



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

HAPPY NEW YEAR FROM C.H.A.T.!

EVENT UPDATES

- Join us for a **Let's CHAT in Person** at Edmonton Public Library on **March 5, 2025**
 - **Read more on page 2** to learn about the **details!**
- Go to **page 3** to learn about a cool **aquatic program** for people who have had **Brain Tumors** or **strokes** called **Pool Brats**



C.H.A.T. UPDATES

- Want to get **involved** with **C.H.A.T.?**
 - Check out **the end** of [this newsletter](#) for **information** about **volunteering!**

SAVE THE DATE



Let's CHAT in Person

When: March 5, 2025
6:45pm-8:15pm



Where: Edmonton Public Library -
Capilano branch
9915 67 St NW, Edmonton, AB

What: Free social time -
conversation, games, coffee
and snacks



Questions? admin@thechatsociety.ca

Pool Brats



- **POOL BRATS** is an **aquatic walking program** for **adults** (18+) diagnosed with a primary **brain tumour or stroke**. **Pool Brats** is run by a **team of volunteer** Physiotherapists, Recreation Therapists, Occupational Therapists, physiotherapy students.
- **Pool Brats** aim to **help** get you more **comfortable on your feet** and support **progress** towards your **mobility** goals. **Increase** your activity with **Pool Brats**!

Program cost: \$200 per term

Location: ACT Centre Pool Centre

2909 - 113 Ave NW, Edmonton

Start Date: Sunday, March 2, 2025

Time: 4:00 p.m. – 6:00 p.m.

End Date: Sunday, April 27, 2025



Sign up by following the scanning the **QR code**!

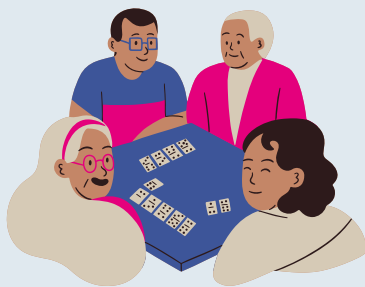


**UNIVERSITY
OF ALBERTA**

Healthy Aging & Play

Why Play is important!

In **January** at **Let's CHAT** we discussed **Healthy Aging** and what it means to our members! For many people, it means **making healthy choices** by staying active and **managing stress**!



In a **recent article** shared by **Healthy Aging CORE Alberta**, it is suggested that **"play"** is an important part of **healthy aging**! **Play** not only **stimulates** the mind and **activity** but also **boosts happiness**!

Suggestions of Play:

Try doodling or making art!

Go for a walk in the nature

Cook new recipes!

Try different exercises

Take an acting or improv class!

Dancing



GOAL SETTING

Made Easy



While it may already be February, **making goals** is a **skill** that can be used any time of the year!

Here are some **simple** and **easy** tips for **setting** and **achieving** goals!

Envision

Have a **vision** of what you want to **achieve**

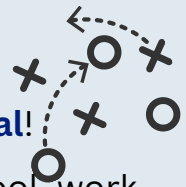
Most importantly: choose goals that make you happy!



Make a Plan

Figure out the **small goals** that make your **big goal**!

Divide your goals into **different categories**: home, school, work



Action

Carry out your goals by breaking them into **smaller steps**



Reflect!

Focus on progress by **reviewing** if your goals are being **achieved every week**!

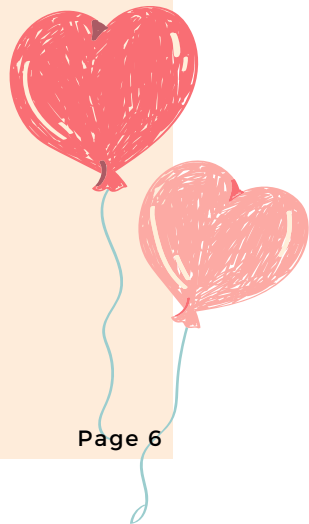


[Click here](#) to see some easy **goal-setting templates** you can use!

COMMUNICATION CORNER: RIDDLES

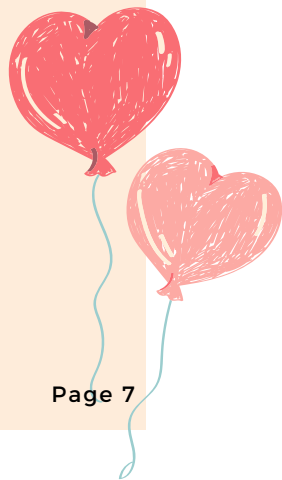


- 1) Which one of Santa's reindeer can be seen on Valentine's Day?
- 2) How did the telephone propose to his girlfriend?
- 3) What do you call two birds in love?
- 4) What did one volcano say to the other?
- 5) How does Cupid visit his girlfriend?



COMMUNICATION CORNER: ANSWERS

- 1) Cupid
- 2) He gave her a ring!
- 3) Tweet Hearts
- 4) I lava you
- 5) An arrow-plane



CALL FOR VOLUNTEERS



Interested in getting **more** involved with C.H.A.T.?



C.H.A.T. is run by a team of dedicated volunteers!

C.H.A.T. volunteers support Let's CHAT and use their unique skills to aid with events!

Join the board or a committee
to get **involved** & help make
meaningful change!

Join our team by visiting **this page** to
start your journey!



Follow us on Social Media



C.H.A.T. SOCIETY
COMMUNICATION HEALTH AND THERAPY

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- Do you have any **suggestions** or **concerns** for **Let's CHAT?**
 - **Click** on the link below!

[CHAT Feedback Form](#)

