

CABLC CONNECTION

YOUR MONTHLY INFORMATION UPDATE

ISSUE 113 • March 2026

March

Important Dates:

- March 5: Canvas and Cocktails: A Paint Night Fundraiser
- March 6: Staff Appreciation Day
- March 16 - 20: March Break Programming (CABLC Open)
- March 17 - St. Patrick's Day

Whats Happening This month

March Break Programming

We're excited to switch things up and celebrate March Break with a week of themed activities and special outings. Each day brings a new adventure, participants will enjoy hands-on activities, games, crafts, and community outings like skating, bowling, and a trip to the theatre. Be sure to check out the weekly schedule on the last page. **No registration required for current participants.**

If you are not currently a CAB participant and you are looking for something to do over the week of March 16 - 20 please feel free to join us at CABLC, this could be for a day or two or for the entire week. We offer fun programming and activities to keep everyone busy. Call the Centre to register or for more information.



Spirit Day: Tie-Dye

This month's Spirit Day is on Tuesday March 24th, 2026, participants are encouraged to wear tie dye as we enjoy a group lunch in the gym.



We're shaking things up at the Tuck Shop with monthly specialty items. This March, treat yourself to a refreshing iced coffee for \$2.00 and a delicious slice of banana loaf for \$1.00. Perfect for an afternoon pick-me-up. Participants can purchase items during our daily tuck shop at 1:00pm.

Tuck Shop

Shredding Barriers

Spring is right around the corner and that means it's the perfect time for a fresh start!

If you're clearing out old files, tax records, or confidential paperwork, we'd love to help you do it securely and meaningfully. Our document shredding service not only protects your sensitive information, but also supports a social enterprise that provides meaningful employment opportunities for individuals with special needs. Every box you shred helps create jobs, build skills, and strengthen our community.

Join us - March 20

Community Shred Day - All banker boxes are half price.

Drop in to 65 Sky Acres Drive (back of building) anytime between 10:00am and 2:00pm.

We would love to see you there.



CABLC NEWSLETTER THIS ISSUE

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Social Club

Social Club runs bi-weekly 5:30pm to 7:30pm on Thursday evenings. Come on out this month for "Mall Crawl" on the 5th, followed by a Bake off at CAB on the 19th. To register contact our Manager of Programs, natasha@crossingallbridges.ca



Employee Appreciation

Employee Appreciation is more than a celebration - it's a reminder that our success is a shared achievement. Each accomplishment reflects the talent, effort, and integrity of our team.

Thank you Rachel, Debbie, Allan, May, Dan, Patty, Jill, Meghan, Shyanne, Robin, Melissa, Michelle D, Natasha, and Michelle C. We are grateful for your commitment and proud to work alongside such inspiring individuals. Thank you for everything you do - today and every day.

Here's to continued success, collaboration, and growth together!



February Highlights

Valentine's Day

Valentine's Day was full of fun and friendship at CAB! Participants enjoyed a festive day of activities, including making heart charms, decorating delicious heart-shaped cookies, and wrapping up the celebration with an amazing Valentine's Day dance party. A big thank you to Willowbridge Community Services and Open Arms Respite Care Services for joining us and helping us dance the day away. It was a wonderful day filled with creativity, laughter, and lots of love.



Learn to Curl

We're thrilled to continue our partnership with the Paris Curling Club, where our participants have been learning the fundamentals of curling with the support of generous volunteers. Everyone has had a great time on the ice and is excited to get back at it on March 3, 10, and 17. Interested in giving curling a try? There is still space available, contact natasha@crossingallbridges.ca for more information.

ReStore Volunteer Training

We were happy to welcome Kristen from the ReStore Brantford into the centre for a group volunteer orientation. The session was informative, engaging, and a great learning opportunity for everyone involved. Participants are eager to get started volunteering as part of our Community, Culture and Me program and are excited to put their new knowledge into action while giving back to the community. It was a wonderful step forward in building skills, confidence, and meaningful community connections.



Extended Programming Opportunities

Dinner and Show: Winnie the Pooh

There is still time to get your tickets. Join us on **Friday March 6, 2026** for dinner and a show. We will be seeing a theatrical performance of Winnie the Pooh put on by our friends at Playful Fox Productions. Check out the flyer under upcoming events. Cost is \$65.00, to secure your spot email Natasha today.



