

October Birthdays:

Catherine
Richard
Nancy
Greer






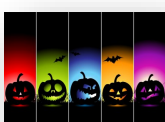



October 2017



Crossing All Bridges
Learning Centre



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	2. Chicken Quesada's	3. Turkey Taco Salad	4. Quinoa Enchilada Casserole	5. Lunch at the Fair 	6. CABLC Thanksgiving Lunch 	7.
8.	9. Happy Thanksgiving Centre Closed	10. Cheesy Chili and Garlic Buns	11. Butternut Squash Soup	12. Chicken Pot Pie 	13. Homemade Stuffed Peppers	14.
Fire Prevention Week						
15.	16. Chicken Fingers with Corn and Mashed Potatoes	17. Whole Wheat Egg Salad Sandwiches	18. Veggie Lasagna	19. Chicken Fajitas	20. Sausage Pepper Penne Alfredo 	21.
22.	23. Ham And Scalloped Potatoes	24. Cream of Mushroom Soup and Garlic Bread	25. Chicken Piccata Pasta	26. Fall Chicken Bake 	27. Spaghetti with Roasted Zucchini	28.
29.	30. Tuna Salad Sandwiches	31. Halloween Party 				
Maria's Pizza will be served on Halloween day for lunch. 						

What's Happening!



If families have comments or suggestions please feel free to email us at:

info@crossingallbridges.ca

The email address is monitored by the Executive Director.

Thanksgiving Lunch Details

Please note that on October 6, 2017 lunch will be provided to ALL participants who attend CAB on this day, whether you bring a lunch or pay for lunch, there will be no additional cost.

Programming for October:

Oct 2 - Oct 6	<p>Culinary- Thanksgiving Baking/ Lunch Preparation</p> <p>Community, Culture and Me-Using Public Transit</p> <p>G.O.A.L.S - Communication- Explore Ways to Communicate</p> <p>Health and Wellness- Thanksgiving: Showing Appreciation to Others</p>
Oct 9 - Oct 13	<p>Culinary- Kitchen Fire Safety/ Fire Prevention Week</p> <p>Community, Culture and Me-Using Public Transit</p> <p>G.O.A.L.S- Communication- Body Language</p> <p>Health and Wellness- Aerobics and Dancing: Finding the Rhythm</p>
Oct 16 - Oct 20	<p>Culinary- Mad Food Science – Sinking Soda Experiment and the Science Behind It</p> <p>Community, Culture and Me-Brant United Way Poinsettia Sale</p> <p>G.O.A.L.S - ASL- Introduction to ASL, Alphabet and Names</p> <p>Health and Wellness- Spa Week : The Importance of Self-Care</p>
Oct 23 - Oct 27	<p>Culinary- Mad Food Science – Colorful Candy Kitchen Surprise and the Science Behind It</p> <p>Community, Culture and Me-Poinsettia Sale Prep</p> <p>G.O.A.L.S - ASL- Job and Customer Service Signs</p> <p>Health and Wellness- Exercising Your Memory: Memory Activities and Games</p>