

Headway Headlines



Celebrating Spring

Is It Here Yet?
Programs Review
Volunteering at Headway
Special Event
June's Chocolate Chip
Cookies Recipe

Headway Closures

Good Friday
April 14
Easter Monday
April 17
Victoria Day
May 22

Special Events

Happy Hour with Ranj Singh
Monday, May 1st

Annual ABI BBQ
Wednesday, June 7th

National Volunteer
Week
April 23–29

No Matter How Long the Winter, Spring is Sure to Follow!

Could it possibly be that Spring is finally here? I'd like to think so, but after the seemingly never ending winter we just lived through, I'm afraid to get my hopes up. However, we are all looking forward to the refreshing smell of green grass, the pleasure of receiving colorful spring flowers and most of all, more sunny and warm days.

Well, regardless of what's going on outside the Headway Calendar says it's Spring, so let's start peeling off those layers, forget about the cold and snow and get ready for...

Headway in the Spring



**Read on to see what's blooming in
Spring.**

Let's Spring forward for a preview of what's coming up in Programs.

Look for seasonal recipes in Tuesday's drop-in **Cooking Class**.

Arts & Crafts will focus on Easter, Father's Day and Mother's Day. You can make gifts for someone you love or just keep it for yourself.

Activity Club will offer some more out and about events including a trip of the new Head Office and lots of walks in the fresh air. Check your calendar for dates.

We will be starting a new **Book Club**, the first feature will be Chicken Soup for the ABI soul.

As always we will have **Brain Teasers**, as it's important to keep your mind active and exercise your brain as much as your body.

How Cute! A sampling of what goes on in Arts and Crafts with our own Danyka (the craftiest person I know!)



Thank You to Douglas College Nursing Students for their very informative and interesting Educational Sessions they delivered at Headway.

The students came in four times last quarter and talked about topics such as Anxiety, Depression and Benefits of Recreation Therapy. Members seemed to really enjoy, not only learning about the topics they spoke on, but also helping them out with their school projects. The more engaged you are with them and the more feedback you give them the better they are going to learn. Thanks to you they will be better prepared when they go out into the real world after graduation.

We look forward to more Education Sessions in our partnership with Douglas College and if you have any topics that you would like to learn about they are open to our suggestions.



Remember This?



This is a painting James made here at Headway which is now proudly displayed at the new Strive Head Office in Burnaby.

Wait for it...



This is Day One of the new painting James is working on. It is currently on display at Headway. Come check out his progress, he always likes to talk about his art and share the story behind his painting

New Volunteer Sign-up Sheet.

You may have noticed a new Volunteering Tasks List located directly above the Sign-In/Sign-Out sheet. It is an opportunity for you to give back to Headway in the form of completing volunteering duties. There are many tasks to choose from and you can do as much or as little as you want. There is something for everyone to do.

Headway Centre is all of ours and it's up to everyone to help keep Headway clean, tidy and running smoothly. Why not show how much you care, by pitching in and helping out.

And if being a regular and consistent Headway member volunteer isn't incentive enough, oh yeah, you just might get your Toonie Lunch for FREE!

(...and since April 23-29 is national volunteers week, I can't think of a better reason to start!)

Happy Hour with Ranj Singh!

"Where Eastern Rhythms and Melodies meet Western Folk Rock"

Singer-song writer Ranj Singh will be returning to Headway to perform on Monday May 1st, at 1:00 PM.

Many of you may remember Ranj's wonderful mix of Canadian Indo-folk music as well as some old favourites.

We are very fortunate to have him back, please make sure you attend his performance, as it is a concert not to be missed!

June's Best Chocolate Chip Cookies

If you've ever been the lucky recipient of one of June's chocolate chip cookies you will agree that they are the best (I've eaten a lot of cookies in my life so I don't say this lightly). She has agreed to share her recipe with us and here it is:



Ingredients:

- 2 cups flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup unsalted butter, melted
- 1 cup packed brown sugar
- 1/2 cup white sugar
- 1 tbs. vanilla
- 1 egg
- 1 egg yolk
- 2 cups chocolate chips
- Optional: chopped walnuts

Method:

- Preheat oven to 325*
- Grease cookie sheet.
- Sift together flour, salt and baking soda and set aside.
- In a medium bowl cream together butter, brown sugar and white sugar until well blended.
- Beat in vanilla, egg and egg yolk until light and creamy.
- Mix in the sifted ingredients until blended.
- Stir in the chocolate chips until well blended (and nuts if desired).
- Drop cookie dough 1/4 cup at a time onto the greased cookie sheet about 3 inches apart.
- Bake 17 minutes.
- Remove from oven and let cool on a rack. Enjoy!

Who Am I Game?

Well that's for us to know and you to find out! Have a look at the Who/What Am I? game located on the Members Board. It is updated daily and changed weekly. It can be challenging, but your hard work will pay off as the weekly winner is awarded a prize!

Why wouldn't you want to play?