

CABLC Connection



ISSUE 87 · JANUARY 2024

YOUR MONTHLY INFORMATION UPDATE

CABLC NEWSLETTER

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Important Dates:

January 2 - Program Returns

January 7 - Knights of Columbus Charity Breakfast

January 8 - Spirit Day - Dress to Impress



Fundraising



Charity Breakfast

The Knights of Columbus Charity Breakfast will be in support of Crossing All Bridges Learning Centre on Sunday January 7th, 2024 from 9 a.m. to 12 p.m.

Only \$12 for adults and \$7 for children (10 & Under)

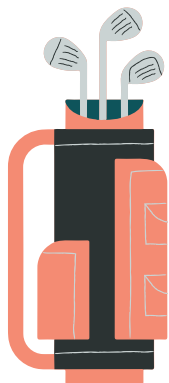
Wine Glass Paint Night

A big thank you to everyone who has purchased tickets for our upcoming wine glass paint night on Wednesday January 10, 2024. The event is now sold out, thank you for your support.



Golf Committee

Crossing All Bridges Learning Centre is seeking energetic and compassionate individuals to join our golf committee! The golf committee plays a large role in making our Annual Charity Tournament a success. *No experience required* To learn more please contact Haidee Scheers at hscheers@crossingallbridges.ca



Staff Updates

Congratulations to our Personal Support Worker, Robin who is celebrating her one year anniversary with us this month. We thank Robin for all her hard work and dedication to Crossing All Bridges Learning Centre. Looking forward to seeing what the next year brings - thank you, Robin!



Monday Night Dance Party



MNDP is open to everyone and it runs from 6:00 pm to 8:00 pm at 65 Sky Acres Drive. Cost per person is \$5.00. CABLC Tuck shop is open. Our next dance is booked for: January 8th and 22nd.



CABLC Social Club

CABLC Social Club is always held on a Thursday evening and runs from 5:30 pm to 7:30 pm. Our next Social Club is Thursday, January 4 for a New Years Eve Party and Potluck. Cost per person is \$5.00



NEW After Hours Online Programs

Crossing All Bridges



Crossing All Bridges is thrilled to continue to offer evening programs online. The goal of these programs is to allow individuals to connect with their peers through social and engaging programs that are easy to access! Programs will now be offered on Tuesday and Thursday evenings. Registration is open to individuals over the age of 16 who are living with varying abilities. Register now for only \$5.00 per program, by contacting Natasha Efner at natasha@crossingallbridges.ca

December Highlights

The month of December was an activity packed, holiday themed time here at Crossing All Bridges. Participants enjoyed a variety of holiday activities, engaged in group activities and celebrated the holiday season together.



Shredding Barriers



Employee of the Month

Scott has worked hard this month. He has been getting a lot done on his shifts, helping us keep up with production and has no problem stepping up when needed, always with a smile on his face.

Congratulations Scott, you deserve it!

In other news- We are pleased to announce that Nathan will be returning to Shredding Barriers this month! He is excited to be part of the team again and we are excited to see where the year takes us!



CABLC Programming

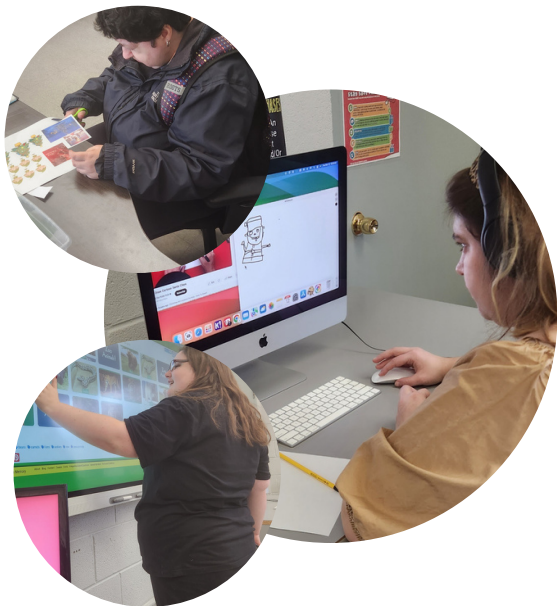
Recreation and Wellness

During December, the Recreation & Wellness class dedicated their time to various activities, such as Yoga sessions that emphasized balance, breathing techniques, and muscle flexibility. Additionally, they dove into the fundamentals of tennis, mastering the proper way to hold a racket and balance a ball on it. The month was filled with fun, engaging experiences, including participating in Christmas-themed activities to end off the year. Recreation and Wellness emerged victorious in our gingerbread house-making competition against the other programs. - Way to go Team



