

# Headway Headlines



## Celebrating Winter

*Welcome Winter  
Arts & Crafts  
Activity Club  
Danyka's Dish  
Holiday Bash  
Above & Beyond Award  
Good Bye & Welcome*

## Headway Closures

*Christmas Break  
Dec. 23<sup>rd</sup> – Dec. 27<sup>th</sup>  
New Year's Day  
Monday, January 2<sup>nd</sup>  
Family Day  
Monday Feb. 13*

## Special Events

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

## Welcome Winter!

Let's try something different this year. Instead of dreading the long, cold, wet days ahead let's embrace and look forward to them!

If we try hard enough we can convince ourselves that it really isn't that bad at all, in fact it's wonderful!

Maybe we'll get lots of snow and we can make snowmen and snow angels.

And won't it be great to get to wear our big winter boots and coats that have just been sitting in our closets waiting to be worn again?

Who's with me? Anyone?

I knew it was a long shot, but regardless of what's happening outside and how you feel about it, there is always good stuff going on inside at Headway.

We look forward to spending the winter with you and will do our best to make it worth leaving your house for.



## Arts and Crafts

### Wooden Snowmen



### Thanksgiving Turkey



### Holiday Bash Centerpiece



## Activity Club

We had so many fun and interesting Activity Club outings this quarter, we were all over the place. We visited the Pumpkin Patch in Maple Ridge, beautiful Burnaby Village all decorated for Christmas, as well as our local Anvil Centre and New West City Hall.

We've really been all over the place and had a great time doing it. If you've enjoyed any of these outings make sure to attend Activity Club days in the coming months for more fun and interesting trips. We welcome your suggestions, too. Make sure you let us know where you want to go!

## Danyka's Dish

Our Educational Sessions have featured Mental Health and Stress Management with subtopics on Seasonal Affective Disorder and Healthy Living. We also had Douglas College Nursing Students come in and facilitate an informative presentation on nutrition for the members. Canada Food Guides were handed out and trivia style games were implemented.

This past quarter Mindful Yoga (Tuesday's at 11:15am) has been focusing on meditative breathing techniques, guided meditations, and perfecting posture; we strongly encourage more members to come, check out the great benefits that yoga and mindfulness can provide to your everyday life.

## Captured on film

Members visiting the New West Museum at Anvil Centre.



Surrey group with the world's largest carrot cake - Guildford mall's 50th anniversary.



Maple Ridge Pumpkin Patch



Halloween Party



## Holiday Bash

The Holiday Bash was a great success this year. Yes, we missed the Scandinavian Centre, but Strive Centre put on a great party, with the help of Headway, of course. The food, décor, music, activities and people made it a lively and lovely event. Thanks to all the members who gave their time making the centerpieces and cookies and those who helped load and unload the van, twice! And those of you who attended the bash, it was great to have such a strong Headway presence!

Headway staff and members would like to thank **DJ James** for his amazing job at the Holiday Bash!

James you helped make the party such a great success and a lot of fun.

Headway and Strive members at Holiday Bash



## Congratulations!

To **June Hartling**, recipient of our first ***Above and Beyond Award***.

June was given this honour for her volunteerism and dedication to making Headway a better place for everyone.

June grew up being inspired by her mother to be a better person and to treat others the way she would like to be treated. This inspiration led June to her passion of volunteering, to lend a helping hand wherever needed. She has been volunteering for 6 years and continues to do so forever. She states, helping others brings her a “nice, warm fuzzy feeling” and she also feels that she makes a positive difference in others’ lives.

She can be found assisting members at Headway Centre with arts & crafts, setting up and taking down equipment for events, and general cleaning duties. June does not only help out at Headway Centre, but those around her in the community. She is passionate about helping seniors get safely onto transit, picking up garbage and feeding people who are homeless. Recently, June’s volunteering efforts have also been recognized by a Seniors Centre who wish to recruit her helping abilities at their centre.

### ***More about June:***

- Pin collector: 382 pins and counting
- Positive attitude, personable and funny
- Loves playing brain games
- Has a 3<sup>rd</sup> grandchild on the way
- Enjoys walking, aquafit and bowling
- Loves ALL music

## Good Bye Ella

It seems like we barely had her and now she’s gone. Ella, for the short time she was here, was an amazing addition to our team.

Even though we miss her we wish her the best of luck in her new life in Ottawa and with her new baby when he or she arrives.

“I’m so grateful for my time at Headway Centre. The staff and the members are warm, inviting and wonderful. I will miss everyone very much ”

## Welcome Melinda

We are excited to announce that Melinda has joined the Headway team. She has a bachelor degree in Recreation Therapy and a passion for helping others. She is also a Synchronized swimming athlete and coach. Please give her as warm of a welcome as you did to Ella and all the other Headway staff.



“I enjoy helping out at the Toonie Lunch program because I can help people get a balanced, healthy meal” – June H.



