

CABLC Connection



ISSUE 100 · FEBRUARY 2025

YOUR MONTHLY INFORMATION UPDATE

CABLC NEWSLETTER This Issue:

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Important Dates:

February 13 - Fun With Quarters: A Third Party Fundraiser

February 14 - Valentine's Day Activities

February 17 - Family Day - CABLC Closed

February 18 - Random Act of Kindness Day

February 25 - CABLC Spirit Day:

February 26 - Pink Shirt Day

February 26 - Program Outing: Art Gallery of Burlington

February 28 - After-Hours Program: Dinner and a Show

February

Fundraising

Knights of Columbus Charity Breakfast



A big thank you to the Knights of Columbus for hosting their charity breakfast in support of Crossing All Bridges. Together we raised \$3310.00, we couldn't have done it without the wonderful volunteers from Enterprise Mobility and each and every one of you who came out and enjoyed breakfast. Thank You!

Paint Night Fundraiser

Thank you to everyone who came out to beat the winter blues and enjoy an evening of painting and fun in support of Crossing All Bridges. The event raised over \$400.00, thank you to everyone who participated and to Expressive Arts instructor, Jill Pye, for facilitating the event.



Fun With Quarters: A 3rd party fundraiser

Fun With Quarters in support of Crossing All Bridges will be held on February 13th, 2025 at the Dunsdon Legion. For more information or to volunteer contact mcarpenter@crossingallbridges.ca



CABLC in the Community

Tea Workshop

The Culinary program hosted a Tea Workshop with a local vendor from Paris ON "Heathers Got Tea". Participants were excited to learn all about the different types of tea, how tea is made and to create their very own blend. Participants worked together to create a CABLC Blend which will be available in our Tuck Shop and at Heathers Got Tea (51 Grand River St N, Paris) soon, stay tuned for release date.



Polar Plunge in Support of Special Olympics

Crossing All Bridges is excited to be supporting local Special Olympics Athletes by participating in this year's Polar Plunge on March 6th, 2025. Staff and participants are welcome to sign up to plunge with us by contacting natasha@crossingallbridges.ca. The Brant OPP is also looking for Special Olympics Athletes that would like to take a pre-plunge with them to raise awareness for the event. If you are interested please contact OPP officer Jonathan Bueckert at jonathan.bueckert@opp.ca



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 February 10th for an evening of love songs.



CABLC Social Club

Social Club runs bi-weekly 5:30pm to 7:30pm on Thursday evenings. This month we are headed to Crock-A-Doodle on February 6th, followed by Karaoke at CAB on February 20th. To register contact our Program Supervisor, Natasha Efner at natasha@crossingallbridges.ca

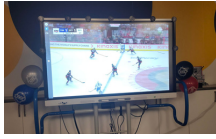


January Highlights



Hockey Night at CAB

What a night! Hockey Night at CAB was a fantastic evening filled with thrilling action on the ice, great company, and plenty of laughter. From passionate fans to first-time spectators, everyone came together to celebrate the sport, make new connections, and enjoy the electric atmosphere. Thank you to everyone who joined us - it wouldn't have been the same without you! We hope to see you all again and welcome newcomers to our next Hockey Night at CAB on Saturday March 8th, 2025 from 7:00-10:00pm.



Program Outing: Yamato Drummers of Japan

Our trip to see Yamato: Drummers of Japan was an unforgettable experience! The powerful beats, dazzling lights, and high-energy performance had everyone mesmerized. From the first strike of the drum to the final echoing rhythm, participants were fully immersed—grooving, clapping, and feeling the pulse of the music. It was a day of culture, connection, and incredible talent.



Design Contest

This month our Expressive Arts Program and Digital Innovations Program collaborated on a very special project! Participants drew their ideas, vectorized their final designs and heat transferred them onto canvas bags. In the second stage participants voted on the top three designs that had a chance to inspire official CAB merch available for purchase later this year. Both the participants and the public voted and we're happy to announce the winning design is by Luke B. feat. Congratulations Luke on a job well done, we're looking forward to seeing your design come to life!



Extended Programming Opportunities

Ladies Night

Ladies night is underway! Participants have enjoyed manicures, mindful colouring, diamond dots, and board games while building friendships and having fun. There are still 2 sessions left, Jewelry Making on February 5th, followed by "Gal"entines Night on February 12th, come out and join us for only \$10 per session.



Looking for a place to hang out, relax and meet new friends? Join us for our NEW Coffee Corner. Enjoy a warm cup of coffee, play games and chat with like-minded individuals in a supportive, friendly space. Coffee Corner runs from 9:30-11am on the first Saturday of each month beginning February 1st. Drop-in fee \$2.00. No pressure, just fun! Come as you are!



Coffee Corner

Dinner and a Show: The Wizard of Oz

Join us for dinner and a show. Participants are invited to join us for an unforgettable night including a catered dinner at CABLC followed by a musical production of The Wizard of Oz by Playful Fox Productions at the For Paris Centre. Transportation to and from the show is included. Be sure to secure your ticket before they sell out.



For more information or to register for any extended programming opportunities please reach out to our Supervisor or Programming, Natasha Efner, at natasha@crossingallbridges.ca

Shredding Barriers



Employee of the Month

Brooke is a reliable and dedicated worker. When it comes to anything related to Shredding, you can always count on her. She's knowledgeable and is always willing to lend a hand. Her teamwork really stands out - she's often the first to stop what she's doing and help others who need it. You can really see the care she has for others through her work! Great work Brooke and congratulations!

