



BREAKING DOWN BARRIERS
Independent Living Resource Centre

Simcoe • Grey • Bruce



December 2021

The **CONSUMER'S CHRISTMAS** Edition

W O N D E R F U L T I M E O F T H E Y E A R

Christmas is such a wonderful time of the year. There is so much hustle and bustle. The weather is unpredictable but when the snow is falling and you are safe and warm in your home, there really is something magical about it.

The pandemic for many, impacted Christmas plans last year and now, as we are still faced with the challenge of navigating through another Christmas under the cloud of COVID, we really do have so much to be thankful for.

Christmas is the perfect time of year to reflect and be grateful for the people you love most in your life. A time to show those who you care about just how much they mean to you. Whether it's a Holiday Greeting card, a small gift, a homemade craft or the gift of your time, it's all symbols of your affection.

You see, Christmas isn't about how many presents are under the tree or how much you spend on a person. It's about sharing, caring and making memories.

Remember when you were a child? The glow of the colourful lights, Christmas Carols on the radio, snow falling outside, the smell of homemade cookies and other yummy treats baking in the oven. Remember how magical it all felt? It's like that feeling you get from the warmth of a hug.

Maybe that is the spirit of Christmas. Maybe, for the days leading up to it and on Christmas Day, the spirit of Christmas is just knowing you are loved, you are safe and you matter!

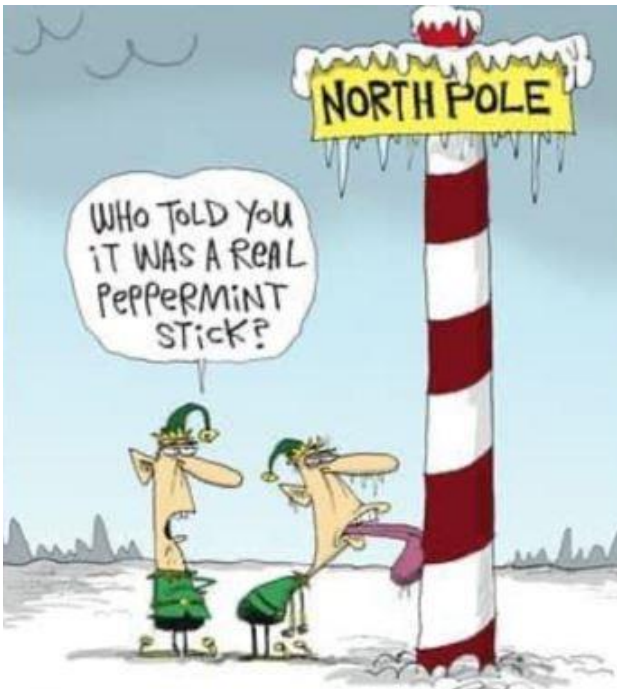
This Christmas, as you celebrate and make new memories, let's hold on to that feeling. Let us ring in the New Year with a renewed commitment to show a little more kindness, to care a little more deeply and to be grateful for all who you hold dear in your heart.

If we can do that, we can make every day a 'wonderful time of the year.'

*It's not what is under the tree that matters.
It's who is around it.*



Need a hint?
It's the name of a famous
Christmas Carol



CAN YOU UNSCRAMBLE
THIS WORD?



GLINEJ LELSB

Merry

Amazing



Good tidings

Inspiring



Christmas

Aromas

Love

Reindeer Word Search

H	T	S	R	H	I	R	B	B	D	F	D
P	E	L	E	W	E	O	L	T	R	G	L
L	M	F	I	C	L	I	R	D	M	R	A
O	O	H	N	W	T	D	A	S	H	E	R
D	C	A	D	Z	R	E	C	N	A	R	P
U	D	R	E	N	N	O	D	K	S	W	K
R	C	N	E	Y	Q	Y	C	U	P	I	D
C	C	T	R	N	E	X	I	V	C	O	L



BDB ACTIVITY KITS ARE A GREAT WAY TO PARTICIPATE IN OUR ON-LINE ACTIVITIES. BE SURE TO ORDER YOURS EACH MONTH SO YOU CAN GET THE MOST OUT OF OUR PROGRAMS

- Blitzen
- Comet
- Cupid
- Dancer
- Dasher
- Donner
- Prancer
- reindeer
- Rudolph
- Vixen



Merry Christmas!



BDB VIRTUAL ACTIVITIES – JUST FOR YOU!



