

CABLC CONNECTION

YOUR MONTHLY INFORMATION UPDATE

ISSUE 121 • October 2026



Important Dates:

October 8 – Outing: Norfolk County Fair

October 9 – Celebrating Thanksgiving at CAB

October 12 – CABLC Closed for Thanksgiving

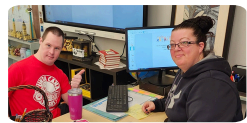
October 16 – Witches Night Out

October 30 – Halloween Celebrations at CAB

Staff Updates

Celebrating Milestones

We are proud to recognize the dedication of our team members celebrating service milestones this month: Melissa Coleman (1 year), Shyanne Graziano (2 years), Meghan Graham (4 years), and Debbie Maxworth (8 years). Thank you for your continued commitment, care, and the positive impact you bring to the participants and programs each day.



Saying Farewell

We would like to take a moment to say a heartfelt farewell and thank you to our long-standing call-in staff Patty Tchorek. Over the years, Patty has been a familiar and valued part of our team, stepping in whenever needed. As she ventures into this next chapter of her life, we wish her all the best in her retirement.

Fundraising

Golf "Fore" Learning Tournament

The 22nd Annual Golf 'Fore' Learning Tournament was a tremendous success! From our enthusiastic golfers, the outstanding team at Flamborough Hills Golf Course and the beautiful weather, everything came together perfectly. We surpassed our \$40,000 goal in support of Crossing All Bridges Learning Centre. Participants shared wonderful feedback, the prize table was overflowing, and the raffle was a huge hit. A heartfelt thank you to everyone who donated prizes, provided sponsorships, and supported the raffle. Your generosity made this event truly memorable. Thank you to our dedicated Golf Committee for bringing it all together.



Emrick Mechanicals' Community Comfort Program

We are grateful to Emerick Mechanical for their Third Party Fundraiser, raising \$600 through their Community Comfort Program in support of Crossing All Bridges Learning Centre. Thank you to everyone who selected CAB as their charity of choice, your support makes a meaningful difference.



CABLC in the Community

Scare in the Square

We're excited to be participating in the City of Brantford's Scare in the Square competition! Stop by Harmony Square on October 2nd and 3rd and be sure to vote for our scarecrow and pumpkin entries.



Habitat for Humanity ReStore

Participants in our Community, Culture and Me program have been busy preparing and distributing door knockers in partnership with ReStore. A great example of real-life, hands-on skill building and meaningful community connection.



CABLC NEWSLETTER THIS ISSUE

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- Upcoming Events

Social Club

Social Club runs bi-weekly from 5:30pm to 7:30pm on Thursday evenings. Join us this month for a Mall Crawl, Thrift Night and a Halloween Potluck and Movie.

To register contact our Manager of Programs, natasha@crossingallbridges.ca



Shredding Barriers



At the start of September, Shredding Barriers employees took part in our first annual Employee Development Week. Employees got a chance to brush up on some old skills and learn new skills to help assist them in the workforce. We continue this momentum and remind all Shredding Barriers employees to come to work on time and in full uniform ready to work.

For more updates on Shredding Barriers follow our new Instagram.



September Highlights

Family BBQ

Thank you to all of you who joined us for our Annual Family BBQ last month. We couldn't have asked for better weather, delicious food, and such a fantastic turnout. It was wonderful to see everyone come together, enjoy some great food kindly donated by Strodes, and spend time connecting as a community. Thank you for making this event such a memorable and fun-filled day!

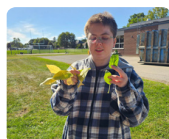
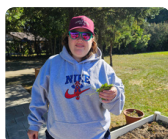


After-Hours Wrestling Night

Participants enjoyed a great night out at Wrestling Night. Thank you to Independent Pro Wrestling for putting on a fantastic event and creating a memorable experience for everyone.

Recreation and Wellness Rafting Trip

Our rafting trip was a highlight of the month, with beautiful weather and a day full of fun. Thank you to Grand River Rafting for guiding our group and ensuring a safe and enjoyable experience for all.



