

QUEST NEWS



QUEST CHECKS OUT JUDO

Did you know that Judo means “the gentle way” in Japanese? This emphasizes using an opponent’s strength and momentum against them rather than relying on brute force. We have been trialing 2 new movement programs at the Lethbridge Judo Club(dojō) : Asobi Motion “playfulness” & Bushido Motion “way of the warrior”. These sessions include a variety of activities such as: soccer, handball, mat-baseball, dancing, skills games, parachute play, judo moves & more! Check out the AIR calendar for upcoming dates.

AIR vs LIVING Handball Tourney @ dojo Dec 2nd 1-3pm

12 DAYS OF CHRISTMAS

Check out page 3 for AIR’s 12 Days of Christmas line-up! We are so excited to host & celebrate the holidays with the Quest Community.

CRISTMAS CASINO- STAFF PARTY

Hey staff! We’ve got a holiday party planned especially for you. We’ll have music, games, food & drinks. Limited tickets are available and there are big prizes to be won! Check out page 4 & our website for more details.

Remembrance Day is observed November 11th each year to honor and remember the courage, sacrifice, and service of the people who served, and continue to serve, in times of war, conflict, and peace. At the eleventh hour of the eleventh day of the eleventh month, we pause for a moment of silence to reflect their bravery of military personnel. The poppy stands as a symbol of remembrance and resilience.



NOVEMBER EMPLOYEE OF THE MONTH! CONGRATULATIONS MICHAEL M



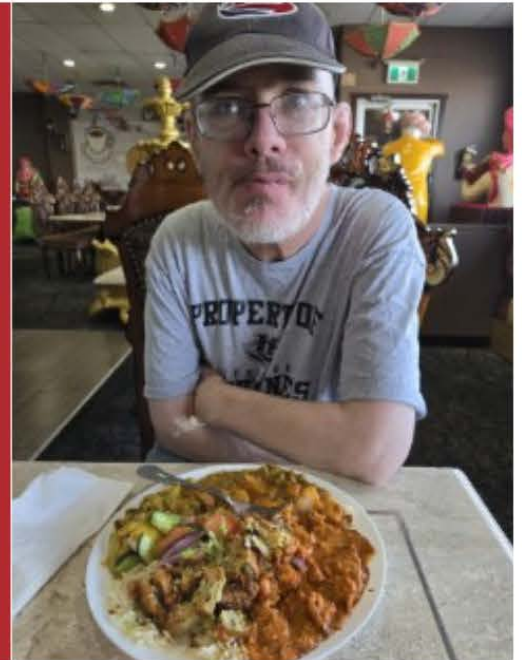
Michael was nominated for being a fantastic employee! You may not know...

- He has a Bachelor of Fine Arts and he is a Graphic Designer
- He actually went to Band Camp and used to play Trumpet!
- He was born in Calgary and has a little sister! One day, Michael wants to go to Iceland and Australia

Some life advice from Michael is that life is hard, so let's go easy on each other! Be patient, accepting, and consistent to let familiarity grow. It is an honor to be involved in another's experience, remember to have fun!

ACCESS TO DINING WITH MICHAEL & SEAN- READ UP ABOUT GOOD EATS!

This month was an opportunity to go to the Dumpling House located at 864 Heritage Blvd. West, next door to Questwest. The menu is Chinese food and the portions were very large. Michael had one of the combination meals with fried rice, spring roll, lemon chicken, and ginger beef. He seemed to bring his appetite that day and ate the entire plate. Staff had the chow mien and took half home for later. There were plenty of seats and many people getting take out orders. The food was priced well and was very tasty. During the month Michael also checked out Hudson's, New Oriental, and Apna Tandoori Hut. Everyone who attended seemed to be pleased with the variety of foods available. Next month he is going to try two new places: The Industrial Cafe and Jersey Mike's.



IMPORTANT ANNOUNCEMENT FROM THE ERC: HOLIDAY TIME OFF DUE NO LATER THAN NOVEMBER 25TH!

As we approach the holiday season, please ensure all time off requests for the period of December 16, 2025 – January 9, 2026 are submitted no later than **NOVEMBER 25, 2025**. The holidays are a busy time for everyone, and the Staffing Department needs sufficient notice to coordinate schedules, maintain coverage, and make sure team members have the opportunity to enjoy well-deserved time with family and friends. Submitting your requests early helps us plan effectively and balance workloads across programs and locations. Requests submitted after the deadline may not be approved due to scheduling limitations, so please plan ahead and get your requests in as soon as possible. We appreciate your cooperation and understanding as we work together to make the holiday season smooth and enjoyable!

HEYYY! WHAT IS SANTA'S FAV MUSIC STYLE? WRAP! ❄️



DAY 1:

Dec 1st 10am-3pm



TREE
DECORATING
CONTEST

DAY 2:

Deck the
Walls

Holiday Point n' Sip

Dec 3rd
10am IMPACT
1pm REACH

DAY 3:

Dec 4th
1-3:00pm

PJ's & Popcorn:
Holiday Edition

Option A: Rated G Holiday Film
Option B: PG/PG13 Holiday Film

Wear your favorite PJ's to the Movie Mill

DAY 4: Christmas Cheer

December 5th
10- 11:30am
1-3:00pm



DAY 5: Dec 8th 9:30am
Santa's Bootcamp

DAY SIX:

Dec 10th

10am IMPACT & ACCESS 1pm REACH

Cookies Cards
& Cocoa



DAY 7: Dec 11th 1-3:00pm

JUDO
REINDEER
GAMES

Indoor snowball fights & mat forts @ the dojo



DAY 8: Dec 12th
10am-noon



JINGLE
JAM

Dec 15th 1-3:00pm

THE SANTA
EXPERIENCE

A visit & photo with Santa & a gift!

