

CABLC CONNECTION

YOUR MONTHLY INFORMATION UPDATE

ISSUE 108 • October 2025

Important Dates:

- October 10: Thanksgiving Celebrations*
- October 10: Monthly Dance Mixer: Octoberfest*
- October 13: CABLC Closed for Thanksgiving*
- October 17: Witches Night Out Fundraiser*
- October 21: Dinner with Friends: After-Hours program*
- October 24: Friends4Kindness Dance*
- October 22: Spirit Day: Dress in your Favourite Colour*
- October 31: Happy Halloween*

Fundraising



Golf "Fore" Learning Tournament
 The 2025 Golf Committee is excited to share that we surpassed our goal of \$35,000 to help with ongoing programming at Crossing All Bridges and raised a grand total of **\$39,239.84**. We would like to thank the many generous sponsors and supporters of this event. A big thank you goes out to the committee for its hard work, time and dedication to this event – Nancy Tew-Seberras, Nancy Dawdy-Curley, Laurie Tottle, Joanne Hall, Chris Weaver, and the volunteers for the day – Wendy, Sue, Jennifer, Lyndsay, Matt, Robbie, and Kim. A **HUGE** thank you to the 140 golfers who came and enjoyed the day.
 SAVE THE DATE – Thursday, September 10, 2026

5th Annual Witches Night Out

We're excited to announce our upcoming 5th Annual Witches Night Out Fundraiser is now **SOLD OUT**. Although we have sold all the tickets for the evening, there are still many ways to support the event. You can:

- **Donate a Raffle Prize:** Gift baskets, gift cards, unique experiences, or themed packages.
- **Become a Sponsor or Refer a Business:** Sponsorship opportunities are available at various levels, and we would love to highlight your support to our community. All sponsors receive recognition in event materials and on our social media platforms.
- **Make a General Donation:** General donations of any amount are always appreciated.



If you are interested in supporting, please reach out to Jess Moran at the CAB Foundation foundation@crossingallbridges.ca



Fundscrip: Back by Popular Demand

Early November we will once again be launching the gift card fundraiser, sending home packages with each participant. This is an easy way to shop early for Christmas while giving back to a great cause. With every gift card sold CAB receives a portion of the proceeds. More information to come.

Reminders

To help everyone have a safe and fun day, here are a few helpful reminders:

- **Water Bottle:** Please send your participant with a refillable water bottle to stay hydrated.
- **Limit Belongings & Encourage Participation:** Keep personal items to a minimum so participants can fully engage in all activities. Participants are encouraged to keep personal belongings in their lockers.
- **Devices:** Though devices are great, limiting personal use to break and lunch times encourages full participation in programming.
- **Dress in Layers:** Weather can change quickly, layers help everyone stay comfortable throughout the day while in programs and out in the community.

CABLC NEWSLETTER

THIS ISSUE

- Important Dates
- Fundraising
- Reminders
- CABLC Social Club
- Shredding Barriers
- CABLC in the Community
- Extended Programming Opportunities
- Staff Updates
- CABLC Programming
- Halloween
- Upcoming Events

CABLC Social Club

Social Club runs bi-weekly 5:30pm to 7:30pm on Thursday evenings. Come on out this month and join the fun with trivia, shopping and a Potluck Halloween party. To register contact our Manager of Programs, Natasha Efner at natasha@crossingallbridges.ca



Shredding Barriers



Thank you to everyone who joined us for Shred Day! Your support for Shredding Barriers and our community made the day amazing. We had a great time and can't wait to see you all again next year



CABLC in the Community

Resource Fair

CAB recently took part in the Community Resource and Information Fair held on September 19. It was a wonderful opportunity to represent our organization and connect with other member agencies. We shared information about the work we do, answered questions, and spread the word about the impact of our programs. Special thank you to Nicole Callender, founder of Friends4Kindness for facilitating this event!



Scare in the Square
CABLC is excited to once again take part in the City of Brantford's Scare in the Square! For the past five years, our scarecrows have taken home first place and this year we're aiming for a sixth win with our Wicked Witch of the West, Elphaba Scarecrow! Join the fun at Harmony Square on October 3rd & 4th, and don't forget to cast your vote for our entry. While you're there, check out the Pumpkin Carving Contest and give us your vote in that too, as we hope to retain our title for the second year in a row.

Sustainable Halloween

Crossing All Bridges is excited to be contributing to Canada's Largest Sustainable Haunted House: Terror Games III Apocalypse 2025. Participants have been hard at work collecting recyclable materials and transforming them into a spooky art installation that will be featured during the event. A big thank you to Temptation Kitchen for including us in this unique opportunity. For more details or to purchase tickets, visit: temptationkitchen.com/terror-games



Extended Programming Opportunities

Monthly Dance Mixer



We're excited to share that our popular "Monday Night Dance Parties" are getting a fresh new spin! Starting in October, join us for a "Monthly Dance Mixer" held once a month on a Friday evening from 7:00pm-9:00pm at 65 Sky Acres Drive. For just \$10, you'll enjoy admission, a snack and a drink. Join us on October 10th for Oktoberfest! Want more opportunities to get dancing? Check out the monthly Friends4kindness dances and register at www.friends4kindness.com/events

Dinner with Friends

We're excited to launch our new Dinner with Friends program a social opportunity for participants to come together, build basic cooking skills, and share a meal in great company. Our first gathering will be Spaghetti Night on Tuesday, October 21st. Participants can look forward to cooking, eating and cleaning while receiving staff support along the way. Each participant will also take home a visual recipe to practice at home. Stay tuned for more Dinner with Friends evenings coming soon!



