

CABLC Connection



ISSUE 99 · JANUARY 2025

YOUR MONTHLY INFORMATION UPDATE

CABLC NEWSLETTER

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Important Dates:

- January 2 - Program Resumes
- January 5 - Knights of Columbus Charity Breakfast
- January 8 - Ladies Night Program Begins
- January 20 - Spirit Day: Flannel Day
- January 21 - Yamato Drummers of Japan Program Outing
- January 30 - Paint Night Fundraiser



Fundraising

Knights of Columbus Charity Breakfast



Crossing All Bridges is thrilled to be the recipient of this month's Knights of Columbus charity breakfast. Be sure to come out to 12 Catherine Ave, Brantford, on Sunday January 5th between 9am and 12pm to enjoy an all you can eat breakfast in support of CABLC. Breakfast includes bacon, sausage, home fries, scrambled eggs, pancakes, juice and coffee and tea. \$12 for adults, \$7 for children.

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 January 6th as we ring in the New Year!

Paint Night Fundraiser

Swap the snow for tropical vibes at our paint night fundraiser: beat the winter blues! Create a stunning tropical water colour painting, perfect for all skill levels, while enjoying fruit kabobs and refreshing tropical drinks. This event takes place on Thursday January 30 from 6-8pm at Crossing All Bridges. Reserve your spot today by contacting natasha@crossingallbridges.ca. Let's paint, sip, and beat the winter blues together.



CABLC Social Club

Social Club runs bi-weekly 5:30pm to 7:30pm on Thursday evenings. This month we are headed to Cineplex to watch Mufasa on January 9th followed by dinner at Sociable Restaurant on January 23rd. To register contact our Program Supervisor, Natasha Efner at natasha@crossingallbridges.ca



Staff Updates



Shredding Barriers Coordinator

This month we welcome Jacob Segin, as the new Shredding Barriers Destruction Coordinator. With a degree in community studies and a former educator, we look forward to seeing all the great things he does with the business. Jacob is an avid hockey player, a devoted sports fan, and is excited to meet and work with all the shredding barriers employees. Welcome Jacob!



Program Support

Crossing All Bridges is excited to welcome Allan Draper as our new Program Support. Allan will be helping support each of the program instructors, as well as supporting participants both in the community and here at CABLC. Allan has a background in social work and many years of experience providing exceptional support to individuals with diverse needs. Allan enjoys playing hockey and spending time with his family, be sure to say hello!

65 Sky Acres Drive, Brantford, ON N3R 5W6

Phone: 519-751-0123

Website: crossingallbridges.ca

Email: info@crossingallbridges.ca

CROSSING ALL BRIDGES LEARNING CENTRE



CABLC in the Community

“Wicked” Movie Screening

Participants were thrilled to head out to Cineplex Brantford to enjoy a private screening of Wicked. Participants have been reading The Wizard of Oz in the Community, Culture and Me program and Wicked tied in wonderfully. We look forward to the release of part two coming this November.



Crossing All Bridges



A Visit from Mayor Bailey

Crossing All Bridges was excited to welcome County of Brant Mayor, David Bailey, to the centre to speak with participants about the role of our local government and how community members can be involved. Participants enjoyed asking questions and getting to know Mayor Bailey. Thank you!

Shredding Barriers



Employee of the Month

Scott arrives to each shift ready to work. He is friendly and helpful to both his coworkers and customers, always willing to go above and beyond to get the job done.

Way to go Scott!

December Highlights

Celebrating the Holidays at CABLC

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.



Snow Day Protocols

Winter has arrived, as we prepare for the harsh Canadian weather, we know there will be times when we must close the Centre to ensure the safety of our staff and participants. These calls are never easy to make, and we ask you to keep in mind the large catchment area we serve, and across that wide radius weather may not be the same.

Extended Programming Opportunities

Ladies Night

Ladies Night kicks off on January 8th, 2025. Empowering friendships and connections through activity based workshops be sure to sign up today. This program runs for 6-weeks, participants can sign up for individual workshops or the full 6 week program. We look forward to creating meaningful social connections!



Coffee Corner



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!

Hockey Night at CAB

Back by popular demand... Hockey Night at CAB! Come out on Saturday January 25th to watch the The Toronto Maple Leafs take on the Ottawa Senators. Doors open at 7pm, admission is \$10.00 and includes a slice of pizza and a pop.