Digital Innovation

Digital Innovation was keeping their minds and hands busy navigating the Internet to discover Virtual Zoo's all over the world; live cameras gave the participants opportunity to visit several different locations and animals, within the comfort of CABLC. Participants also utilized their digital skills by using Whiteboard App on iPad to design their own Christmas and holiday cards. January will provide even more opportunity for participants to improve their tech skills creating their own online quizzes using iPad, SMART Board and Kahoot! app. The digital innovation program will continue the online design of CABLC's 1st Yearbook! January will also have a special photography collaboration with Expressive Arts! Stay turned :)



Community, Culture, and Me

Community, Culture & Me enjoyed volunteering at the Brantford Public Library, a continuous chance to give back to our community as well as learning new skills. Participants have donated 75% of the funds required to symbolically adopt an endangered animal and we have added one of the BIG CATS to our list, the Leopard. Participants enjoyed learning and making Matryoshka Dolls, which we discovered are still a huge part of Russian culture.

We look forward to getting back to routine in January after a wonderful holiday break. Participants will be building skills through a fun week of board games. We will continue with our Book Study, The Diary of a Wimpy Kid as well as learn the importance of Community Helpers.



CABLC Programming

Culinary

December was spent exploring harvest foods and holiday treats! Participants enjoyed learning about cranberries and squash by using them in a variety of recipes including spaghetti squash, squash soup, and cranberry punch. The participants enjoyed engaging in holiday themed activities including trivia, candle making and more!

As we move into the New Year the culinary program looks forward to exploring kitchen safety, sensory activities and continuing our bi-weekly trips to the local farmers market.



Expressive Arts

During December, in Expressive Arts, the participants put their artistic skills into action making homemade cards and gifts to celebrate the season. Participants put together candy grams to donate to the Meals On Wheels program and dropped off over 150 Christmas Cards at the John Noble Long-term Care Home. We also continued our painting series under the theme "bridges" and have been working on our drawing fundamentals for our portfolio.

In the New Year Expressive Arts will officially start pre-production for their big project "CAB Glee-The Movie" and will be learning about different aspects of film making such as set design, lighting and costume making.

Upcoming Events

CROSSING ALL BRIDGES LEARNING CENTRE
Presents...

SPRING FLING FORMAL

Join us in the Grand Ballroom
Friday, April 12th, 2023.
6 p.m. to 10 p.m.
Best Western, 19 Holiday Drive, Brantford.

An inclusive event for all
Semi-Formal Attire
\$35/ per person
(Includes Dinner and Dance)
Purchase your tickets today, by contacting
hscheers@crossingallbridges.ca

Crossing All Bridges BW | Best Western.
Hotels & Resorts

Crossing All Bridges
LEARNING CENTRE

UPCOMING ONLINE EVENTS

January

TUESDAY 16	COLOUR BY NUMBER	THURSDAY 11	NEW YEARS SHOW AND SHARE
TUESDAY 30	FAMILY FEUD	THURSDAY 25	BRAIN TEASER GAMES AND RIDDLES

NEW
-Now on Tuesday and Thursday Evenings
-Register for any program for only \$5.00

Join us for this **NEW** after-hours CAB initiative.
Be Sure to Register! Where Friends and Fun Come Together!

Frequently Asked Questions

- All programs run via Zoom platform
- Each program is one hour in length, from 6pm-7pm
- Registration is required
- Registration is open to all adults living with varying abilities
- There is a \$5.00 fee for all programs.
- Links will be emailed upon registration

Ready to register?
Contact our Program Coordinator & Online Facilitator Natasha Ehner
e-mail: natasha@crossingallbridges.ca
phone: 519-751-0123