

# PRESS FORWARD CLIENT MAGAZINE

Quarterly Magazine Editor: Anjula Assistant Editors: Jessica and Alanna Fall 2023

## FALL INTO FALL!



• Anjula

In this issue, as we get into the fall, our focus is on ‘being thankful’. We’re also launching into our exciting fall programs! There are many fun groups and activities to join—something for everyone! If you read about a program or activity you’d like to attend, just send an email to [natasha.pastores@mindforward.org](mailto:natasha.pastores@mindforward.org) and she’ll add you to the list!

### Our Name

We chose the name “Press Forward” because of its connotations of perseverance during struggles, because “Forward” is part of the organization’s name, and because we are “Press”, publishing a magazine.

### Click on Links to Articles In This Issue:

[Inspirational Story: Julia--Creating Something Beautiful](#)

[Congratulations on Achievements!](#)

[Question of the Season](#)

[Inspirational Story: Jessica--Returning to Teaching](#)

[Mind Forward Calendar & Upcoming Events](#)

[Mind Forward Daytrips & Things to Do](#)

Digna—Annual Picnic, Digna—Charter Ability Boat Ride, Ryan—Beertown Jessica—Chunky Monkey Singers, Jessica—Things to Do in the Fall, Xiao—Skylon Birthday

[CARE: Client Advisory Resource Executive](#)

[Spotlight : Interview with Mike R.](#)

[Where Are They Now? Interview with Paul S.](#)

#### People

Sanjay—Learning Segment, Ann—Crocheting, Xiao—Proverbs, Alanna—DIY Halloween, Ryan—How to Become a Better Bowler

#### Entertainment

Digna—The Intern Movie Review, Digna—Our Trip to B.C.

[Have your art featured on a book cover!](#)

[Mind Forward Art Contest—see page 13 for details](#)

### Letters to the Editor

If you have a question or wish to comment on any of our stories or articles, please feel free to write to us at:

[shane.stanissa@mindforward.org](mailto:shane.stanissa@mindforward.org)

Your questions or comments could be featured in our next newspaper!

Also, if you would like to submit a story, photos, artwork, or achievement for the magazine, send us an email with a description, the pictures, or the article you would like to submit!

### In This Issue

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*Inspirational Feature*  
Creating Something Beautiful

I paint because I want to make something beautiful out of the most difficult experience I've ever been through.

-Julia



In October of 2018, I was run over by a car while riding my bike to work in Toronto.

I sustained catastrophic injuries to my brain and body. I don't know how many bones I broke. It was life-altering, and it's a miracle I'm alive. I was in a coma for two months and had to relearn everything, including eating, talking and even breathing. Although my spine was not broken, I have been left with severely limited mobility in all of my limbs.





Julia has created her own greeting card business called:

“Designs by Jules Cards”.

Her website is:

[www.designsbyjulescards.ca](http://www.designsbyjulescards.ca)

instagram handle: @designsbyjulescards

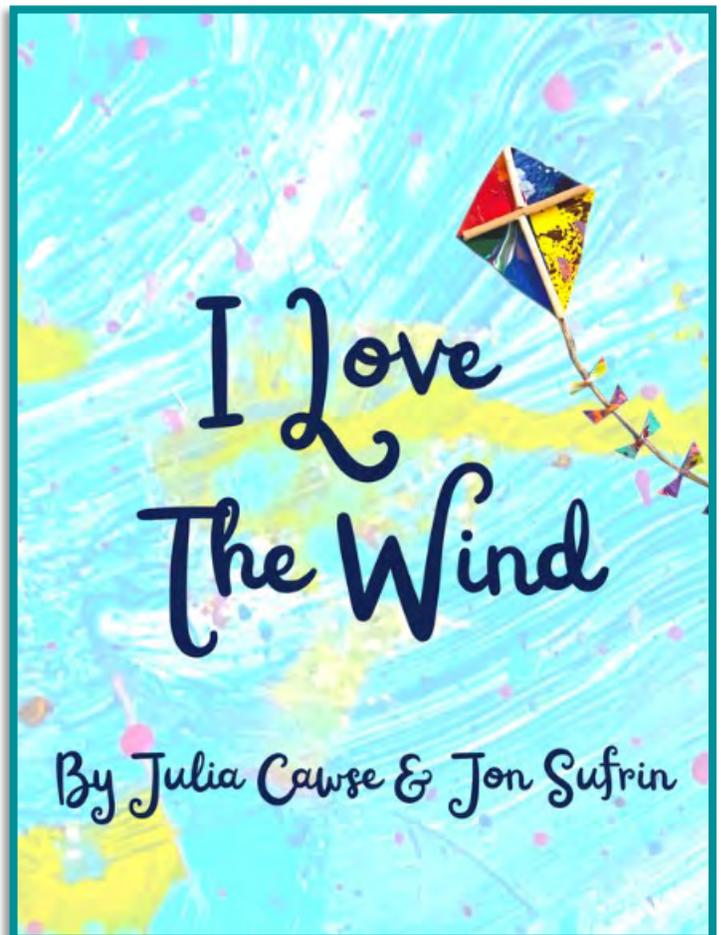
Julia has also created a children’s book called “I Love the Wind”, which is also available for sale on her website.