Breaking Down Barriers ILRC					DECEMBER 2021	
Monday	Tuesday	Wednesday	Thursday	Friday	Sun	Sat
Register for your January Activity Kit by December 15, 2021 *Items included in Kit For more information email Chris at: peersupport@bdbilrc.ca or call Tracey: 705-445-1543 *305		1 BINGO with Christine --- Zoom - 1:30pm	2 Gingerbread Cookies with Jasmine* --- Facebook -1:30pm	3 Friendship Cafe International Day of Persons with Disabilities with Christine --- Zoom -1:30pm		
6 ASMR Series with Christine --- Facebook - 1:30pm	7 Christmas Crunch Popcorn* with Christine --- Facebook - 1:30pm	8 Christmas Planter with Jasmine --- Facebook -1:30pm	9 Holiday Wreath with Tracey* --- Facebook -1:30pm	10 Friendship Cafe Discussing Frost Bite with Christine --- Zoom -1:30pm		
13 ASMR Series with Christine --- Facebook - 1:30pm	14 Nextdoor App Demonstration with Jasmine --- Facebook -1:30pm	15 Connecting With Seniors --- Zoom - 3:00pm	16 History of the Christmas Tree Pickle with Tracey* --- Facebook -1:30pm	17 Friendship Cafe Discussing The Northern Lights with Christine --- Zoom -1:30pm		
20 Magic Show with Chris --- Facebook -1:30pm	21 Oatmeal 4 Ways with Nicole --- Facebook -1:30pm	22 BINGO with Christine --- Zoom - 1:30pm	23 Natural Gnome with Teresa --- Facebook -1:30pm	24 Friendship Cafe Discussing Christmas Traditions with Christine --- Zoom -1:30pm		
27 Glitter Luminaries with Nicole --- Facebook -1:30pm	28 Eating Better During The Holidays with Tracey --- Facebook -1:30pm	29 Salt Candles with Nicole --- Facebook -1:30pm	30 Setting & Reaching Your Goals with Jasmine --- Facebook -1:30pm	31 Friendship Cafe Bringing In The New Year with Christine --- Zoom -1:30pm		

Breaking Down Barriers ILRC					JANUARY 2022	
Monday	Tuesday	Wednesday	Thursday	Friday	Sun	Sat
3 Fruit Flavoured Water with Tracey --- Facebook -1:30pm	4 Release of Muscle Fascia with Jasmine --- Facebook -1:30pm	5 BINGO with Christine --- Zoom - 1:30pm	6 Homemade Pizza with Nicole --- Facebook -1:30pm	7 Friendship Café Discussing New Years Resolutions with Christine --- Zoom - 1:30pm		
10 Access Now App Demonstration with Jasmine --- Facebook -1:30pm	11 Drying Herbs with Tracey --- Zoom - 1:00pm	12 At Home Cold Remedies with Christine --- Facebook -1:30pm	13 Take a Break with Tracey --- Facebook -1:30pm	14 Friendship Café Reading Winter Poetry with Christine --- Zoom - 1:30pm		
17 Breakfast Egg Muffins with Christine --- Facebook -1:30pm	18 Spaghetti In A Crockpot with Tracey --- Zoom - 1:00pm	19 BINGO with Christine --- Zoom - 1:30pm	20 Trauma Illustrated By An Avocado with Tracey --- Facebook -1:30pm	21 Friendship Café Virtual Colouring with Christine --- Zoom - 1:30pm		
24 Exercising With Limited Equipment with Christine --- Facebook -1:30pm	25 Diabetes Information Group with Tracey --- Zoom - 1:00pm	26 Connecting With Seniors --- Zoom - 3:00pm	27 Mental Health & Benefits of Walking with Christine --- Facebook -1:30pm	28 Friendship Café Discussing Healthy Eating with Christine --- Zoom - 1:30pm		
31 A Puzzle A Day with Tracey --- Facebook -1:30pm	Register for your February Activity Kit by January 21, 2022 For more information email Chris at: peersupport@bdbilrc.ca or call Tracey: 705-445-1543 *305					

RECIPE TIME

MINT CHOCOLATE OREO FUDGE

INGREDIENTS

- 24 oz (680g) white chocolate, finely chopped
- 1 teaspoon peppermint extract
- Green food colouring, optional
- 1 can (14oz/397g) sweetened condensed milk
- 12 Oreos, coarsely chopped



INSTRUCTIONS

1. Line an 8x8-inch square baking pan with foil or parchment paper. Set aside.
2. Place the chocolate into a large microwave-safe bowl, and heat in 20 second intervals, stirring after each one, until melted and smooth. Stir in the peppermint extract and food colouring.
3. Stir in the condensed milk and chopped Oreos. The mixture will become thick.
4. Spread the mixture into the prepared pan, and smooth out the top. Sprinkle with extra chopped Oreos, if desired. Refrigerate for 2 - 4 hours or overnight until completely set.

BDB ANNOUNCEMENT

With the rise in COVID-19 cases, spikes in hospitalizations and the seriousness of the new Omicron variant, everyone at BDB wants to remind you to please continue with safe practices like socially distancing, washing and sanitizing your hands and properly wearing your masks. The CDC and local Health Units are suggesting that if you are gathering with your families for Christmas with members who are not within your household, please wear your mask indoors and remain 6 ft. apart. We know it is difficult but we also know your health and well-being and that of your family is the most important thing. Please abide by all changing protocols so that one day, we can look back and say WE BEAT IT!