

MARCH 2026

QUEST NEWSLETTER



Notable Dates in March

- March 8 - International Women's Day**
- March 13 - Nature Fest at Helen Schuler**
- March 17 - St. Patrick's Day**
- March 15 - March Madness Basketball**
- March 20 - First Day of Spring**



Love Strikes a Chord

These guys put in hours of practice and proudly performed at the Valentine's Day luncheon on February 13th. They chose to rock out to Wasting Love by Iron Maiden, delivering a performance that truly stole the show.

From left: Mike, Ricardo, Leif, Nik, Jared

Sneaky little leprechaun!

Can you spot Lucky the Leprechaun throughout the newsletter?
How many times does he pop up?!



**RSVP for our St. Patrick's Day
celebration at AIR on March 17th**

 Follow us! @questyql



EMPLOYEE OF THE MONTH



Sam Ozar



“I have been working with Quest since August 2014. The best advice I can give someone entering the field is that empathy and genuine engagement go a long way! Taking the time to truly connect with people makes all the difference. I have many fond memories and what stands out the most is being able to see people meet their goals, overcome challenges and share their wonderful smiles each day!”

Fun facts about Sam:



She's been training her cat, Miso, to be the best adventure buddy! He loves car rides, hiking and paddle boarding



Sam's always been fascinated by history and culture. She would love to travel to Egypt and walk through the Valley of the Kings.

Fresh Start: Spring Reset Edition



Spring is around the corner and we're ready to refresh! As the days get longer and brighter, it's the perfect time to open the windows, clear the clutter, and give our spaces (and minds) a fresh start.

From decluttering closets to reorganizing workspaces, small changes can create a big sense of clarity and calm. Let's welcome the new season feeling lighter, brighter, and ready for what's ahead.



LETHBRIDGE FITNESS CLUB PROMO

NOW is the perfect time to focus on your physical health! To help you get started (or keep going!), we're excited to offer an exclusive gym promotion for all employees at Leth Fit. It's a great opportunity to invest in yourself, try something new, and feel your best this season.



Call the Quest Main Office for details on this exclusive deal!

EMPLOYEE HIGHLIGHT:



Mark works at the Access program and is an integral part of the team. Mark is known among his peers for his outgoing personality, flexibility and can do attitude. Outside of his work with Quest, Mark is a Musical Director and Teacher. We sat down with Mark and asked him about his work in theater:

How did you get involved with theatre?

When I was 13 years old! I was in choir and auditioned in many shows.

What inspired you to be a musical director?

I love volunteering and teaching theatre! I can't imagine life without it.

What's your most memorable show so far? As an actor, the Hunchback of Notre Dame. It was my first time being the lead and was so much fun. As a Director, Bye Bye Birdy. We had a very unique group who were all very talented!

How do you balance your professional career with the energy for rehearsals and performances? Caffeine 😊 But I also enjoy it!

What skills from musical directing have you found helpful in your work as a Disability Service Worker?

Crisis management! being able to deal with high stress situations and navigate through it.

Any advice to someone who is thinking about theatre?

Just try it out! Some of the most supportive and welcoming people I've met is through theatre.

What's next for you in theatre? I'll be performing Sweeny Todd with the Little Lethbridge Opera Company!



ACCESS TO DINING WITH MIKE AND SEAN

We went to a few places we had gone before. Cafe Verde is one of our favorite places to go. Julio is always friendly to everyone and gives us the best service! Both Mike and Sean had the two enchilada meal but with different salsas. The menu at Cafe Verde has expanded over the years and has new items like Birria Tacos and Torta Sandwiches. Both gentlemen had big smiles while enjoying their meals. We will continue to find new places to eat and enjoy and we're excited to see food trucks come out with the nicer weather!



What's your style of salsa?!
Sean likes the Medium Red Sauce and Mike gets the Pineapple Habanero Salsa

**Where should they go next?
 Message us on insta!**

AIR March

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	3 Swimming - AM Culinary Class - AM SAIL Meeting - 1 PM 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 Pet Connection - PM	6 Jam Session - AM (Access) The Book Nook - AM Foodie Friday CASA Lunch & Listen	7	8
9 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	10 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 Pet Connection - PM	13 Jam Session - AM (Impact) The Book Nook - AM Foodie Friday	14	15 
16 Level Up Lounge - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	17 St. Patrick's Day Swimming - AM	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 Pet Connection - PM	20 Jam Session - AM (Access) The Book Nook - AM Bushido/Asobi Motion 1 - 2:45PM Bowling - PM Foodie Friday & Pool Tourney	21 World Down Syndrome Day	22
23 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	24 Swimming - AM Culinary Class - AM Mindful Minds Meet - PM Movie Mill - PM	25 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM	26 Purple Day for Epilepsy Swimming - AM Discovery Den - AM Culinary Class - AM (IMPACT) D&D Club - PM Pet Connection - PM	27 Jam Session - AM (Impact) The Book Nook - AM Bushido/Asobi Motion 1 - 2:45PM Foodie Friday	28	29
30 Game Zone - AM Name That Tune - AM Roving Gym - 1 PM Swimming - PM QFFL - PM	31 Swimming - AM Culinary Class - AM Mindful Minds Meet - PM Quest For Knowledge - PM		Key: Access Impact Reach AIR  Community Events			