You can see some of her card designs on the following page.

Before the accident, I was always dancing, being active and creating. My room was full of crafts, drawings and paintings.

Through hard work, I regained the use of my right arm. And when I was able to do that, I immediately started painting again. It was very messy at first, but I got better at it.

I paint by feeling and I don’t question it. I have no idea what it will look like until it’s done. I never have a specific goal. I just go by intuition.



## *Inspirational Feature cont.*



What advice would you give to someone who has experienced a brain injury?

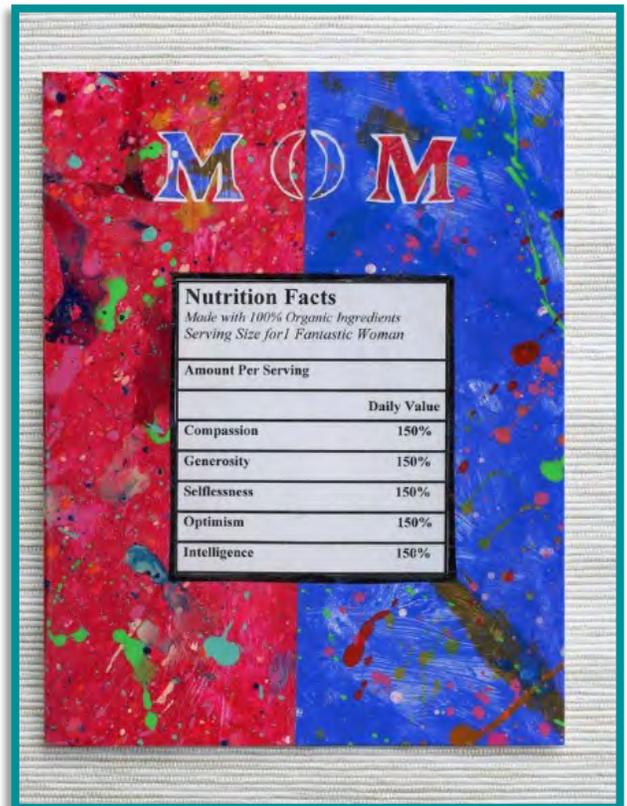
Take it one moment at a time, don't get too far ahead of yourself. Break it into smaller pieces and smaller goals to achieve, and you'll feel good about yourself. Don't get hung up on the future or what's to come, because no one knows that.

Is there anything else you'd like people to know about you or your journey?

Just go for it, you never know what's going to happen.

I love to be busy, and I work really hard toward physio goals.

I have a full life. I went to a Blue Jays game last week. Last year, I went skydiving.



Some of Julia's card designs.



# JULIA & “JUST GO FOR IT!”



Just go for it. You never know what's going to happen.

