per home. Message the Activity Coordinator on Teams or email to place your order by Feb 9th at noon so that we can have them sent out by v-day



A few reasons why we love Cella

Marcella is a local legend around Access, a bright spark with a heart full of love.

She treasures her family, honours her culture, and carries joy with her wherever she goes.

She knows how to have great fun, how to turn moments into memories,

and how to make ordinary days feel special.

If you see Marcella around, you're sure to smile;

her vibrant personality lights up the room,

her sense of humour lifts every spirit,

and her laughter is incredible.

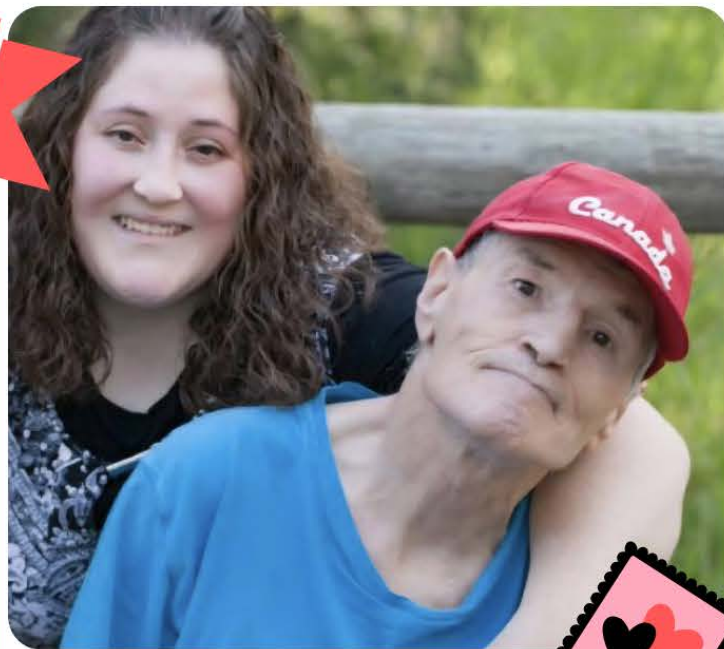


FOLLOW US ON THE GRAM!
@QUESTYOL TO GET IN ON
THE QUEST HAPPENINGS

FEBRUARY EOTM

Here's some interesting facts about Sarah K!

- I have been with Quest 19 years this spring!
- I absolutely love a great prank war!
- My tip for newbies: Pay attention to the little things. Find out what makes the individuals happy and try to bring them some joy wherever you can!
- My best Quest moment is probably getting to take the Individual I support to Disneyland and Walt Disney World, and getting to see him have once in a lifetime experiences like Riding Roller Coasters that go upside down, kissing Minnie in front of Mickey to make him jealous, and seeing him run to chase down Captain Sparrow!
- I got to go to Germany in 2020 right before Covid, and loved it!!! I would definitely like to go back again to visit family and see some Family History sites!



THE DYNAMIC DUO

Sarah has been working with Ken for many years. Sarah helps Ken connect in the community so that he can do all the things he enjoys... like saving the world with his trusty sidekick, Walter! Sarah was nominated for her kindness and support she gives to everyone.

STAY IN THE KNOW! JOIN IN ON THE FUN



PRESENTS

Asobi & Bushido MOTION

FRIDAY SPRING SESSIONS

FEB: 6TH, 20TH & 27TH

MARCH: 6TH & 27TH

APRIL: 10TH, 17TH & 24TH

1:00 - 2:45 PM

GLETHBRIDGE JUDO CLUB



"Fun & Play"

Exercise, judo, soccer, handball, dancing & much more! Come move with us.

Contact Activity Coordinator ac@questsupport.com to sign up.
FREE but limited spaces. Consent form required in advance.
See Quest Athletics form for more information.



BIG SHOUT OUT TO THE HURRICANES!!

Ok! we have another reason to LOVE the Lethbridge Hurricanes! Our local hockey heroes joined the Quest Community at the Lethbridge Judo Club. It was so much fun hanging out while playing Piggy and tumbling around. Visit us again soon! Peter is working on his armbar.