After-Hours CAB Roots

Our CAB Roots fall edition is off to a great start, with participants enjoying time outdoors, learning about the harvest season, and preparing our community garden for winter.

Special Olympics Torch Run

The Torch Run was a highlight of the month, with participants proudly joining the Brantford Police and Special Olympics. Participants ran laps, cheered on the runners, and even had the exciting opportunity to hold the torch.



National Day for Truth and Reconciliation

On September 30th, participants came together in orange shirts to recognize National Day for Truth and Reconciliation. Through reflection, learning, and shared activities, we explored the importance of honouring Indigenous communities and the message that Every Child Matters.



Extended Programming Opportunities



Thank you to everyone who has registered for our upcoming Cooking with Friends: Burger Night, this session is now **full**. We're looking forward to seeing everyone on October 27th for an evening focused on building cooking skills, enjoying great food, and connecting with friends. Stay tuned for more Cooking with Friends opportunities throughout the year.

Dance Mixer

Friday Night Dance Mixers will resume in October. Join us on **October 16th** for our **Harvest Party** themed dance. For just \$10, you'll enjoy an evening of dancing, 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

Cooking with Friends



Ladies Night

Registration is now open for our Ladies Night Program! Starting November 4th, this 6-week program is all about confidence, connection, and community. Open to ladies 14+, join us for good vibes, great conversations, and nights you'll look forward to every week.

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 past month focused on refreshing foundational skills and building new ones in the kitchen. Participants reviewed proper hand hygiene and handwashing, explored different types of kitchen equipment and their uses, and practiced washing dishes both by hand and using a dishwasher. In October, programming will focus on creating grocery lists, finding deals including couponing, and visiting local grocery stores to purchase ingredients for CAB Café and upcoming recipes. The Culinary program will also introduce Cooking with CAB, where participants will choose a recipe each month to feature and prepare. Weekly visits to the Brantford Farmers' Market will resume Friday mornings.



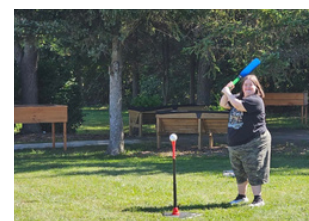
Expressive Arts

During September, Expressive Arts dove into our musical instrument unit. Participants enjoyed sorting instruments into orchestra families, listening to a variety of sounds, and having hands-on opportunities to try several instruments including ukulele, guitar, drums, maracas, tambourines, recorder, and piano keyboard. A thank you goes out to our guest performers, April, Evelina, and Robert, who shared their musical talents and knowledge with participants. This month participants will explore Halloween and Thanksgiving themed activities with a focus on puppetry and creative art experiences.

Recreation and Wellness

It has been a wonderful month back at CAB in Recreation and Wellness. We started the new term with team bonding activities and cardio sessions in program. We then moved into biking while the weather was still beautiful, followed by baseball, the first sport participants learned about and practiced this term.

As we move deeper into October, we are excited to play disc golf and begin learning about soccer. We have also been making the most of the warm weather by organizing centre-wide walks.



CABLC PROGRAMMING

Community, Culture and Me

What an incredible month we had in Community, Culture and Me. Participants enjoyed a community outing to the mall, and we are back on schedule with volunteering every other Wednesday at the library and every Thursday at ReStore. Participant's folders are ready as we introduced the topics we will be exploring for the year ahead, including Endangered Canadian Species. We will be saving our change in hopes of raising \$60 to donate to the Canadian Wildlife Fund to help support polar bears.

This month we will also be learning about cities, Thanksgiving, and the beaver. Lastly, keep an eye out for our participants in and around the community as we continue delivering flyers for the ReStore.



Digital Innovation

In September, programming focused on getting settled into our routines. We started by reviewing hygiene and best practices for staying healthy and clean. Participants revisited internet safety along with money, counting, and budgeting. We ended the month with virtual field trips as we learned about different countries and the history of Canada.

This month, participants will be exploring job readiness skills, including workplace expectations and interview preparation. We will also dive into a fan favourite topic: artificial intelligence. Programming will also include interactive digital learning experiences that support teamwork, communication, and digital literacy, along with creative exploration of animation through Disney and Pixar.



