

Headway Headlines



Celebrating Fall

Summer Collapsed into Fall
Strive 30th Anniversary
Welcome Mark
The Painting Revealed
Par-Tay & Poetry
Danyka & Mark's Dish
Best Summer Ever

Headway Closures

Thanksgiving

Monday October 8th

Remembrance Day

Monday November 12th

Holiday Closure

December 24th-January 2nd

Special Events

Halloween Party

Wednesday, October 31st

Headway Holiday Bash

Friday, December 14th



Summer was great, no question about it, but Fall can be pretty great, too.

Think of all the things we get to experience in Fall that we can't any other time of year.

1. Back to school
2. Going places without tourists
3. Indian summer
4. Crunching through leaves
5. Wearing cozy sweaters
6. Thanksgiving
7. Halloween
8. Looking forward to Christmas (too soon?)
9. Pumpkin spice everything!

I think that's about it... Oh, wait, how could I forget!?
All the new programs going on at Headway Centre, not to mention all the old favorites.

Just think about all the great things we did all summer, then add slightly cooler temperatures and a tiny bit of rain ☺.

Strive's 30th Anniversary

Strive celebrated in style at the top of Grouse Mountain. Close to 250 individuals, employees, family members, and home share providers attended. It was a celebration to remember, and the best part was having all facets of Strive together to enjoy the occasion.



Founded in 1988 by a Psychologist and Social Worker with the shared belief that even the most challenging individuals could live successfully in the community, Strive began as a modest group home for three young adults with developmental disabilities from the former Woodlands Hospital. Today, Strive serves individuals, not only adults with developmental disabilities, but also children, youth, and seniors with physical disabilities, acquired brain injuries, medical complications, mental health issues, autism spectrum disorders, and behavioural obstacles. Strive's service area has expanded from North Vancouver to Greater Vancouver, the Fraser Valley, as well as the Sunshine Coast. Most of our programs are fully CARF accredited and we now serve over 700 individuals with diverse abilities.

Thank you to all the amazing people behind Strive, especially our founder Tonnar Brace. Also, special thanks to Grouse Mountain for hosting the event and making it so spectacular. Cheers to the next 30 years!

Welcome Mark!!

You've probably all had a chance to meet and get to know our newest staff member, Mark.

He comes to us with a wealth of experience and enthusiasm and we look forward to getting to know him even more. Continue to give him our customary warm Headway welcome!

We've also had several new casuals join us in recent months. Welcome Bowie, Mavreen, Bee and Gurinder. A continued thanks to Kiran, Bobbi and Heloisa!



The Painting Revealed

James P. has finished his painting Three Roses. It took him about a year and a half to complete. Many of us were lucky enough to have seen its transformation from blank canvas to beautiful work of art.

James has generously donated this piece to Headway Centre and we will display it proudly. Thank you James!



Par-Tay!

This quarter we have a couple big parties planned. Our **Halloween** party is actually taking place on Halloween Day! Costume wearing is strongly encouraged, as there are prizes awarded in several categories. There will be food, music by DJ James, fun, games, dancing and so much more.

Keep you calendar open on Friday December 14th for this years ' **Holiday Bash**. It is going to be a more intimate affair this year. It will be held here at Headway Centre and be just for us. Details are still being worked out, but it will be amazing because we're amazing and we can throw a party like nobody's business!

Danyka's Dish

Bake & Taste has proven once again to be a popular and delicious program. This quarter we offered, Blueberry Lime Cheesecake, Homemade Mac & Cheese, along with a variety of other tasty dishes. We will be featured seasonal recipes for the upcoming Fall/Winter calendrer with all the taste of the seasons. I can already smell the scents of Pumpkin, Apples, Peppermint, and Cinnamon. Come try it out and decide for yourself! The group enjoys the prepared dish or you may choose to take it home to enjoy. *Please note that this program does have a cost of \$2.00 and requires active involvement.* ☺

Chair Yoga has been gaining positive, mindful, and more active participants recently and I invite you to come and try it out. Open discussions on mindfulness often accompany stretching, sun salutations, various yoga poses, relaxation techniques, breath work, and a variety of savannah style guided meditation. Want to become more relaxed, increase mindfulness, and work on your mental and physical health come on in on Tuesday's at 11:30 to take part ☺

Static

By, *GuGolojeE (Gagan C.)*

I can't change this world,
I can only change my perception of it.
I can change my life,
But,
I can't get away from it.
I can give to everybody,
But,
Everybody can't give.
Through it all,
We all have the suspense to live.

Poetry that rhymes

By *TJ Halmosi*

I'm not a fond friend
Of poetry that rhymes
For it can wax weak
Some of the times
Made unsafe
Without prose prophylactics
Save for something to say
While daily grinding
For finding a kind of means
Not to play for the winning score
And I'll write rhyming poetry no more.

Mark's Remarks

Hello everyone! We will be expanding our Friday cooking class by taking a culinary trip all across the world. In October, we will be taking a trip through Europe, including Germany, Ireland, France, and Italy. November will bring us through Asia, where we will test some popular food from Vietnam, Japan, Korea, the Philippines, and China. December is a month that makes us think of home, with that being said we will try some classic Canadian



favourites. Bon Appetite!

Best Summer Ever!

The Activity Club had so much fun this summer with picnics, BBQ's and walks in the park.

We were all over the lower mainland enjoying the beautiful weather and even more beautiful scenery.

It seems like you guys can't get enough of the community outings so we will definitely be continuing them into the fall. There are some old favorites planned and some new, exciting destinations on the calendar. Don't let the weather dampen your spirit and be sure to join us as we explore our community in the months to come.



Barnet Marine Park



Deer Lake Park



Burnaby Mountain



Q2Q Ferry Westminster Quay



Como Lake

