



# QUEST NEWSLETTER

## HAPPY NEW YEAR 2026

Start

**Your Quest Begins!** A new year means a new chapter and as we step into 2026, the adventures start (but did they really stop? we don't think so). January is our new starting point: a time to set intentions, sharpen our skills, and prepare for the challenges and opportunities ahead. Together, we'll build on what we've learned, explore new ideas, and continue making meaningful impact through the work we do every day. Thank you for being part of the journey. Here's to a year of growth, teamwork, and shared success within the Quest Community!

## A NOTE FROM OUR PEER MENTOR- PRESTON!

Brace your elves-Christmas came! We celebrated 12 days of Christmas which included a jolly picture with Santa and a gift, creating own wood burned ornaments, and working out at Santa's Bootcamp. A highlight was the Jingle and Mingle where we enjoyed a delicious Christmas lunch at D&N Kitchen and danced the afternoon away.

I would like to share that I have been attending a clay class at CASA every Thursday. Anyone is welcome to come, you just need to register for the Hand and Wheel clay class Online at CASA. In December we made Christmas Cookie Jars, Christmas trees and coffee cups. It's worth it and so much fun, so sign up and come!

Upcoming in January: Massage Students come Jan 21st, 2026, from 1-3 @ the Access classroom! There will be a SAIL meeting on Jan 28th 2026 at 1pm at Access

## JANUARY EVENTS

- Jan 1: Main Office is closed
- Jan 2: Modified hours at Reach
- Jan 5: Regular hours resume
- Jan 8: Asobi/Bushido Motion
- Jan 15: Visit with the Hurricanes at the Lethbridge Judo Club
- Jan 16: National Hot and Spicy Day
- Jan 20: National Penguin Day
- Jan 22: Asobi/Bushido Motion
- Jan 23: Pool Tournament
- Jan 28: SAIL Meeting







## ORIENTATION & SHADOW CHECKLISTS

Please ensure that all orientation and/or shadowing checklists are submitted upon completion of training. These documents are required for the ERC team to verify training completion. If they are not received, confirmation of training may be delayed, which could affect payroll. Failure to submit will result in formal follow-up.

## STAY ALERT FOR BEDBUGS

Bed bugs are small, hitchhiking insects that can enter homes on clothing, bags, or furniture. Early reporting and prompt treatment are key to preventing spread. Bed bugs are a maintenance issue, not a cleanliness issue. Check mattresses & furniture regularly and **REPORT** immediately if you see bugs or feel bites.

## JANUARY EOTM- CONGRATS SOLOMON!



I've been with Quest for seven months, and it has been an incredibly rewarding journey. Every day brings new opportunities to learn, grow, and make a meaningful impact in the lives of the individuals we support. I am happily married and blessed with a beautiful baby girl. I strive to live by the principle found in Matthew 7:12: "So in everything, do to others what you would have them do to you." This value guides both my personal life and my approach to supporting others.

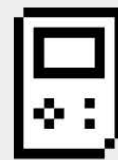
Many of the people we support did not choose their current circumstances. Even when past decisions appear to have played a role, those choices were often shaped by trauma, limited options, or conditions beyond their control. I encourage all care workers to serve with love, empathy, respect, and passion. Offer the kind of support we would hope to receive if we were in their place.


One of my most memorable moments was when an individual who initially did not want to work with me eventually built trust and now requests to work with me regularly. Gaining that trust reminded me of the power of patience, consistency, and genuine care.

Big shout out to the AIR crew for hosting 12 Days of Christmas! We know there was a lot of work and behind the scenes planning that went into each event.



**YOU'RE ON A QUEST! WHAT ARE YOU BRINGING? MUSIC, A SWORD, VIDEO GAMES, MAGIC OR A BUDDY? LET US KNOW**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 AIR Closed New Years Day	2 ACCESS/IMPACT Closed REACH Operating 9am-7pm <a href="#">Foodie Friday</a>	3	
5 Game Zone - AM Name That Tune - AM Pet Connection - PM Roving Gym - 1 PM Swimming - PM QFFL - PM	6 Swimming - AM Culinary Class - AM Mindful Minds Meet - PM Quest For Knowledge - PM	7 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM D&D Club - PM	8 Swimming - AM Discovery Den - AM <a href="#">Culinary Class - AM (IMPACT)</a> Asobi / Bushido Motion @ 13:00 - 14:45	9 Jam Session - AM (Access) The Book Nook - AM Theatre Exploration - PM Karaoke - PM <a href="#">Foodie Friday</a>	10	11
12 Game Zone - AM Name That Tune - AM Pet Connection - PM Roving Gym - 1 PM Swimming - PM QFFL - PM	13 Swimming - AM Culinary Class - AM Mindful Minds Meet - PM ASL - PM	14 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM D&D Club - PM	15 Swimming - AM Discovery Den - AM <a href="#">Culinary Class - AM (IMPACT)</a> Visit with The Hurricanes at the Lethbridge Judo Club @ 13:30 - 15:00	16 Jam Session - AM (Impact) The Book Nook - AM Theatre Exploration - PM Bowling - PM <a href="#">Foodie Friday</a> National Hot & Spicy Day	17	18
19 Game Zone - AM Name That Tune - AM Pet Connection - PM Roving Gym - 1 PM Swimming - PM QFFL - PM	20 Swimming - AM Culinary Class - AM Mindful Minds Meet - PM Quest For Knowledge - PM National Penguin Day	21 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM Creative Quest - PM Massage Students @ Access 1-3pm	22 Swimming - AM Discovery Den - AM <a href="#">Culinary Class - AM (IMPACT)</a> Asobi / Bushido Motion @ 13:00 - 14:45	23 Jam Session - AM (Access) The Book Nook - AM Theatre Exploration - PM Bingo - PM <a href="#">Foodie Friday</a> <a href="#">Pool Tournament</a>	24	25
26 Game Zone - AM Name That Tune - AM Pet Connection - PM Roving Gym - 1 PM Swimming - PM QFFL - PM	27 Swimming - AM Culinary Class - AM Mindful Minds Meet - PM ASL - PM	28 Fitness with Amie 930 @ Impact Culinary Class - AM Swimming - AM Skill Development - PM SAIL Meeting - 1:15 PM Creative Quest - PM D&D Club - PM	29 Swimming - AM Discovery Den - AM <a href="#">Culinary Class - AM (IMPACT)</a>	30 Jam Session - AM (Impact) The Book Nook - AM Theatre Exploration - PM <a href="#">Foodie Friday</a>	31	

## ACCESS TO DINING WITH MICHAEL & SEAN

December is always a short month when it comes to dining in the community for Michael and Sean as the program is closed for a few days and all of the extra parties and lunches. Michael was able to check out Alberta Wing Shack at the start of the month located at 303 6th Street South. You can buy wings by the pound and they have a wide variety of flavours that should suit everyone's palette. The wings were made fresh so it takes about 20 minutes to get an order, it is best to phone in an order then pick them up. There was only 3 tables with a few chairs so not the best set up for dining in. Another meal we had out was the AIR Christmas lunch at D&N Kitchen at the German Canadian Club. The turkey lunch seemed to be enjoyed by everyone and many people had seconds. D&N Kitchen does catering, lunch and dinner as well. Many thanks to the Quest Management Team that was able to serve everyone and cleared the tables. As always please go out and support your local businesses if your budget allows it. Hope to see you out in the community and join us when you can! Drop us a line at Access.