Cans for CAB



Thank you to everyone who continues to support our Cans for CAB fundraiser. To date we have raised \$13,341.30.

Summer Sizzle Camp and Leisure Days

We're excited to announce that registration for Summer Sizzle Camp and Leisure Days will be opening soon. The perfect opportunity to stay active, make new friends, and enjoy a summer full of fun! Open to individuals 14+, our camps offer a welcoming space for socializing, adventure, and unforgettable memories. Stay tuned for registration details - more information coming soon!



CABLC Programming

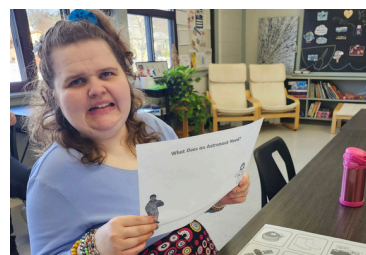
Recreation and Wellness

Last month participants in Recreation and Wellness turned up their energy and found their flow with Zumba and Yoga sessions! Thanks to an exciting collaboration with our Digital Innovation program, we're thrilled to announce that workout videos will soon be dropping on our YouTube page. February brings some incredible new opportunities to keep our minds sharp and our bodies active. Participants will explore the power of morning routines to encourage energy and purpose, embrace acts of kindness to show that small actions can make a big impact, and dive into the importance of understanding mental health because self-care starts within. We'll also come together for team-building activities, all while keeping our bodies moving with workouts designed to get your heart pumping and your smile glowing!



Community, Culture, and Me

Community, Culture and Me continues to volunteer with Habitat for Humanity's ReStore and Brantford's local library. Participants learned that Jellyfish are not actually fish during our endangered marine species unit, and enjoyed tasting some amazing dishes from Poland while exploring countries around the world. Participants began building a space shuttle inspired by our very own Canadian Astronaut Chris Hadfield, from our famous Canadians unit. In February participants will add the sea turtle to their Endangered Marine Species Unit, and jump into the second half of the Wizard of Oz novel study.



Digital Innovation

Digital Innovation is getting ready for a fun, and busy February. In Digital we will be learning all about workplace skills, with a focus on teamwork. We will also be building a fun robot mascot to represent Digital Innovation as we spend the week learning all about robots, participants will continue to practice their counting and budgeting skills during various activities including heading to the grocery store to put their budgeting skills to the test. Lastly, participants will be exploring how to mix music and create a dance routine for our own music video!



CABLC Programming

Culinary

The Culinary program started off the year with a classic breakfast favourite, pancakes. Participants learned how to use a countertop electric grill, practiced measuring and flipping pancakes using a spatula. With the cold weather it was perfect time to explore some easy lunch soups, from pumpkin sausage to vegetable soup participants enjoyed warming up with a cup of their hard work. For dinner participants learned all about different types of burgers, the meats used, and the process to cook. Stand out recipes were bacon cheeseburgers and chicken burgers. This month will focus on basic cooking terms, celebrating Valentine's day and collaborating with Community, Culture and Me to explore food from Germany.



Expressive Arts

Participants started off the new year strong in the Expressive Arts Program by creating vision boards to motivate and inspire them in the coming months to achieve their artistic goals. We also started a new series focusing on the seven elements of art which participants will be putting into practice over the next couple of months in preparation for our next art show debuting in May. This month the Expressive Arts program will welcome local artists as guest speakers to talk about their craft. Participants will also have the opportunity to visit more art galleries to get a sense for the art scene in our surrounding communities. Stay tuned and stay creative because we are just getting started!

Upcoming Events

Crossing All Bridges Learning Centre

Coffee Corner

A drop-in social for teens and adults with varying abilities.

Looking for a place to hang out, relax and meet new friends?

Join us for Coffee Corner! Enjoy a warm cup of coffee, play board games and chat with like-minded individuals in a supportive, friendly space.

No pressure, just fun! Come as you are! Everyone is encouraged to participate at their own pace!

First Saturday of each Month
(beginning February 1st)
9:30 - 11:00am | Drop in Fee: \$2.00
65 Sky Acres Drive

Crossing All Bridges Learning Centre

AN AFTER HOURS PROGRAM OPPORTUNITY

LET'S GO

Down the Yellow Brick Road

DINNER AND A SHOW

JOIN US FOR DINNER FOLLOWED BY A THEATRICAL PRESENTATION OF THE WIZARD OF OZ BY PLAYFUL FOX PRODUCTIONS. PARTICIPANTS WILL ENJOY DINNER CATERED BY MERCASA'S AT THE CENTRE AND TRANSPORTATION TO AND FROM THE SHOW.

20 TICKETS AVAILABLE

\$65

BE SURE TO SECURE YOUR TICKET EARLY CONTACT NATASHA EFNER NATASHAE@CROSSINGALLBRIDGES.CA

PICK UP AND DROP OFF AT CROSSING ALL BRIDGES LEARNING CENTRE

FRIDAY FEBRUARY 28 5:00PM TO 10:00PM

FOR MORE INFORMATION CONTACT NATASHA@CROSSINGALLBRIDGES.CA

Crossing All Bridges

JULY THROUGH AUGUST

3 WEEKS AVAILABLE FOR SUMMER SIZZLE CAMP

2025

GET EXCITED... SUMMER SIZZLE CAMP & LEISURE DAYS ARE COMING

Summer Sizzle Camp days are filled with day trips, water activities and more!

CAB Leisure Days offer a daily commitment with more relaxed and less strenuous summer activities!

Michelle Carpenter
mcarpenter@crossingallbridges.ca

519-751-0123 x102