Upcoming Celebrations at CAB



HALLOWEEN FUN AT CAB

FRIDAY OCTOBER 30TH DURING DAY PROGRAM

NEIGHBOURHOOD TRICK OR TREAT	CRAFTS GAMES AND MORE	COME DRESSED IN YOUR BEST COSTUME
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Happy
**THANKS
GIVING**

CABLC will be celebrating Thanksgiving on **Friday October 9th, 2026**. Participants will enjoy a special Thanksgiving Lunch as a group followed by activities.

All participants will receive lunch regardless of participation in lunch program.



UPCOMING EVENTS

Crossing All Bridges
Learning Centre

Craft Club

Crossing All Bridges is thrilled to announce the return of Craft Club on a new day and time for the 2026-27 program year



Join us on the first **Monday** of each month from **3:30pm to 5:00pm** for an afternoon of creative expression!

Cost: \$10.00 per session

All ages and abilities are welcome. Materials are provided.

Monday October 5th
Autumn Leaf Lanterns

Monday November 2nd
Felt Winter Pocket Warmers

Monday December 7th
Winter Ornament Workshop

Registration is required please email Natasha Efner at natasha@crossingallbridges.ca

 Crossing All Bridges Learning Centre in the Expressive Arts Room

Crossing All Bridges
Learning Centre

Friday Night Dance Mixer

2026 - 2027

Mark Your Calendars 7:00pm - 9:00pm

October 16th Theme: Harvest Party	March 12th Theme: Country Night
November 6th Theme: Vegas Night	April 9th Theme: Hollywood Spotlight
December 4th Theme: Holiday Candyland	May 14th Theme: Safari Party
January 8th Theme: Neon Fete	June 4th Theme: Masquerade Party
February 12th Theme: Neon Nights	July 10th Theme: Beach Party

Registration is required - please email natasha@crossingallbridges.ca to confirm your spot. Cost: \$10.00 includes admission, snack and drink

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!

Crossing All Bridges
Learning Centre

Ladies Night!

open to ladies 14+

JOIN US

Ladies Night is a 6-week series built around confidence, connection, and community. Each week brings a relaxed and social evening designed to help build friendships, try new things, and enjoy time together.



6 WEEK PROGRAM - STARTING NOVEMBER 4th, 2026

- New Friends, New Memories**
We kick off the series getting to know each other while starting a scrapbook we'll add to each week as our memories grow.
- Relax and Recharge**
A self-care night with nails, soothing comforts, and calming activities designed to unwind and connect.
- Puzzles and Pour**
Enjoy a fun mocktail while working on a puzzle together. Take one home to keep the relaxation going.
- Ladies Night In**
A classic night of games, laughter, movie, and good company. Just like a night in with friends.
- Holiday Baking Night**
Get into the festive spirit with simple holiday baking, decorating, and sharing treats together.
- Creative Workshop Outing**
A special community outing in Brantford for a guided craft workshop and a fun end-of-series experience together.

DATE & TIME
Wednesdays from 6pm to 8pm
Start Date: April 29th, 2026

COST
6-week program: \$150.00

REGISTER
Contact our Manager of Programs
Natasha Efner
natasha@crossingallbridges.ca
519-751-0123

*Individuals do not need to be registered in CABLC day program to attend

www.crossingallbridges.ca

Crossing All Bridges
Learning Centre

6th Annual CABLC

CHRISTMAS BAZAAR

SAVE THE DATE:

Saturday, November 21st
9 a.m. to 1 p.m.

Save the Date



Local Gifts made with Love.

Crossing All Bridges
Learning Centre

Do you make home decor, ornaments, or unique gifts?

Join us at our Annual CABLC Christmas Bazaar & become a vendor today!

When: Saturday, November 21, 2026
Where: 65 Sky Acres Drive, Brantford
Time: 9 a.m. to 1 p.m.

Contact Natasha Efner at natasha@crossingallbridges.ca, to reserve your table today.

Calling All Vendors



Local Gifts made with Love.