

SPRING 2025 Newsletter



It won't be long now and Spring will be here! We are already filling up our calendars with programs and activities to look forward to. Here are a few activities coming up in the coming months that may be of interest of you:

Wednesday, March 12 - BDB Bingo with Dana at 1:30 pm. We always get a nice turn-out for this so feel free to join us.

Wednesday, March 19 at 1:30 pm at the BDB Centre - Dana will be leading a **Goal Setting Workshop for Consumers**. Any assistance you can provide is appreciated.

Wednesday, March 26 at 3:00 pm - Connecting with Seniors program. We have 145 registered and will be learning how to assemble and paint ceramic windchimes.

Saturday, April 5 9:00 am - 1:00 pm - BDB will have a booth at the **Alliston Legion Spring Market**. Free Admission.

Saturday, April 26 10:00 am - 3:00 pm - BDB will have a booth at the **Tottenham Home Show & Artisan Market**, Tottenham Community & Fitness Centre 139 Queen St. N. Tottenham, ON. Free Admission.

Wednesday, April 30 at 3:00 pm - Connecting with Seniors program. We are welcoming a nutritionist specializing in older adult nutrition and will be doing a cooking demo.

Sunday, June 22 from 10:00 am to 3:00 pm - Bayview Park Thornbury. BDB will be on-location at the **3rd Annual South Georgian Bay Parkinson's Festival**. Aria will be manning the BDB booth, providing information about BDB programs and services and of course, a beautiful prize basket will be available to win!

June (TBD) BDB's Annual General Meeting. More details to come.

IN THE LOOP



1. BDB's Breaking Bread Cookbook is now complete. With over 100 recipes submitted by members of the community and seniors in our Connecting with Seniors program, these tried and true recipes are captured in a beautiful soft-covered spiral bound book and the reviews so far have been amazing. The cost of the book is \$30 in support of programs and services of BDB.

2. Executive Director, Teresa Gal was presented with plaques and certificates congratulating us on our 40 years supporting individuals with diverse disabilities. The presentations were made at our Rockin' the House Bonspiel by the Town of Collingwood Deputy Mayor and Clearview Twp Mayor.



3. BDB was one of a number of organizations that received a \$2000 grant from the Blue Mountain Village Foundation in support of its Plugged-IN to Seniors (digital literacy initiative)



4. The Town of Collingwood clock tower was lit in blue on Tuesday, February 25th in recognition of BDB's 40th Anniversary.



5. We "rocked" the house for our annual bonspiel. A ton of fun!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Pancake Party! --- BDB Centre -1:30pm *Pre Registration Required	5	6	7 What is International Women's Day with Dana --- Facebook -1:30pm
10 Developmental Disabilities Explained with Jasmine --- Facebook -1:30pm	11	12 BINGO with Dana --- Zoom/In-House - 1:30pm *Pre Registration	13	14 Friendship Café Watching Springtime Videos Zoom/In-House - 1:30pm *Pre Registration Required
17 HAPPY ST. PATRICK'S DAY	18	19 Goal Setting Workshop --- With Dana In-House/Zoom - 1:30pm *Pre Registration Required	20 Refreshing Cucumber Salad with Christine --- Facebook -1:30pm	21
24	25 The Benefits of Napping with Jasmine --- Facebook -1:30pm	26 Connecting With Seniors --- Hybrid - 3:00pm *Pre Registration	27	28 Starting Seedlings with Christine --- Facebook -1:30pm
31 Inflammation Fighting Food with Jasmine --- Facebook -1:30pm		Don't Forget To Visit Our YouTube Page: @breakingdownbarriersilrc 	To Pre-Register Contact: Chris at: peersupport@bdbilrc.ca	



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