

FALL 2024 Newsletter



V T V

Volunteer to Volunteer

Fall is here and so are the shorter days and chillier nights. Not to worry, BDB has a great lineup of programs and videos planned for the month of October.

BREAKING DOWN BARRIERS ILRC					October 2024				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Saturday Oct. 5th, 2024 Bowling Down Barriers At Georgian Bowl 1:00 - 3:00pm		1 Cauliflower & Broccoli Casserole with Christine --- Facebook -1:30pm		2		3		4 Friendship Café Virtual I-Spy Game Zoom/In-House - 1:30pm <i>*Pre Registration Required</i>	
7 Mental Health Awareness with Jasmine --- Facebook -1:30pm		8		9 BINGO with Christine --- Zoom/In-House - 1:30pm <i>*Pre Registration Required</i>		10 Candy Apples with Christine --- Facebook -1:30pm		11	
14 HAPPY Thanksgiving		15 Incredible Leftovers with Christine --- Facebook -1:30pm		16		17		18 Fall Harvest Art with Tracey --- Facebook -1:30pm	
21 Living With Psoriasis with Jasmine --- Facebook -1:30pm		22 D.I.G Guest Speaker: Taylor Scott, Diabetes Educator --- BDB Centre - 1:00pm <i>*Pre Registration</i>		23		24 Pumpkin Carving Tips with Christine --- Facebook -1:30pm		25 Fall Closet Change Over with Aria --- Facebook -1:30pm	
28		29 What is a Stroke? with Jasmine --- Facebook -1:30pm		30 Connecting With Seniors --- Hybrid - 3:00pm <i>*Pre Registration</i>		31 HALLOWEEN		Tracey: dfresourcefacilitator@bdbilrc.ca Tracey: 705-445-1543 ext. 305 Chris at: peersupport@bdbilrc.ca	

Daylight savings time will end for the year at 2 a.m. local time on Sunday, November 3rd, when we "fall back" and gain an extra hour of sleep. Next year, we will spring forward on Sunday, March 9, 2025.



It's been a busy introduction into Fall. From ribbon cutting ceremonies to Apple of My Eye and Bowling Down Barriers' Fundraisers, BDB has a lot to celebrate:



Ribbon Cutting Ceremony

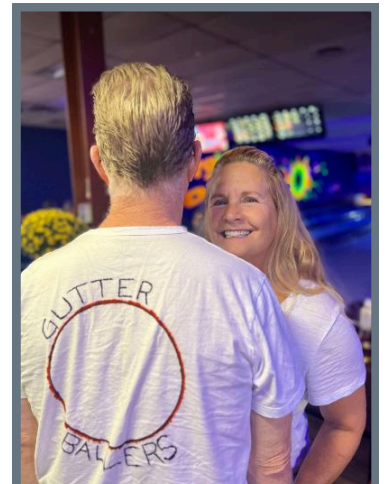
In case you missed it, on September 20th, BDB hosted a special ribbon cutting ceremony marking the completion of accessibility renovations and upgrades to its Centre. The year-long enhancement project has addressed a community need by retrofitting the Centre's interior space including installation of a vertical lift making the second floor accessible for all people - all abilities.



Apple of My Eye - September 24th at Kennedy Orchards



Bowling Down Barriers Fundraiser at Georgian Bowl Saturday, October 5th from 1-3 pm.





1. With over 80 recipes submitted for our Breaking Bread cookbook, we are thrilled to finally import all the recipes into our template and send it off to be copied and spiral bound. Contributors to the cookbook receive a complimentary copy. Anyone can purchase the cookbook via our website beginning in November. It will make for a great Christmas gift or stocking stuffer.

2. Executive Director, Teresa Gal presented our How U Give (HUG) initiative to the 100 Men Who Care in South Georgian Bay group last month. BDB, along with two other charitable organizations made their pitches to the group with only one being selected to receive \$10,000 toward their project. Hats off to BDB as we were selected to receive the funds in support of our initiative.



3. BDB is one of over 20 organizations the Rotary Club of Wasaga Beach have chosen to be recipients of their Corvette Lottery campaign. We are very grateful for their ongoing support.



4. Soon the sound of bowling pins falling will be replaced with curling rocks sliding down the ice. Yes, our Rockin' the House Bonspiel will be taking place in March 2025 and believe it or not, the BDB team will be starting to work very soon on the many details needed to make this event a success. We hope we can count on you to volunteer, participate or come out and cheer on the teams.



5. BDB - Turns 40 in 2025. Yes, you read it right, we will be celebrating our 40th Anniversary in February 2025. Forty years as an organization that supports people living with diverse disabilities is quite an accomplishment and we will be making a big splash to mark the occasion. Keep following our Facebook page for details on events, initiatives and different ways we will be marking this incredible milestone.





Big things are **“brewing”** this month on our YouTube channel.

Follow our Facebook page or go to our YouTube channel to catch the launch **BDB’s 1st YouTube Subscribe to Win Contest!**

Fall is the perfect time to **“cozy up”** and tune-in to the incredible YouTube videos our team have produced. All you have to do is Subscribe - Watch a Video - Like and Comment and you’re entered. It’s that easy. The more you watch, the more chances you have to win.

What do you win? Well you will have to wait until our contest promo airs to see for yourself.

If you haven’t subscribed to our YouTube channel yet, we really encourage you to do so. The selection of videos are unique to YouTube. From crafts, DIY projects to delicious recipe demos, Consumer profiles, accessibility spotlights and health and wellness. There is something for everyone.

Don’t forget to Subscribe!

<https://www.youtube.com/@breakingdownbarriersilrc>

Pssst....did you catch the prize hints we dropped above?



**Happy
Halloween**