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

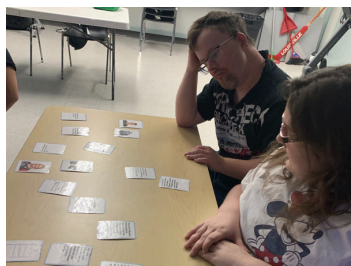
1. If we **do not open** we will share the information on our Facebook page and our website. We will also notify the local radio station - Lite 92.1.
2. If we **close during the day**, we will begin calling parents/caregivers starting with the first number on our emergency contact list. Please be sure to notify us of any changes since registration to ensure we have up-to-date information on file.
3. On **Closure Days**, CABLC staff will be offering adaptive and modified online learning for the day. There will be a general Zoom link sent to families the night before if an incoming storm is being projected.



CABLC Programming

Recreation and Wellness

Last month, we stayed active and engaged by learning about famous Canadian hockey players and exploring the biggest sports news stories of the year. We also kept our bodies moving with a variety of fun and inclusive workouts and warm-ups. This month the recreation and wellness program is excited to focus on Zumba and yoga, collaborating with Digital Innovation to create our own workout videos, and dive into the benefits of massage therapy. It's shaping up to be a fantastic start to the new year!



Community, Culture, and Me

CCM enjoyed a lot of fun activities this past month, including a door decorating contest, creating our very own Battle Plan for the Home Alone story, and creating some fancy cookies for the holidays. Participants were very excited to hand out treats with the Wicked Witch of the West just before heading out to the cineplex to view the much-anticipated movie Wicked, a prequel and background story to our novel The Wizard of Oz. This month participants will explore the world of Jellyfish and build a space shuttle as we learn about Chris Hadfield as a part of our Inspirational Canadians unit.



Digital Innovation

Last month, we embraced the holiday spirit in Digital Innovation! We spent the week making festive digital cards for our loved ones. Leading up to our Christmas break we had a fantastic time turning our door into a selfie station, creating stages for our puppet mice to go with the book Twas' the night before Christmas, as well as creating our own dance to the song How the Grinch Stole Christmas! This month, participants will be joining with Expressive Arts to create designs for future CABLC merchandise. Learning about office workers and practicing the necessary skills for the job, creating workout routine videos with the Recreation & Wellness program and using the Wii to develop social skills with peers.



CABLC Programming

Culinary

Happy New Year from the Culinary Program. This year we can't wait to get started on some new units and new experiences. A little reflection on this past December, we continued with our kitchen life skills units and learned how to read a recipe. Participants created visual recipes using the Accessible Chef website, where they broke down recipes step-by-step. Participants practiced easy to make lunches using bagels, while continuing to build their skills at the CAB Cafe. Participants enjoyed cooking a holiday lunch for everyone to enjoy and celebrate together. We are excited for what's coming in 2025.



Expressive Arts

Looking into the new year, our Expressive Arts Program will use the momentum from November's successful art event to continue to pursue community engagement through visual arts. We will be visiting more galleries and museums to further our knowledge of art history and familiarizing ourselves with the local art scene. We will be participating in art workshops as well as hosting more art-centered events throughout the year. Participants will be encouraged to develop their skills using the seven elements of art method using art journals to track progress. We look forward to creating more with you!

Upcoming Events

Ladies Night!
open to ladies 14+

JOIN US
Empowering friendships and connections through activity based workshops. Sign up for individual workshops or full 6-week program!

6 WEEK PROGRAM - STARTING JANUARY 8TH, 2025

- Mentoring
- Mini Golf
- Movie Games
- Themed Quiz
- Jeopardy Making
- Delicious's Menu

DATE & TIME
6 weeks program: 6pm-9pm
Drop-in: 6pm-9pm
All Crossing All Bridges in Lounge

COST
6 week program: \$50.00
Drop-in: \$10.00

REGISTER
Contact our Program Coordinator
Natacha Elmer: 519-751-0123
natacha@crossingallbridges.ca

HOCKEY NIGHT AT CAB
JANUARY 25

OTTAWA VS TORONTO
MARCH 8

TORONTO VS COLORADO
APRIL 12

TORONTO VS MONTREAL

Admission \$10! Doors Open At 7 PM
65 Sky Acres Drive, Brantford.

Admission includes a slice of pizza and a pop. Participants are welcome to bring a snack to share. Registration is preferred but not required. To register or for more information please contact our Program Coordinator Natacha Elmer at natacha@crossingallbridges.ca

BEAT THE WINTER BLUES WITH A TROPICAL THEMED WATER COLOUR PAINTING WORKSHOP GUIDED BY OUR EXPRESSIVE ARTS INSTRUCTOR JILL PYE, PAIRED WITH A MARGARITA & FRUIT KABOB

Paint Night Fundraiser

Cost: \$40 per person (20 spots available)
Date: Thursday January 30th 6pm-9pm
In support of CABLC
Reserve your spot by contacting natacha@crossingallbridges.ca

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

Cooking 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