Basketball Showdown: Supporting Special Olympics

Come out on **Thursday March 26th, from 5pm to 8pm** Join us as we cheer on the Brantford Bobcats, the Special Olympics Brantford Basketball team, as they face off against the Brantford Police and Fire. Participants will meet at Crossing All Bridges for a pregame pizza dinner before heading over to St. Johns for the game. Cost \$15.00

Monthly Dance Mixer

Join us for March's Dance Mixer held on **Friday March 13th** from 7:00pm-9:00pm at 65 Sky Acres Drive. This month's theme is **Mardi Gras Mascarade**, costumes are encouraged. For just \$10, you'll enjoy admission, a snack and a drink. Registration is required.

Want more opportunities to get dancing? Check out the monthly Friends4kindness dances and register at www.friends4kindness.com/events



"The Garage" is a six-week social program for guys 14+ focused on building friendships, confidence, and connection through games, themed nights, and hands-on activities in a relaxed, welcoming space just for guys. There is still time to register for our current session.

The Garage

Craft Club

Get creative with us at Craft Club. Join 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! We look forward to crafting with you on **Wednesday March 11, 2026 *NOTE DATE CHANGE**



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



CABLC PROGRAMMING

Culinary

This month in the Culinary program participants will jump into spring cleaning, focusing on deep cleaning the refrigerator, freezer and pantry. Participants will also be cleaning and organizing all the cupboards and drawers for a nice fresh reset to start off the spring. Finger foods are on the menu this month, participants will create and taste popular items and learn why we call them finger foods. Wrapping up the month the culinary program will focus on National Foods where participants will create grocery lists, follow visual recipes and of course taste their dishes. We look forward to cleaning and cooking our way through the month.



Expressive Arts

The Expressive Arts program was busy throughout February. Last month, participants focused on the colour wheel and explored the emotions we associate with different colours. To conclude our unit on emotions, we attended a visually stunning interrupted dance performance, SHEN.NEN, at the Sanderson Centre. Participants also celebrated love and family through Valentine's Day and Family Day crafts, along with plenty of singing and dancing. This month, we are diving into our Musical Theatre unit. Participants will be preparing props as part of our partnership with local community theatre company Playful Fox Productions for their production of Charlie and the Chocolate Factory.

Stay tuned for big news next month, we have an exciting project coming very soon.

Recreation and Wellness

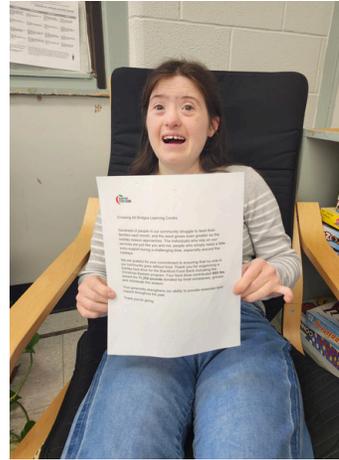
We have been having a blast in Recreation and Wellness, staying active, creative, and connected through games, workouts, and kindness activities. In February, participants enjoyed resistance band workouts and Love Your Heart cardio, keeping their hearts strong while having fun. During Kindness Week, we danced our way through Freeze Dance, played the Move the Boulder game, and shared smiles in Kindness Card Drop, where everyone created thoughtful cards for friends. Our chair circuit workouts focused on cardio and rhythm, while strength and stretch sessions highlighted weights and gentle stretching to build strength and flexibility. Looking ahead to March, get ready to spike, serve, and set volleyball is coming. We can't wait to keep moving, laughing, and having fun on the court. Stay active, stay kind, and get ready for more excitement and energy.



CABLC PROGRAMMING

Community, Culture and Me

Community Culture and Me had fun reviewing sign language in February. Participants added animals to this unit as it fit in nicely to our down on the farm unit. We were also thrilled to receive a special thank you note from Brantford's local Food Bank. We contributed 603 pounds of food to the over 11,000 pounds collected last year. We are also thrilled to be working so closely with Brantford's local Restore and currently orientating 20 new participants for their volunteer opportunity. Participants will be gaining valuable skills to hopefully be transferred into the workforce someday. This month we add Tokyo to our Cities from Around the World Unit, and everyone is very excited to learn about Braille.



Digital Innovation

In February participants learned some great life skills such as hygiene practices and learning all about the 5 senses and how they help us in our everyday life. We also got creative with animation by creating our very own flip books and ended the month off with a week full of video games, including lots of Just Dance and Wii Sports. In the month of March participants will be starting the month off by travelling the world with virtual field trips, creating a campaign video for World Down Syndrome Day, talking about emergency workers and the importance of being prepared for emergencies. We look forward to ending March off by celebrating Easter in a digital style.