There's nothing better than a good coffee and great conversation. Join us at Coffee Corner, a cozy space at Crossing All Bridges where participants can relax, connect, and enjoy a warm cup together. Coffee Corner runs the first Saturday of each month and is all about building friendships, practicing social skills, and creating a welcoming community atmosphere. It's the perfect spot to start the day with a smile!

Coffee Corner

Craft Club

Get creative with us at Craft Club. Join the first Wednesday of every month from 6-8 pm at 65 Sky Acres Drive, Brantford, for a fun evening of hands-on art activities in collaboration with the Neurodivergent Artist Collective. Each month brings a new project to explore, whether you're a beginner or an experienced crafter, there's something for everyone!



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

Staff Updates



This month we would like to recognize some of our wonderful staff members. Please join us in congratulating both **Meghan Chambers** for reaching an incredible milestone - **3 years** as Culinary Instructor at CAB and **Shyanne Graziano**, Recreation and Wellness Instructor on her **1-year** anniversary at CAB. Both ladies have brought passion, new energy and ideas, and fun to their programs. Thank you, we're so grateful to have you both on the team!



We're thrilled to announce that **Meghan Chambers** is stepping into the role of **Expressive Arts** Instructor! Many of you know Meghan from her work as the Culinary Instructor over the past three years, now, she's excited to embark on a new journey that follows her passion for the arts. Please join us in celebrating Meghan as she begins this exciting new chapter bringing her talent, creativity, and enthusiasm to expressive arts!



We're excited to introduce **Melissa Coleman** as our new **Culinary** Instructor! Melissa first joined CABLC as a co-op student and has since been a familiar face through summer camp and as call-in staff. With her great connection to the team and participants, we look forward to Melissa cooking up new fun and creativity in the kitchen! Be sure to say "hi" and join us in welcoming her to the team.



CABLC PROGRAMMING

Culinary

Participants continue to gain confidence as they learn to navigate our new coffee shop space, building employment skills and strengthening their basic abilities with the appliances in the kitchen. Recently, the Culinary program explored Canada's Food Guide, diving into the four food groups, and kicked off our exciting Farm to Table unit in collaboration with Community, Culture and Me. October brings plenty of festive flavour to the kitchen. Participants will be busy baking for our **Culinary Bake Sale on October 8th & 9th from 2-4 pm**, just in time to pick up your favourite Thanksgiving treats. They will also be preparing and hosting a Thanksgiving Lunch on October 10th for their peers. As part of our Farm to Table unit, participants will be exploring new recipes using turkey and chicken throughout the month.



Expressive Arts

Participants have been busy exploring their creativity in exciting ways! Currently participants continue to work on paintings that will be featured in a calendar, available for purchase at this year's upcoming Christmas Bazaar, sure to be perfect for gifts or decorating your own space. The groups have been putting their artistic skills to work on our pumpkin entry for Scare in the Square, bringing imagination and teamwork to this seasonal tradition. Beyond these projects, participants are taking time to reflect on who they are as artists, discovering the many ways to express themselves through art, and enjoying the joy that comes from creating together.

Recreation and Wellness

In Recreation & Wellness participants have been staying active and energized this season! We've been flowing through yoga, building strength and stability with balance exercises, and powering through circuit training. We even added some fun and rhythm with DrumFIT, bringing a high-energy twist to our workouts! Plus, we've been soaking up the last of the beautiful weather with refreshing outdoor walks. As we move into the next phase of our wellness journey, our focus will shift toward creating a balanced workout routine and incorporating mindfulness to help us feel stronger, more centered, and ready for whatever comes next.



CABLC PROGRAMMING

Community, Culture and Me

Participants have started volunteering at the Library and the ReStore on Wednesday and Thursday afternoons as part of the Community, Culture and Me program. We have also jumped into our booke study exploring the main characters in this years book, The Borrowers. In October we look forward to entering a brand-new scarecrow for Brantford's Annual Scare in the Square contest. We will also be introducing a new unit "Down on the Farm."



Digital Innovation

In September, Digital Innovation was busy learning about different jobs and getting hands-on knowledge with visits to The Safety Village and Brantwood farms! This October, we're looking forward to some fall-themed lessons, including a digital Thanksgiving and a fall-themed digital scavenger hunt. Participants will be focusing on money skills this month, building confidence, strengthening practical concepts, and learning ways to manage and understand finances in a hands-on way, a fan favourite in digital!

