

# CABLC Connection



ISSUE 97 · NOVEMBER 2024

YOUR MONTHLY INFORMATION UPDATE

## CABLC NEWSLETTER

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### Important Dates:

**November 8 - Bridging Brant Art Show**  
**November 11 - Remembrance Day**  
**November 21 - Spirit Day - Pajama Day**  
**November 23 - 4th Annual Christmas Bazaar**  
**November 30 - Santa Claus Parade**



### Fundraising



### Bridging Brant Art Show: A 3rd Party Fundraiser

Join us on November 8th from 7-10pm at Temptation Kitchen Brantford for the launch of the Bridging Brant Art show benefiting Crossing All Bridges. Participants and family members are welcome to stop by to enjoy the art show throughout the weekend.

### FundScrip Fundraiser

Returning again this year by popular demand. Packages for the gift card fundraiser will be sent home during the month of November. Keep your eye out for more details and if you have any questions please email [mcarpenter@crossingallbridges.ca](mailto:mcarpenter@crossingallbridges.ca)



### Christmas Bazaar

Mark your calendars for Saturday November 23rd and come on out to CABLC's 4th Annual Christmas Bazaar from 9am to 12pm. Explore the many vendors including hand made items from Crossing All Bridges, and other community vendors, there is sure to be something for everyone!



### Monday Night Dance Party



Dance the night away every Monday, excluding holidays, from 6:00pm to 8:00pm at CABLC. Everyone is welcome to attend, cost is \$5.00 per person, and support workers welcome. Join us on November 18th for a night of line dancing!

### Witches Night Out

Thank you to everyone who made the 4th Annual Witches Night Out a success. The enchanting evening brought our community together for a night filled with fun, laughter, and a touch of magic. Thanks to the incredible generosity and support of all involved, we are proud to announce that we raised over \$14,000 in support of CABLC.



We extend our sincere appreciation to our dedicated committee members and volunteers. Of course, none of this would have been possible without all of you who attended. It was amazing to see so many of you embracing the theme with such spirit and we hope you had as much fun as we did. We look forward to gathering once again for even more magical and witchy fun next year!

### Staff Updates

We are excited to have Shyanne Graziano join the team as the Recreation and Wellness Instructor. Shyanne began her journey with CABLC as a co-op student, followed by a camp animator for Summer Sizzle Camp. Along with her experience here at CABLC Shyanne brings a vast knowledge of fitness, wellness and nutrition. Be sure to say hello when you see here at the centre. Welcome to the team!



It is with mixed emotions that we announce the departure of our Shredding Barriers Coordinator Kim Emery who will be leaving us to pursue an exciting new opportunity. She has been an invaluable part of our team, contributing not only her skills and expertise but also her positivity and camaraderie. We will miss Kim and the kindness she brought to our workplace. Please join us in wishing her all the best in her new role. We know she will thrive and continue to make a positive impact wherever she goes. Best wishes, Kim!

### CABLC Social Club

Social Club runs bi-weekly 5:30pm to 7:30pm. Come out to our next Pizza and Planning meeting on November 28th, to give your input on upcoming social club outings.

To register contact our Program Supervisor, Natasha Efner at [natasha@crossingallbridges.ca](mailto:natasha@crossingallbridges.ca)



## CABLC in the Community

### 2nd Annual Food Drive

Community, Culture and Me is excited to launch the 2nd annual food drive in support of our local food bank. Donations are welcome throughout the month of November and can be dropped off to Community, Culture and Me instructor, Debbie Maxworth



Participants are welcome to join us on Saturday November 30th to watch this year's Santa Claus Parade with friends. Registration is required, please reach out to [natasha@crossingallbridges.ca](mailto:natasha@crossingallbridges.ca) if you would like to join us.

### Santa Claus Parade

## October Highlights

### Brantwood Farms

Participants enjoyed a trip to Brantwood Farms where they explored the pumpkin patch and enjoyed apple picking. A big thank you to farmer Tara for the wonderful and informative tour.



The instructing team planned an eventful Thanksgiving celebration including a delicious Thanksgiving lunch enjoyed by all.



### Thanksgiving

## Art Gallery of Ontario

Participants enjoyed the first of many trips to the Art Gallery. On October 18th participants headed to the Art Gallery of Ontario, where they explored the exhibits and had the opportunity to create their own art.