INDIVIDUAL RIGHTS DEVELOPED BY THE PEOPLE WE SUPPORT

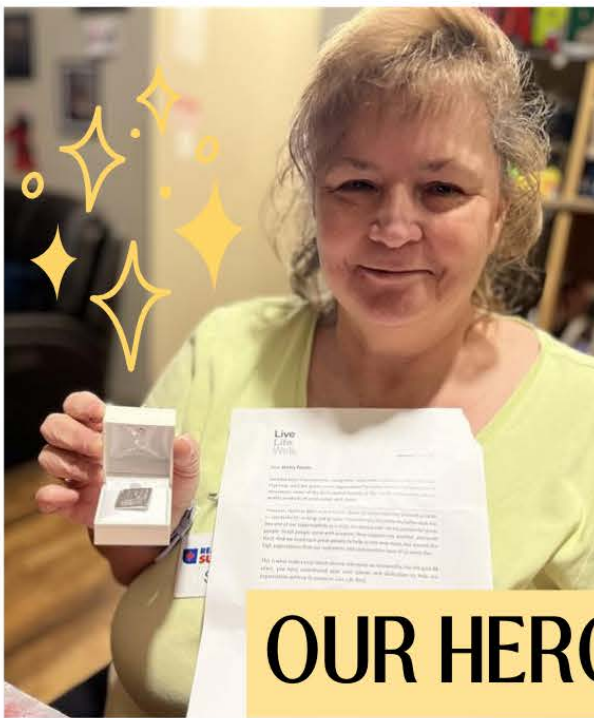
The following list of rights was developed and voiced by individuals supported through Quest:

- I have the right to be treated equally and with respect.
- I have the right to have my individuality respected.
- I have the right to choice of food, shelter, and clothing.
- I have the right to freedom of liberty, choice, communications, association, safety and security.
- I have the right to vote, hold licenses and ID.
- I have the right to employment, volunteering, and to hold office.
- I have the right to reap the benefits which result from my chosen activity, employment or volunteering.
- I have the right to give or withhold consent to services.
- I have the right to access all generic services.
- I have the right to gain meaningful activity consistent with my skills and abilities, aspirations and choice.
- I have the right to access information systems and public services.
- I have the right to be supported in the practice and participation of personal belief or religion.
- I have the right to freedom of thought, belief, opinion and expression.
- I have the right to own and enjoy personal property, assets, investments and personal belongings.
- I have the right of choice to plan for the future for family, funeral finances, retirement, health and leisure.
- I have the right to positive/least restrictive methods of intervention.
- I have the right to have legal assistance and representation.
- I have the right to travel to new or familiar places.
- I have the right to be safe and kept from harm.
- I have the right to spend my money on things that I want.
- I have the right to set my own goals and choose what I want to do with my life.
- I have the right to talk to my doctor, Psychiatrist and other health care professionals.
- I have the right to feel and express all emotions and feel validated.
- I have the right to learn about safe sex and consent.
- I have the right to be in a relationship, get married or to live with someone I love.
- I have the right to love the people that matter to me.
- I have the right to have children and to look after them as they grow up, even if I need help with this.
- I have the right to carry things that are special to me such as fidgets, books, or clothing.
- I have the right to be heard and listened to even if I cannot speak to you or communicate with you.
- I have the right to speak up and advocate for myself or others and get support to do this.
- I have the right to make bad choices and to learn from my mistakes.
- I have the right to go to school, take classes and learn new skills.
- I have the right to live in a clean home and to live with people I like.
- I have the right to have my own house key.
- I have the right to spend time alone when I want, to privacy and to have employees knock if they want to come in.
- I have the right to vote for someone in an election (when people are picked to make rules for the country, the province, the city or town).
- I have the right to have trained employees that will give me good service and support.

WHO IS YOUR
VALENTINE?

OURS IS OLLIE





CONGRATS MS. SHIRLEY!

You reached 15 years at Superstore! How do you feel?

I feel very proud of myself for being dedicated for lasting for 15 years and making a goal to achieve 20 years.

what is your fav thing about working at Superstore?

I like seeing my customers and interacting with them, going on work trips with my co-workers.

What advice do you have for individuals seeking employment?

Work hard and look presentable for your job. If your unsure of of something dont be afraid to ask

OUR HERO, JARED!

Can you tell us about LARPing Jared? what is your role?

LARPing is a live action role playing game where you and other people play and enjoy time together. I am usually a player in the group. The class I play is Druid. Sometimes if the leader isn't there, I take command and help everybody set up and play.

What are the different roles?

