

WINTER EDITION
January 2024



BREAKING DOWN BARRIERS
Independent Living Resource Centre
Simcoe • Grey • Bruce



the CONSUMER report

Happy New Year! Welcome to 2024.



Time sure does fly. One thing that isn't flying is the snow! Where is all the snow anyway? It won't be hiding for too much longer as we well know January and February always brings the white fluffy stuff.



Snow is just SO beautiful. It covers everything like a fluffy white blanket and provides a beautiful backdrop for some amazing winter pictures. Let's face it, building a snowman, making snow angels, taking winter walks, bundling up and heading outdoors is fun to do this time of year.



So as we brace for whatever Mother Nature has in store for us, we can choose to stay warm and cozy inside or venture out and have a little winter fun outside. Whichever you choose, have a safe and fun winter season.

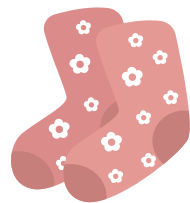


Things to Love About Winter

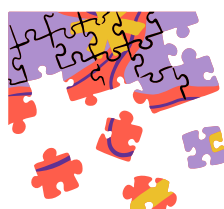
Hot chocolate



Fuzzy socks



Puzzles



Soups



Warm sweaters



Skating



DID YOU KNOW.....

Snow isn't just made up of snowflakes. Snow is also made of sleet, which is created when snowflakes pass through the atmosphere and melt a little by the time they hit the ground.





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**Tip of
the
Day**

Animals feel the cold like we do. That's why it's important to keep your furry friends warm when outside in winter.



Can You Unscramble?



— — —

c e i

— — — — —

a t e l c s

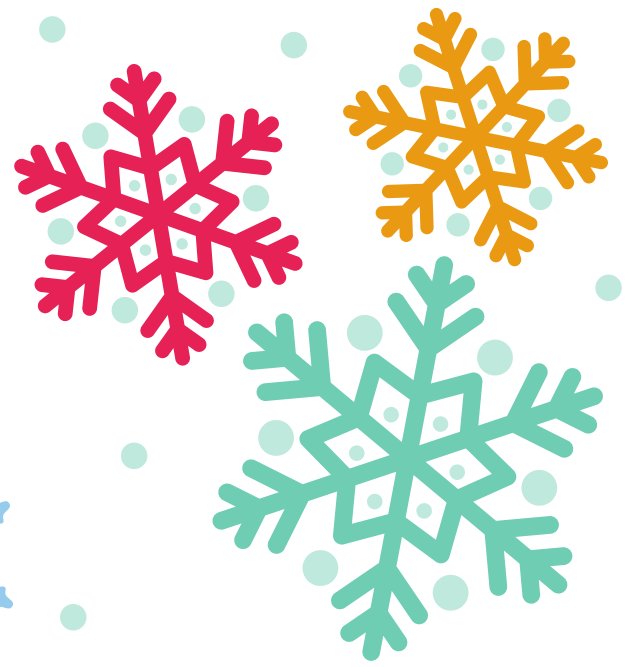


Hints:

It is two words

It is a frozen attraction





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WINTER WORDSEARCH

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

WORD LIST



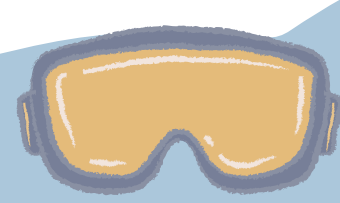
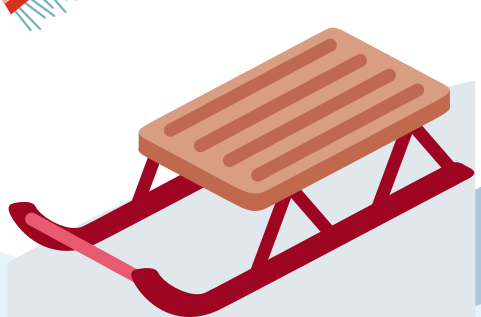
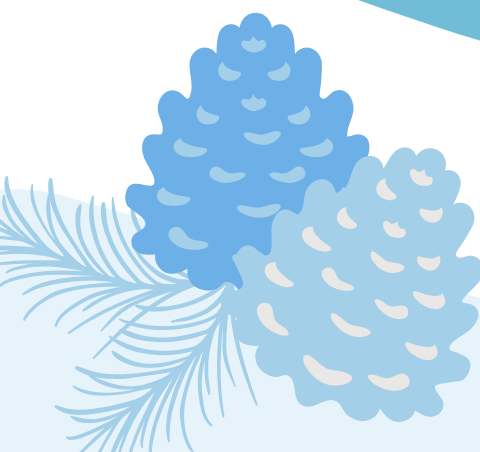
- BOOTS
- COAT
- COLD
- FROZEN
- HAT

- ICICLE
- QUILT
- SCARF
- SKIING
- SOCKS



Homemade
GIFTS MADE EASY

Winter





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New Year - New Programs and Activities

BREAKING DOWN BARRIERS ILRC **January 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR *2024*	2 HOLIDAY OFFICE CLOSURE	3	4	5 Friendship Café Winter Trivia Zoom/In-House - 1:30pm *Pre Registration Required
8 Alzheimer's Awareness Month with Jasmine --- Facebook -1:30pm	9 Pre-scheduled In-house Appointments --- BDB Centre	10 BINGO with Christine --- Zoom/In-House - 1:30pm	11 Lasagna Soup with Christine --- Facebook -1:30pm	12
15 BDB YouTube Launch	16 Setting Realistic Goals with Jasmine --- Facebook -1:30pm	17 Outdoor Winter Crafts with Christine --- Facebook -1:30pm	18	19
22 Sugar Awareness Week with Tracey --- Facebook -1:30pm	23 D.I.G: Chef Hans Shaefer --- 1:00pm *Pre Registration	24	25	26 Talking About Mental Health with Tracey --- Facebook -1:30pm
29 Thyroid Health Awareness with Jasmine --- Facebook -1:30pm	30	31 Connecting With Seniors --- Hybrid - 3:00pm *Pre Registration	For more information email Chris at: peersupport@bdbilrc.ca or call Tracey: 705-445-1543 *305	

Have You Heard the News?

BDB is launching its own



Channel

Starting January 15th, like and subscribe to our channel. You will be treated to informative content, creative tutorials, captivating vlogs and a few embarrassing blunders.

Look for videos on health and wellness, cooking demo's, DIY's, mental health matters, accessibility awareness, Consumer profiles and community news to "keep YOU in the know".

Join Us