Crossing All Bridges was thrilled to be awarded both Top Scarecrow and Top Pumpkin at the City of Brantford's Scare in the Square event. Thank you to everyone who came out and voted!

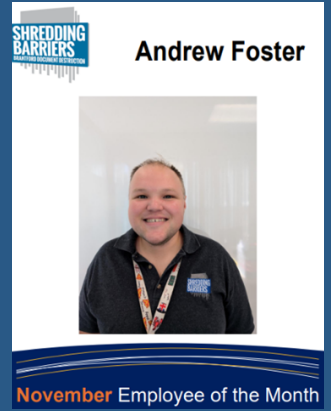


### Halloween

The instructing team worked hard to coordinate this year's Halloween celebration, which included sensory activities, art projects and Trick or Treating in the neighbourhood. A big thank you to all our neighbours who joined us this year!



## Shredding Barriers



### Employee of the Month

We are proud to announce Andrew as our Employee of the Month for November. Andrew's thoughtfulness and willingness to help others creates a positive work atmosphere. With a heart of gold, he truly embodies our values and makes a lasting impact on everyone he meets. Congratulations Andrew! Andrew is celebrating his 7 year anniversary this month along with his coworker Luke. Congratulations on 7 years!

### Tuck Shop

Tuck Shop is open daily at 1pm for participants to make purchases. Be sure to check out the rotation of baked goods recently added to the shop.



### Scare in the Square

### CANS for CAB

Have cans to donate? Donations can be dropped off at 65 Sky Acres Drive, Monday to Friday between 8am and 4pm.



# CABLC Programming



## Recreation and Wellness

During the month of October Recreation and Wellness highlighted upper and lower body workouts, focusing on building strength and keeping active! Each session includes a cool-down with yoga, promoting relaxation, flexibility, and the importance of winding down after a workout. We're excited to keep working on building healthy movement and wellness in a way that's both enjoyable and rewarding for everyone!

During November participants will be exploring hockey, bringing new skills and activities to keep everyone active and motivated!

## Community, Culture, and Me

October was another busy month in Community, Culture and Me. Participants successfully built and entered an adaptation of the Scarecrow from The Wizard of Oz into the Scare in the Square contest for the 4th year in a row, and we were thrilled to win! In keeping with the Wizard of Oz theme we dove into this year's book study. As a part of our Endangered Marine Animals Unit each group worked together to build a coral reef scene and participants added Greece to our cultures from around the world. For November participants will be busy creating items for the Christmas Bazaar and collecting non-perishable food items for 2nd Annual Food Drive, just in time for the holidays.



## Digital Innovation

In October, Digital Innovation had a blast preparing for Thanksgiving by making digital turkey cards with pictures of our faces! Participants worked on creating a music video by learning the lyrics and creating creative dance ideas for them. We also learned all about carpentry while building and putting together our own wooden picture frames. On the techy side, we learned all about smartphones and how to use them productively. During the month of November Digital Innovation will have a poppy donation box available for anyone who wishes to wear a poppy in honour of Remembrance Day on November 11th, 2024.



# CABLC Programming

## Culinary

In October the Culinary Program started off with a visit to the Brantwood Farms Fall festival. Participants thoroughly enjoyed the wagon rides, learning about different farm animals and picking their own apples and pumpkins. We have continued our lessons on easy meals to prepare at home for breakfast, lunch and dinner. Some of the foods we focused on were different types of tacos. We had our second lesson for our Around the World Unit in collaboration with the Community, Culture and Me program, where we focused on Greece. Together we made Greek foods including Chicken Gyros and Baklava. This month the Culinary program will be visiting different markets and continuing to master easy meals.



## Expressive Arts

In October the Expressive Arts Program made the most of the lovely Fall weather by using our surroundings as both inspiration and materials to create art. Participants enjoyed a trip to the Art Gallery of Ontario where we had the wonderful opportunity to absorb our local art culture. Participants continue to work on our art pieces for the upcoming Art Exhibition Fundraiser happening on Friday November 8th from 7pm-10pm at Temptation Kitchen in Brantford. For November participants will be teaming up on a very special project with Playful Fox Productions and working hard to create items to sell at our upcoming Christmas Bazaar. We have so many exciting things to look forward to as the holiday season approaches!

## Upcoming Events