DAY 9:



DAY
10: Dec 17th
12-3:00pm

JINGLE &
MINGLE

Holiday Feast & Dance
Hosted by D&N Kitchen



DAY 11:
Dec 19th

10am IMPACT
1pm ACCESS

WOOD
YOU
BELIEVE?

Create wood-burned
ornaments to take home

DAY 12:

Dec 23rd
10am-3:00pm

Holiday
Wrap-Up

Wear a holiday sweater
Morning Christmas Trivia & Cheer
Afternoon Holiday Movie & popcorn





WANTED



REWARD \$1000

OSTRICHES ON THE LOOSE



HELP-PORTRAIT™

WE DON'T WANT TO **TAKE** YOUR PHOTOGRAPH,
WE WANT TO **GIVE** IT TO YOU FOR FREE.

December 6th 2025

CASA, Community Room

230 - 8th Street South, Lethbridge

From 10am to 4pm

- * No appointment required
- * No proof of income
- * We work off the honour system

*Photographers, Editors,
Hair & Makeup Stylists on site!*
Please come with your hair dry!

**A day dedicated to giving
families in need a portrait
for the holiday season.**

THANK YOU TO OUR SPONSORS:



THIS OR THAT! HOLIDAY EDITION



**BE SURE TO CHECK
OUT @QUESTYQL FOR
ALL THE HOLIDAY
HAPPENINGS!**



NOVEMBER AIR CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fitness with Amie 930 @ Impact Game Zone - AM Pet Connection - PM Walking Club - PM Swimming- PM Name That Tune - PM	4 Swimming -AM Culinary Class -AM Galt Museum-Creative Community - 10:30-11:30 Mindful Minds Meet - PM Quest For Knowledge-PM Asobi Motion @ 12:15 - 13:45 Bushido Motion @ 13:45 - 15:15	5 Culinary Class -AM Swimming- AM Skill Development - AM Creative Quest -PM D&D Club -PM	6 Swimming -AM Culinary Class @ 10:00AM Discovery Den - AM Karaoke- PM	7 Jam Session (Impact) - AM The Book Nook - AM CASA Lunch & Listen Theatre Exploration - PM Foodie Friday - PM
10 Fitness with Amie 930 @ Impact Game Zone - AM Remembrance Day Presentation with Kris @13:00 Swimming- PM Name That Tune - PM	11 REMEMBRANCE DAY ACCESS/IMPACT CLOSED REACH HOLIDAY HOURS (0900-1500) 	12 Culinary Class -AM Swimming- AM Skill Development - AM Creative Quest -PM D&D Club -PM	13 Swimming -AM Culinary Class @ 10:00AM Discovery Den - AM SAIL Meeting - 1:30 @ Access Galt Museum-Metis week: Create your own Lobstick (6pm-8pm)	14 Jam Session (Access) - AM The Book Nook - AM Theatre Exploration - PM Foodie Friday - PM
17 Fitness with Amie 930 @ Impact Game Zone - AM Pet Connection - PM Walking Club - PM Swimming- PM Name That Tune - PM	18 Swimming -AM Culinary Class -AM Mindful Minds Meet - PM ASL - PM Asobi Motion @ 1pm Busido Motion @ 2pm	19 Culinary Class -AM Swimming- AM Skill Development - AM Creative Quest -PM D&D Club -PM	20 Swimming -AM Culinary Class @ 10:00AM Discovery Den - AM Bingo- PM Asobi Motion @ 1pm Busido Motion @ 2pm Galt Museum-Blackfoot Honorary Chieftainship (14:00-15:00)	21 Jam Session (Impact) - AM The Book Nook - AM Theatre Exploration - PM Bowling @ Holiday Bowl - 13:30 Foodie Friday - PM
24 Fitness with Amie 930 @ Impact Game Zone - AM Pet Connection - PM Walking Club - PM Swimming- PM Name That Tune - PM	25 Swimming -AM Culinary Class -AM Mindful Minds Meet - PM Quest For Knowledge-PM Movie Mill	26 Culinary Class -AM Swimming- AM Skill Development - AM Creative Quest -PM D&D Club -PM	27 Swimming -AM Discovery Den - AM Culinary Class @ 10:00AM	28 Jam Session (Access) - AM The Book Nook - AM Theatre Exploration - PM Foodie Friday - PM Pool Tournament -PM

GUESS WHO ? DONEIT!





Holiday HANDBALL Tournament

AIR

VS

LIVING

TUESDAY DECEMBER 2 2025 | AT 1 PM

Lethbridge Judo Club

2 x 20 minute games & 1 final

Wanna Cheer?

Wanna Play?

Come to the dojo wearing red or blue!

Talk to your Supervisor or Activity Coordinator

Word on the street is... there may be a Louvre-level jewelry thief among us! 🕵️💎 Someone with impeccable taste in jewelry and stealthy moves has been spotted around the Quest community. Keep your detective hats on and your treasures close.. guess the thief below! 🕒🔍

A) ERIC

B) SUMIT

C) BENSON



CHRISTMAS CASINO STAFF PARTY

FRIDAY DEC 12th 7PM

LIMITED TICKETS & BIG PRIZES!

"Casino Royale" 860 Heritage Blvd West

APPETIZERS - MUSIC - CASINO GAMES - \$2 BAR

DRESS CODE: SMART CASUAL - BLACK & WHITE THEME

Tickets @ www.questsupport.com

Easy Games - No Experience Necessary

Company sponsored prizes

No cost to play games

Games will be played with fake money

LIMITED TICKETS due to code

Ticket Sales start November 10th

Remaining tickets will be opened to spouses on December 1st