

Spring 2016

HEADWAY HEADLINES



Celebrating Spring

Staff Corner

Poets Corner

Brain Health Fair

Thank You Message

Member Awards

April Fools' Day

April 1

Earth Day

April 22

Headway Special Event

Ranj Singh Concert

April 29

Headway Closure

Victoria Day

Monday May 23rd

ABI Picnic – June 16

~ Queen's Park ~

~ 12-3 ~

Headway Centre Closed

THERE'S A SPRING IN OUR STEP...

There's nothing like Spring in the Lower Mainland; the warmer weather, flowers blooming, bright clothing and smiling faces. We look forward to seeing all of your smiling faces as we spring forward into another season of fun, interesting and educational programs.

Along with all our old favorites we will also be offering some new programs and special presentations. Be sure to check out the calendar for dates and time, there is sure to be something for everyone.

With the warmer weather coming we will also be spending more time outdoors. With the beautiful Pier park at our doorstep (with the finally operations elevator!) we will be having picnics and going for walks as often as the weather permits.

With so much to look forward to this Spring, we hope you will spend your time with us and enjoy all we have to offer. And last, but not least:



**Come and join us on Thursday, June 16th
for our Annual ABI Awareness BBQ Party
at Queen's Park from 12-3.
Stay tuned for more details.**

Be Prepared with Andrea

Thank you all for participating in our Emergency Preparedness drills over the last few months. It is important that we know what to do in case of an emergency or natural disaster. I think we learned a lot about what we are capable of and also where there is room for improvement. It was a real learning experience and I think we are better prepared to stay safe both at Headway and in our own homes.

Why are Brain Injuries like Snowflakes? (Because no two are alike)

Over the next few months we will be having informative Brain Injury Educational Sessions. We will be focusing on Understanding Brain Injury, why they are so different as well as Understanding Short Term Memory Loss and Aphasia.

Please join in these interactive discussions, we can learn and share together as a group to give everyone a better understanding of the challenges we face individually.

Kiran's Corner

Great work everyone! You have been participating in a lot of programs and I love seeing that!

Cooking class has been fantastic! We made an awesome Shepherd's pie among other tasty dishes and we'll continue to cook a variety of other delicious meals over the next quarter.

We have travelled the world in **Travel to...** and we will continue our journey in the months to come.

The **Music Programs** have been a huge hit (get it?). You've all put a lot of effort into Karaoke, Vinyl Café and especially Music Jam with the Headway band.

Keep up the great work and I look forward to seeing you at all my programs in the months to come!

Danyka's Dish

Craft corner this quarter has been filled with lots of participation and creative minds. We started off the new year making vision boards with all of ours goals, aspirations, and inspirations for the upcoming year. For Valentines Day, members shaped ornaments that were then dipped in a solution to crystalize them, they turned out better than imagined! We also made Valentines Day candy grams with lollipops! Yum! Most made them for their loved ones or enjoyed the treat for themselves ☺ Adorable pine cone owls were crafted using felt pieces and pipe cleaners. The finished product was beyond expectations and all the little owls look great! Stay tuned for the creations from Craft Corner on the next calendar. We will be featuring coffee filter flowers, easter bunny treat bags and much more!

Yoga Lite is a program offered every Tuesday. This quarter we have been opening the classes with guided meditation to ground our bodies and minds before continuing with various chair yoga poses, sun salutations, light stretches and finishing with a final relaxation meditation or technique. We will be introducing mindfulness teachings into our upcoming classes along with controlled breathing techniques to decrease stress and increase awareness. Hope to see some new faces in the upcoming classes and continue to see the ones that attend regularly!



Poets Corner

I'll be at the Hilton in Addis Ababa

~*Scott Hentschel*

We fought again, still no reason
Maybe it's the weather, maybe It's the season.

I stick by you, no matter what

But this time girl, feels like I'm stuck.

Things are good, but could be better.

Maybe I'll just blame it on the weather.

I'm gonna go sign up, I need a change.

Maybe out relationship needs to turn the page.

They say they're looking for a few good men,
think I fit the bill.

If I don't do it now, I probaby never will.

You can forward my mail, no fixed address.

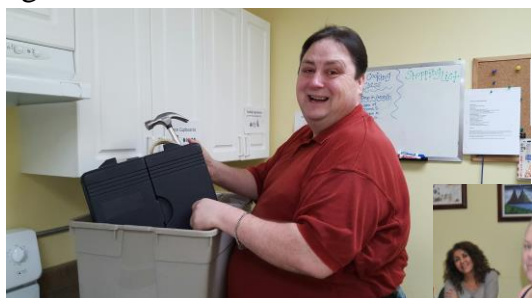
But army can find me if they look hard, I'll be
staying at a a hotel in

Addis Ababa.

A MESSAGE TO ALL OUR VOLUNTEERS

We would like to acknowledge and express our appreciation to all our volunteers here at Headway.

To those of you who have been offering your help for years and those who have just started volunteering, we really appreciate you pitching in and helping out. Thank you for keeping Headway great!



Macaroni Chinois

~ *By June Hartling*

Ingredients:

- 1Lb extra lean ground beef
- 1 package macaroni
- 1 lg. onion
- Soy sauce

Instructions:

- Boil water and cook pasta al dente.
- Brown beef and onion together.
- Add soy sauce.
- Pour beef mixture over pasta and serve.

**Headway Volunteers
Thank you for your hard
work at the Centre!**

Brain Health Fair

Tourism Vancouver is a sponsor of the 2016 Brain Health Fair hosted at the Vancouver Convention Centre on April 15, 2016. This one-time-only event presented by the American Academy of Neurology connects hundreds of neurology patients, families, and caregivers affected by brain disease, as well as students interested in brain science and the general public, with industry experts in a fun and engaging environment.

The 2016 Brain Health Fair is designed and executed by local and national expert neurologists on-hand to answer questions about the wonders of the brain and the latest research advances in **Multiple Sclerosis, Dementia, Epilepsy, Stroke, Parkinson's Disease, Movement Disorders, Headache, Pediatric neurology**, and other brain diseases.

Date: Friday, April 15, 2016

Time: 10:00 a.m. to 4:00 p.m.

Location: Vancouver Convention Centre, Ballroom ABCD

Headway Centre will be attending this event. If you are interested in going please sign up for a ride in the Headway van. There is a five member limit so if you want to attend this event be sure to inquire soon!

If you would like to contribute to our next newsletter or if you have an idea for a feature please submit directly to Andrea or by email at hwnwstaff@hotmail.com.

Member Awards

December

Member of the month: **Trent A.**

Super Bowler: **Rasool N.**

Bowler of the month: **Alex M.**

January

Member of the month: **Darcy D.**

Super Bowler: **Kevin J.**

Bowler of the month: **Jack J.**

February

Member of the month: **Scott H.**

Super Bowler: **Ken B.**

Bowler of the month: **June H.**

An afternoon with Ranj Singh

Don't miss this exclusive event right here at Headway Centre! Ranj Singh, an internationally acclaimed singer-songwriter will be performing at our Centre on Friday April 29th at 1:00 PM. Ranj makes music with a distinct Indian Western flair that draws on his love for rock music and heart felt lyrics. He refers to his unique blend of music as Indo-Canadian Folk.

We are very lucky to have an artist of his caliber perform for us here. *Please show your support and appreciation by joining us for this once in a lifetime concert.*



