





January 2018





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1.	2.	3.	4.	5.	6.
<p>See you January 8th 2018! Happy New Year From CABLC!</p>						
7.	8. Welcome Back Chicken Broccoli Casserole	9. Pancakes and Fruit Salad	10. Meatloaf with Garlic Asparagus	11. Italian Wedding Soup 	12. Ham & Cheese Sandwiches with Greek Salad	13.
14.	15. Beef Stew	16. Vegetable Stir Fry	17. Meatloaf And Garden Salad	18. Tomato Soup with Garlic Bread	19. Pigs in a Blanket with Potato Salad	20.
21.	22. Blueberry Pancakes	23. Chicken Broccoli and Rice Casserole 	24. Grilled Cheese with Garden Salad	25. Build a Bowl 	26. Chicken Noodle Soup with Caesar Salad	27. Family Literacy Day 
28.	29. Messy Cabbage Rolls	30. Vegetable Lasagna	31. Cobb Salad with Whole Wheat Roll			

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.

Please join us on **Wednesday, January 10, 2018 at 6:00 p.m.** for an update on our move to 65 Sky Acres Drive.

If you would like to RSVP your attendance please call 519-751-0123 or email Paula at paula@crossingallbridges.ca
 We look forward to seeing you all there!

Programming for January:

Jan 8 – 12	<p>Culinary- Loading & Starting the Dishwasher– Intro to Operating</p> <p>Community, Culture and Me- Music: Creating a Rhythm (Jar Drumming)</p> <p>G.O.A.L.S - Computers- Review CABLC 7 Daily Standards, and Basic Microsoft Word</p> <p>Health and Wellness- Exercise Machines : Achieving New Endurance Goals</p>
Jan 15 – 19	<p>Culinary- Loading & Starting the Dishwasher– Group Recap</p> <p>Community, Culture and Me- Music: Creating a Rhythm (Recorders)</p> <p>G.O.A.L.S- Computers- Internet Safety & Cyber Bullying</p> <p>Health and Wellness- Creative Arts: Clip Art and Water Painting</p>
Jan 22 – 26	<p>Culinary– Table Settings - Intro</p> <p>Community, Culture and Me- Music: Creating a Rhythm Euchebele</p> <p>G.O.A.L.S- Computers- How to do Research</p> <p>Health and Wellness- Circuit Training: Muscular Endurance</p>
Jan 29 – Feb 2	<p>Culinary– Table Settings - Group Recap</p> <p>Community, Culture and Me- Music: Creating a Rhythm (Taping and Performing)</p> <p>G.O.A.L.S- Computers & Job Preparation-Exploring Resume Templates</p> <p>Health and Wellness- Target Practice</p>