-Julia

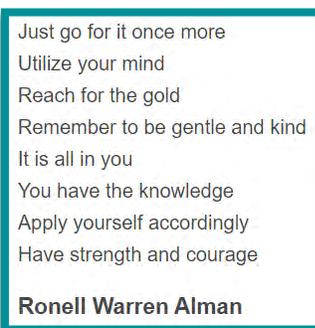
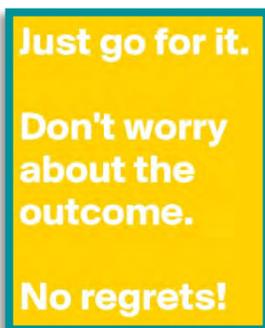
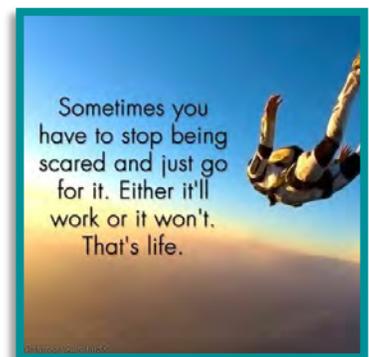
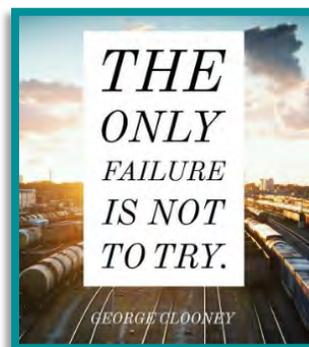
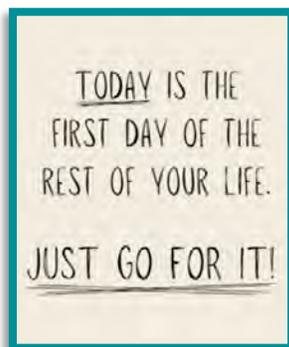
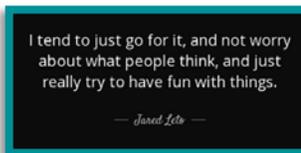
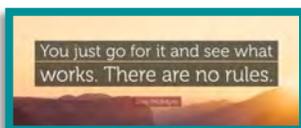
“Designs by Jules Cards”.

Julia's website is:

[www.designsbyjulescards.ca](http://www.designsbyjulescards.ca)



Julia is a vibrant young lady with a wonderful sense of humor! Her motto is “Just go for it!” which shows she's not afraid to step forward in her life. For example, she's started a new business, and is out doing things such as going skydiving!



# CLIENT ACHIEVEMENTS



## Congratulations to Nil!

Congratulations, on your new job!

I'm so happy to share my achievement with my Mind Forward family.

After 19 years of hard work I started working at Cineplex.

So happy and excited to go back to work.

Thanks to all my colleagues for helping me support in my journey to success.

## Congratulations to Jessica!

Congratulations on your return to teaching elementary school!

## Congratulations to Ryan!

Congratulations, Ryan, on the launch of your new photography website! [www.ryansnatureandwildlife.ca](http://www.ryansnatureandwildlife.ca)

## Congratulations to Nigel!

Congratulations on moving into your new place!

## Congratulations to Alanna!

For doing a week of intense therapy!

## QUESTION OF THE SEASON:

# What is one thing that makes you feel thankful?

We asked our “Newsies” this introspective question, and this is what they came up with:

**Jessica**—being alive and going back to work.

**Alanna**—being able to communicate, to speak and be understood.

**Ryan**—for family, friends, programs throughout the week, and seeing the magazine group.

**Nigel**—family, and being able to buy groceries.

**Anjula**—family and friends.

**Digna**—faith, family, and fellowship.

**Ivona**—my family, friends, and opportunity.

**Xiao**—friends and family who inspire me.



**Carm**—being able to meet people from Mind Forward who are my extended family.

**Sanjay**—being able to be thankful, joining the Mind Forward family who is non-judgmental and opens the door to diverse groups.

**Nina**—family, having a safe environment to be in at home and work, I'm thankful to be safe.

## Letters to the Editor

If you have a question or wish to comment on any of our stories or articles, please feel free to write to us at:

[shane.stanissa@mindforward.org](mailto:shane.stanissa@mindforward.org)

**Your questions or comments could be featured in our next newspaper!**

Also, if you would like to submit a story, photos, artwork, or personal achievement for the newspaper, send us an email with a description, the pictures, or the article you would like to submit!



## Returning to Teaching

### A New Chapter for Jessica

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My goal is to be in my own classroom by the new year or sometime in the new year before the school year ends.