SAVE THE DATE FOR OUR MOTHER'S DAY EVENT

Celebrating our 5th Annual
Mother's Day High Tea

Thursday May 7, 2026 6-8pm

Stay tuned for more details.



CABLC PROGRAMMING

Upcoming Events

SHREDDING BARRIERS
BRANTFORD DOCUMENT DESTRUCTION

COMMUNITY SHRED DAY

ALL BOXES HALF PRICE!

MARCH 20 • 10:00 AM – 2:00 PM

65 SKY ACRES DRIVE

For more information, call 519-751-0123
or email
jsegin@crossingallbridges.ca

Crossing All Bridges
Learning Centre

MARCH BREAK 2026

LOOKING FOR SOMETHING TO DO OVER MARCH BREAK?

Join Crossing All Bridges Learning Centre for fun programming and activities!

MARCH 16 - 20 | **CROSSING ALL BRIDGES**
65 Sky Acres Drive
Brantford, ON N3R 5W6

REGISTRATION REQUIRED

Not a current CAB participant?
Register today for March Break!

Michelle Carpenter
mcarpenter@crossingallbridges.ca
519-751-0123 X102

Pre-registration not required for current participants.

Crossing All Bridges
Learning Centre

After Hours Event

BASKETBALL SHOWDOWN

THURSDAY MARCH 26 | 5 - 8PM | ST. JOHNS COLLEGE

JOIN US AS WE HEAD OVER TO SUPPORT THE SPECIAL OLYMPICS ATHLETES AS THEY FACE OFF AGAINST THE BRANT(FORD) POLICE AND FIRE.

WE WILL MEET AT CROSSING ALL BRIDGES AT 5PM BEFORE WALKING OVER TO THE GAME

COST IS \$15.00 (INCLUDES TICKET AND PIZZA DINNER)
SMALL CONCESSION AVAILABLE AT THE GAME FOR AN EXTRA COST

REGISTRATION REQUIRED
NATASHA@CROSSINGALLBRIDGES.CA

Playful Fox Productions

Crossing All Bridges
Learning Centre

**WINNIE THE POOH
DINNER AND A SHOW**

Step into the Hundred Acre Wood with us! Our next Dinner and a Show event brings the charming world of Winnie the Pooh to life, performed by the always amazing Playful Fox Productions. After a catered dinner together at CAB, participants will be transported (literally) to the ForParis Centre for an evening of magic, friendship, and imagination.

Dinner includes: Penne in Tomato Basil Sauce, House Salad and Bread

DATE AND TIME
Friday March 6th, 2026
5:00pm - 9:00pm

CROSSING ALL BRIDGES LEARNING CENTRE
65 Sky Acres Drive, Brantford,
ON N3R 5W6

\$65.00
REGISTRATION REQUIRED

To register email natasha@crossingallbridges.ca

Crossing All Bridges
Learning Centre

CABLC presents

March Dance Mixer

Join us for a **Mardi Gras Masquerade** this March. Put on your masks and colorful clothes, enjoy lively music, and dance with friends. It's a night full of fun, laughter, and the magic of Mardi Gras!

Costumes are encouraged, but not required.

Date: Friday, March 13, 2026
Time: 7:00-9:00 PM
Location: 65 Sky Acres Drive

Registration is required.
Email
natasha@crossingallbridges.ca
to register today!

Enjoy great music, dancing, snacks, and drinks all for just \$10 admission. Costumes encouraged. Everyone is welcome.

MARCH BREAK PROGRAMMING

MARCH BREAK 16-20

MAGIC MONDAY

- 9:00am: Good Energy Bracelet
- 10:40: Skating at the Gretzky Center
- 1:00: Magic Show



ST PARTICK'S TUESDAY

- 9:00am: St Patrick's Day Bingo
- 11:00: Exploring the art of Irish Dance
- 1:00: Shamrock Shakes



WELCOME TO GREASE WEDNESDAY

- 9:00am: Sing along / Karaoke
- 10:45: Lighthouse Theater: Cinderella
- 1:00: 50's Dance Party/ Photo Booth



THRILL SEEKER THURSDAY

- 9:00am: Mystery Box Challenge
- 10:45: Minute to Win it Mania
- 1:00pm: Parachute Games



FEISTA FRIDAY

- 9:00: Fiesta Paper Flower Making
- 10:45: Hot Pepper Toss Game
- 1:00pm: Bowling at Echo Bowl



ON WEDNESDAY, DRESS IN YOUR FAVORITE '50S STYLE AND DANCE THE DAY AWAY WITH YOUR BEST MOVES!