There 3 different types of games. The most basic is "ditching" and you are only allowed melee weapons and there are no classes. The second is called "militia" and all weapons are allowed and there are no classes. The third is called "class games" where you are playing a specific class and you are only allowed to use the gear specific to the class you play. There are over 13 classes but the main ones are: Anti-paladin and paladin (the master warrior class). The assassin class is all about disappearing into shadows and is stealthy and sneaky. The archer class uses bow and arrow and have special arrows. The barbarian class which is basically you're immune to certain types of magic and big melee weapons; barbarians can kinda heal their own magic and are immune to wounds. Warrior class gets all weapons and shields. Druid (which I am) has 3 sub classes but I am a support class Druid so I give out armour and do crowd control, a lot of my spells protect my allies and make my opponents weaker. It means I am not the best offensive player, but I make sure to help

How can other people get involved?

It's completely free to join and runs every Saturday at noon at Henderson by the playground picnic shelter. All gear is checked before the game to ensure safety. It's all role playing and no one is hurt! You don't have to bring anything - just show up!



HEY AUSTIN

Appreciation post for the man, the myth, the legend — Austin!

Austin has been absolutely crushing his goals and continuing to level up in all areas of his life. From spending quality time with his buddies to reconnecting and visiting with family, he's building strong, meaningful relationships and making memories along the way.

He's also setting his sights on some exciting goals for 2026, including saving money and working toward an even brighter future. If you see Austin around, be sure to give him a solid high five for all his hard work.





Take a look at this beautiful collage created by the one and only Annette! Annette is a fantastic artist and has such a creative flair.

DID SOMEONE SAY MINDFULNESS?

Mindfulness means paying attention to what is happening right now. It means noticing your thoughts, feelings and body without saying they are "good" or "bad". Mindfulness is something you practice! It can help you feel calmer and less worried, sad or stressed.

Here are easy mindfulness activities that you can try every day:

Gratitude Pause: Thing of 3 things that make you feel thankful.

Mindful Breathing: Take slow, deep breaths. Feel the air go in and out.

Mindful movement: Go for a short walk. Stretch your body. Dance around

Be creative: Color a picture. Build with LEGO. Find a new recipe to try.

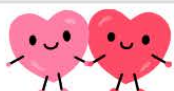
Remember that taking time for yourself is important. YOU matter!

ACCESS TO DINING WITH MICHAEL & SEAN



Hope everyone had a happy new year and is ready for some new places to go eat. This month we were joined by some of the management team to go to Mt. Everest for Nepalese food. Mt. Everest is located at 1528 36 Street North. The menu included rice, noodles, momo, soups, and many more items. Everyone seemed to enjoy the food and the company. Michael had some chicken momo with a medium spice sauce and some crispy pork chow mien. Sean was able to enjoy the chicken momo as well as the dumplings were very tasty. We are going to continue to find new places to try around the city. If anyone has suggestions for new dining locations please let us know at the Access program and hopefully you can try places we like and that you will like them as well.

AIR February



2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Olympic themed month
2 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	3 Pet Connection - AM Swimming - AM Culinary Class - AM Mindful Minds Meet - PM Quest For Knowledge - PM	4 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM	5 Swimming - AM Discovery Den - AM Culinary Class - AM (IMPACT) D&D Club - PM	6 Jam Session - AM (Access) The Book Nook - AM Bushido/Asobi Motion 1 - 2:45PM Foodie Friday CASA Lunch & Listen	7	8
9 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM SAIL Meeting - 1:15 (Access) Swimming - PM QFFL - PM	10 Pet Connection - AM Swimming - AM Culinary Class - AM Mindful Minds Meet - PM ASL - PM	11 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM	12 Swimming - AM Discovery Den - AM Culinary Class - AM (IMPACT) D&D Club - PM	13 Jam Session - AM (Impact) Valentine's Day Luncheon 	14 Valentines Day 	15 National Flag of Canada Day
16 Family Day: Access / Impact Closed Reach Operating Hours 0900-1700	17 Pet Connection - AM Swimming - AM Culinary Class - AM Mindful Minds Meet - PM Movie Mill - PM	18 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM	19 Swimming - AM Discovery Den - AM Culinary Class - AM (IMPACT) D&D Club - PM	20 Jam Session - AM (Access) The Book Nook - AM Bushido/Asobi Motion 1 - 2:45PM Bowling - PM Foodie Friday	21 International Peace Pow Wow	22 International Peace Pow Wow
23 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	24 Pet Connection - AM Swimming - AM Culinary Class - AM Mindful Minds Meet - PM ASL - PM	25 Pink Shirt Day Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM	26 Swimming - AM Discovery Den - AM Culinary Class - AM (IMPACT) D&D Club - PM	27 Jam Session - AM (Impact) The Book Nook - AM Bushido/Asobi Motion 1 - 2:45PM Foodie Friday Pool Tournament	28	