

Spring 2020

# Headway Headlines



## Headway Closures

**Good Friday**

*Friday, April 10<sup>th</sup>*

**Easter Monday**

*Monday, April 13<sup>th</sup>*

**Victoria Day**

*Monday May 18<sup>th</sup>*

## Special Events

**Monthly Members Meeting**

*Wednesday, April 22, May 20<sup>th</sup>  
& June 17<sup>th</sup>*

**Entertainment with**

**Ranj Singh**

*Friday, April 24*

**ABI BBQ**

*Tuesday June 23rd*



**Spring** is here again and with it comes the transformation of our surroundings from cold, wet and grey to.....so many

different things! It seems that Spring means something different to everyone. So I asked a few people: **“What does Spring mean to you?”**

Spring means Easter, flowers and birds chirping in the morning.

Spring means baby animals.

Spring means bright colours from flowers to clothes.

Spring means rain, but better rain because it makes the flowers grow!

Spring means no more heavy coats and boots.

So, what does Spring mean to you?





**Urban Safari**



**Bass store at Tsawwassen Mills**



**Rev's Bowling**

Thank you to everyone who joined us on the Activity Club outings this past quarter. We did a variety of different things and had a lot of fun in the process.

We have a lot more activities and outings planned for the coming months as we move into Spring and the warmer weather. Thanks to those who gave their feedback and offered suggestions for the upcoming and future outings.

A lot of you asked for more walks so this quarter we are taking our traditional walk up a notch and introducing Power Walk. This is meant to be a moderate intensity workout on a walking track with a warm up and cool down. Be sure to bring your walking shoes and appropriate clothing to get your best work out!

What are you doing Wednesday morning around 11:30?

Nothing, you say?

Well, wouldn't it be great to have something to do?

If you said yes then join us every Wednesday morning for some fun and sometimes funny games, activities, trivia, tournaments, competitions and maybe even more!

For you sporty types we are introducing some new games like shuffleboard and ring toss and for those who like to exercise your brain we will have trivia, games and other brain bending activities.

## *Spring 2020*



***Monday Music Jam***



***Valentines Raffle***



***DIY Bath bomb***



***Jack showing us his cooking skills***

It is safe to say that Winter is finally over! Wohhooo!!! Your presence made our Winter programs successful- from Monday's Music Jam, Art and Crafts to Friday's cooking class. It is so amazing to see that many of the members shared their special skills and talents, which gives encouragement and empowerment to other members to join as well. Our programs do not stop here because we have a lot more fun and exciting things to offer!

As we are absolutely excited for Spring season, we have designed more opportunities for you to explore and discover. No matter what you are passionate about, Headway offers endless activities and events just for you! Your safety is our top priority, and we want you to have a meaningful and wonderful memories at Headway by joining and sharing your talents with us. Aside from that, you could be an inspiration to others! Check out our next quarter's calendar for our upcoming events and programs. Here's a motivational quote for you:

**“Difficult roads often lead to beautiful destinations”**





**Lin, our guest yoga instructor guiding the class into forward fold!**



**Master Chefs Gagan and Alex in the kitchen**



**Great job guys, it is a pleasure cooking with you!**

What a wonderful winter it has been here at Headway! From Coffee Cake to Ratatouille, the Tuesday cooking class has made some delicious dishes to keep our souls warm this winter. Be sure to drop by this Spring to try your hand in the kitchen! Remember that it costs \$2 to join and there are 6 spots available on a first come first serve basis!

If cooking isn't for you, Creative Corner might be! This new Tuesday programs offers an array of different mind-bending worksheets and artsy coloring pages so you can socialize and create on a relaxing Tuesday afternoon.

This Spring the Educational Sessions will be all about the brain. Learn everything you need to know about Neuroplasticity. Can the brain heal itself? Find out on the last Friday of each month!

**Some Noteworthy Poems from last Quarter's Poetry Circle**

**Mary Ann's Poem**

Under the sea  
You'll find me  
Cute as can be  
I'm a seahorse  
Yippee!

I swim and I splash  
I'm having a bath  
With bubble and more  
On the sea floor!

**Alex's Poem**

Nick and his hockey sticks  
Shooting left and right  
And then straight in the goal  
When it bounces off the pole

We're all excited!  
Nick won us the game  
Hip hip hooray!  
We're in the hall of fame!