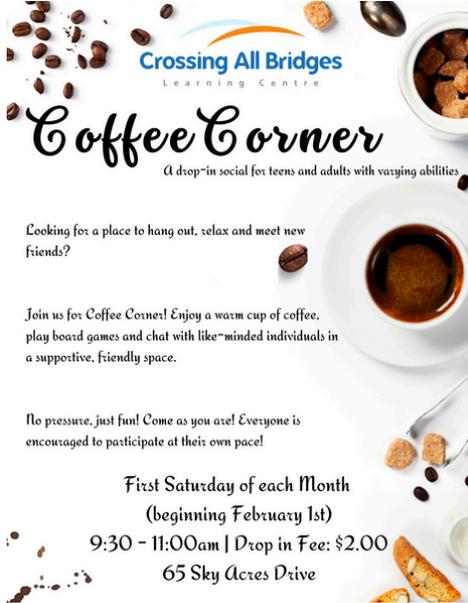
Halloween

We are excited to celebrate Halloween together on **Friday, October 31st**. Thanks to the support of our wonderful neighbors, we have arranged a special **neighborhood trick-or-treating** opportunity for participants. This will give everyone the chance to enjoy the fun of going door-to-door in a safe and welcoming environment. In addition, the day will be filled with Halloween-themed activities during program and a chance to show off your costume in our costume parade. Costumes are encouraged, and participants are welcome to bring a treat to share if they wish. We look forward to a festive and enjoyable celebration with all!



CABLC PROGRAMMING

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 Corners! 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



Craft Club

Crossing All Bridges is thrilled to be collaborating with the Neurodivergent Artist Collective to host a monthly Craft Club.

Join us on the first **Wednesday** of each month from **6pm to 8pm** for a cozy evening of creative expression!
All ages and abilities are welcome. Materials are provided but you're welcome to bring your own projects to work on if you wish.

September 3rd: Mosaic Art with Seeds & Beans
October 1st: Ghost Portraits
November 5th: Cardboard Loom Weaving
December 3rd: Polymer Clay Magnet or Ornament

*Registration preferred but not required
natasha@crossingallbridges.ca | Cost \$5.00

Crossing All Bridges Learning Centre



Crossing All Bridges
Learning Centre

DINNER WITH FRIENDS

Join us for a fun evening of cooking, sharing, and friendship! Dinner with Friends is a social opportunity for participants to come together, build basic cooking skills, and enjoy a delicious meal in great company.

SPAGHETTI NIGHT
TUESDAY OCTOBER 21st, 2025
3:30PM - 6:00PM

WHAT TO EXPECT:

- Learn Cooking Skills: Build confidence in the kitchen with step-by-step support.
- Enjoy a Home-Cooked Meal with Friends: Share good food and great company.
- Staff Support: Friendly staff will be there to guide and encourage every step of the way.
- Take-Home Visual Recipes: Easy-to-follow recipes to help practice cooking at home.

COST: \$25.00

REGISTER NOW
CONTACT NATASHA@CROSSINGALLBRIDGES.CA

STAY TUNED FOR MORE DINNER WITH FRIENDS EVENTS COMING SOON



Crossing All Bridges
Learning Centre

Bake Sale

Get your festive fresh baked goods just in time for Thanksgiving! Cookies, tarts, dessert loaves and more!

65 Sky Acres Drive
Wednesday October 8th & Thursday October 9th
2pm-4pm in the CABLC gym

Crossing All Bridges
Learning Centre

5th Annual CABLC

CHRISTMAS BAZAAR

SAVE THE DATE:

Saturday, November 22nd
9 a.m. to 12 p.m.



Save the Date

Local Gifts made with Love.

Downtown Brantford Presents

Scare in the Square

Friday, October 3
5 pm to 10 pm &
Saturday, October 4,
12 pm to 10 pm

Harmony Square and Mohawk Park

BRANTFORD


Crossing All Bridges
Learning Centre

CABLC presents

Monthly Dance Mixer

We're excited to share that our popular "Monday Night Dance Parties" are getting a fresh new spin! Starting in October, join us for a "Monthly Dance Mixer" held once a month on a Friday evening from 7:00pm-9:00pm at 65 Sky Acres Drive. For just \$10, you'll enjoy admission, a snack and a drink.

**Registration is required -
please email natasha@crossingallbridges.ca to confirm your spot.**

*Come dance, laugh and celebrate with friends -
we can't wait to see you there!*

Be sure to check out Friends4Kindness.com for more monthly dances, held at Brantwood Community Centre, to keep the party going!



Follow along on our Facebook page- each month we will post a flyer detailing everything you need to know about the upcoming dance!

UPCOMING DANCE THEMES

- October 10th - Oktoberfest
- November 7th - Casino Night
- December 5th - Candyland Carnival
- January 9th - Neon Fete
- February 13th - A Night In Paris
- March 13th - Mardi Gras Masquerade
- April 10th - Wild Western Hoedown
- May 15th - Broadway Bash
- "Friends For Kindness" Dance in June
- July 10th Safari Celebration