







# February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1. Vegetable Chili	2. Chicken Caesar Wrap	3.
4. <b>Super Bowl L11</b> 	5. Popcorn Chicken and Veggies	6. Beef Stir Fry	7. Chicken Noodle Soup & Grilled Cheese	8. Lazy Man Cabbage Rolls 	9. Beef Stroganoff	10.
<b>Health Awareness Month / Valentine Activities</b>						
11.	12. Stuffed Peppers with Caesar Salad	13. Tuna Sandwiches with Garden Salad	14. Valentine's Day Pizza 	15. Tomato Soup with Whole Wheat Croissant	16. Spaghetti and Garlic Bread	17.
18.	19. <b>Family Day</b> <i>(Centre Closed)</i>	20. Homemade Subs and Broccoli Salad 	21. Mini Chicken Pot Pies	22. Meat Loaf and Veggies 	23. Beef Chili with Whole Wheat Rolls	24.
25.	26. Veggie Lasagna with Garlic Bread	27. Chicken Cordon Bleu with Veggies	28. Pizza Roma Bullying Prevention Day (Pink Shirt) 			

# What's Happening!



If families have comments or suggestions please feel free to email us at:  
**info@crossingallbridges.ca**  
 The email address is monitored by the Executive Director

*Crossing All Bridges will be Closed  
 February 19, 2018  
 for Family Day*



**Programming for February:**

Feb 5 – 9	<b>Culinary-</b> Learning how to clean vs tidy <b>Community, Culture and Me-</b> Winter Olympics <b>G.O.A.L.S-</b> Computers & Job Preparation-Resume Writing <b>Health and Wellness-</b> Fitness Testing
Feb 12- 16	<b>Culinary-</b> Valentine’s Day Baking and Activities <b>Community, Culture and Me-</b> Winter Olympics <b>G.O.A.L.S-</b> Computers & Job Preparation- Resume Writing Continued. Valentine’s Day at the Tuck Shop <b>Health and Wellness-</b> Creative Arts –Valentines Crafts
Feb 19 - 23	<b>Culinary-</b> General Knife Skills <b>Community, Culture and Me-</b> Winter Olympics <b>G.O.A.L.S -</b> Employment Preparation-What is a Work Portfolio? <b>Health and Wellness-</b> Kickboxing
Feb 26 - 2	<b>Culinary-</b> Slicing vs Dicing <b>Community, Culture and Me-</b> Olympics <b>G.O.A.L.S.-</b> Employment Preparation-Interview Preparation <b>Health and Wellness-</b> Core Strengthening