

Winter 2018 STRIVE CENTRE HEADWAY HEADLINES



Welcome Winter!

You can tell because the stores have taken down their advertisements for Halloween and put up advertisements for Christmas. And with the winter comes the cold. Frosty winds come whistling down from the north, nights are longer, and shopping malls are searching for jolly, portly fellows to dress up as Santa. There may even be snow. But are we afraid? A little. Sometimes those Santa's are not as jolly as they advertise. But we are only slightly afraid! Because what can a grumpy Santa do to us? And besides... we have Headway! Like a beacon in the dark, like a lighthouse shining in stormy seas, like winning a lottery ticket for fifty-billion dollars! Sort of. Why? Because at Headway, we have hot cocoa. And coffee! And Toonie Lunches! No matter how cold winter gets, no matter how grumpy the Santa's may be, Headway is there! We have great programs to make you smile, a warm environment to make you feel at home, and mostly... we have free coffee and great friends. Actually, mostly, we have each other, and together we can face the winter with warmth, smiles, and an occasional bowl of spaghetti. We look forward to seeing all of you.

Celebrating Winter

*Welcome Winter
Holiday Bash
Good Bye & Welcome
Activity Club
Headway Got Talent
New Programs*

Headway Closures

*Winter Break
Dec 25th - January 2nd
Family Day
Monday Feb. 13
Friday, March 30th
Good Friday*

Special Events

*Spring & St. Patrick's Day
Party!
March 17*



The Holiday Bash!

I think we learned a lot last year (about what not to do!) and more importantly how to put on a great shin-dig. This year's holiday bash was well attended and a lot of fun. Thanks to everyone who came out and those who helped out. I think we can safely say a great time was had by all!



Good Bye Shlomo!

We were saddened to have to say good bye to Shlomo before Christmas (or Hanukah!), he was a great addition to the Headway family even for the short time he was with us. We wish him well in the future and hope to see him again soon.

Good Bye Message from Shlomo:

To my dear family at Headways, I miss you already. In the time I was with you, I grew as a person. I learned from your wisdom, I learned from your bravery. I learned from your openness, I learned from your warmth. I never did get any better at shooting pool, but I did learn and grow a lot. You are all amazing, unique, and I felt at home when I was there. May G_d bless you with health, happiness and lots of laughter.

Hello Stephanie

We welcome our newest member of the team, Stephanie. Let's show her the same courtesy and friendliness that we are known for.

So Much To Do (where to even begin?!)

There is a lot going on at Headway this winter. We've got all our oldies but goodies and new programs thrown in to keep things interesting. We will continue all our exercise classes to warm you up when you come in from the cold. There will be cooking and baking, cuz who's not hungry? We'll have games and activities to challenge your brains, not to mention educational sessions to keep you informed. If it's your creative side you want to explore we'll have reading, writing, poetry and arts and crafts. If getting out in the community is your thing join in on our Activity Club outings. This quarter we'll be visiting Surrey Art Gallery, Charlie's Chocolate Factory and the Trev Deeley Motorcycle Museum, just to name a few.

Oh, the places we've seen...

Yes, we've had fun this past fall!

Laity Pumpkin Patch



Waves coffee on Columbia (yes, we were sitting on the patio in November!)



Getting ready for Santa!



Because Safety is everyone's responsibility (and right)

Starting in January we will be having a monthly Safety session in which we will discuss ways to stay safe at Headway, in the community and at home.

We will also be conducting emergency drills so we will all know what to do in the event of an emergency.

This quarter we will be looking at Winter Safety, Power Outages and a full evacuation Fire Drill.

I hope you all consider participating in these sessions, because you can never be too prepared for an emergency!

- January 10th – Winter Safety**
- February 14th – Power Outage**
- March 14th – Full Fire Drill**

Randall from our Surrey group, getting ready for winter with a new toque!



Headway's Got Talent!

Clever pumpkins



Umm, cutest penguin ever!



I'd pay for a card this pretty.



Some NEW Headway Programs

Spelling Bee Competition

The spelling bee competition will allow members to develop a range of cognitive skills including the ability to handle pressure. This program will also enhance member's memory and allow them to develop, better vocabulary, learning skills and boost their self-confidence.

Would You Rather: During this game members will improve their creative thinking abilities, as they need to come up with interesting funny, serious, wacky, thought provoking, scenarios and questions. Also they will improve their decision making skills, as the goal of the game is to make questions difficult to answer, either because a player cannot choose between two things they'd like to do, or because both options are bad or uncomfortable and the player wouldn't want to do either.

Mad Libs: Mad Libs are fill in the blank stories, in which participants randomly come up with verbs, adverbs, nouns, etc., and then plug them into a prewritten story. The results are always strange, sometimes confusing, and often hilarious. This program will develop imagination, promote creativity and teach parts of speech in a fun atmosphere.

Music Appreciation. An information/ music listening session to go behind the scenes of music/ musicians/ albums and then listen to the music. You'll be welcome to request songs and share your knowledge.

World Cultures. Each session will feature one interesting culture, (Aztecs, New Zealanders, etc.) and focus on foods, religion, culture...

Supplemented with videos, this will encourage knowledge sharing.

Important people: Engaging presentations on famous characters (real or fictitious), you will learn and discuss their contributions to their field.

Members will decide who will be featured in the following weeks, so if there's anyone you want to know more about