-Jessica

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I am excited to go back to work! I got approved by my Brain Surgeon to go back to work and I got my family doctor to fill out the form from the Peel District School Board. Going to start off with supplying half days and then once I feel that my stamina is okay to do full days I will move towards full days. My goal is to be in my own classroom by the new year or sometime in the new year before the school year ends.

I will need to make sure I am organized and write great notes for what I taught the day before. I will also need to make time to go through all my teaching supplies in the basement and see what materials I can use in my classroom. Hopefully everything is organized downstairs into different subjects or grades.

When teaching I will need to make sure to write great notes for what I taught to help me remember for the next day. I will also have great visuals like I did in the past when teaching. Additionally, I will need to look back at unit plans to see how I divided the units.

One thing I am excited to do is to log in to my teachers pay teachers account and see what units I have there. Teachers pay teachers is a website where other teachers have posted units with lesson plans. I logged into it and am amazed with all of the material I have bought in the past. I can't wait to see what lessons I will be able to teach the class I am supplying in and then eventually my own classroom.



I will also make sure to have notes on the board for how many students are in my classroom and have a great system for if students leave to use the wash-room. In the past I have done pictures of the students on the board and then when they leave the classroom they move their picture to the out column. I will do something similar to that again since it is a great way to organize your classroom.

I was talking to one of the teachers I worked with at a school in Mississauga and she said I could supply in her classroom. She also talked to other teachers at her school that I have supplied for before so hopefully they will also use me to supply. Once I go to the school I will see all of the teachers that I have worked with before and they will hopefully use me to supply. Going to probably supply at the school for a bit until I feel comfortable to supply at other schools. I want to see how I am first following supply plans and to see how I am with the students getting them to listen to me.

Once I am opened to go to other schools I can email other teachers I have worked for before and then I can go to there school as well. Trying to think of the other schools I have supplied at and if they are elementary. I used to have an LTO at a middle school, I don't know if I want to teach middle school again maybe once I am 100 percent comfortable to will go to a middle school to work. I got my middle school AQ course so I can teach up to grade 8.

Another thing I am excited about is to see the students that I have taught before when I was at the school. I wonder if they will remember me since I taught them. If they don't remember me that is okay and I will tell them that I have taught them before when they were in kindergarten. It will be interesting to see if I remember their names or if they remember me.



# Returning to Teaching, cont.

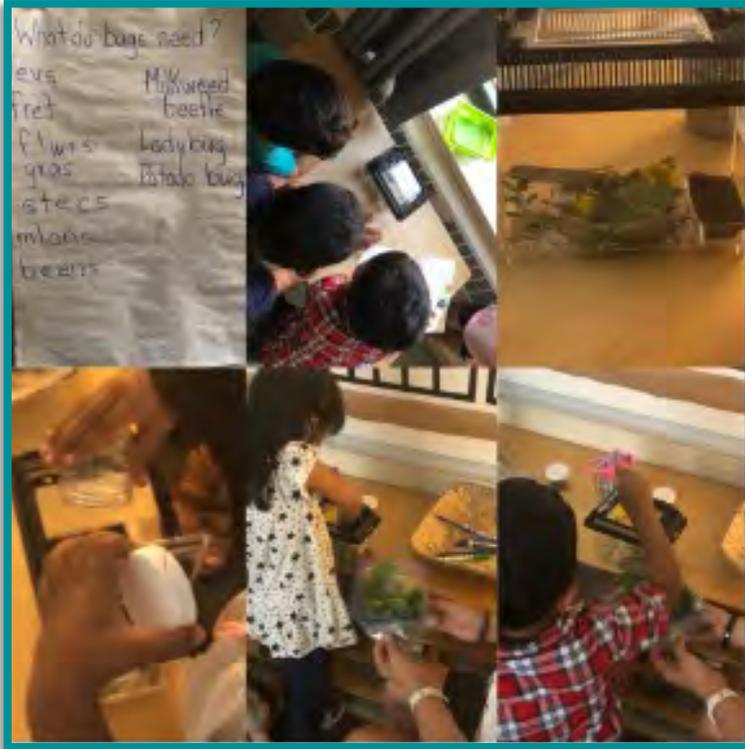
## A New Chapter for Jessica

Here are some pictures of my classroom from when I taught kindergarten:

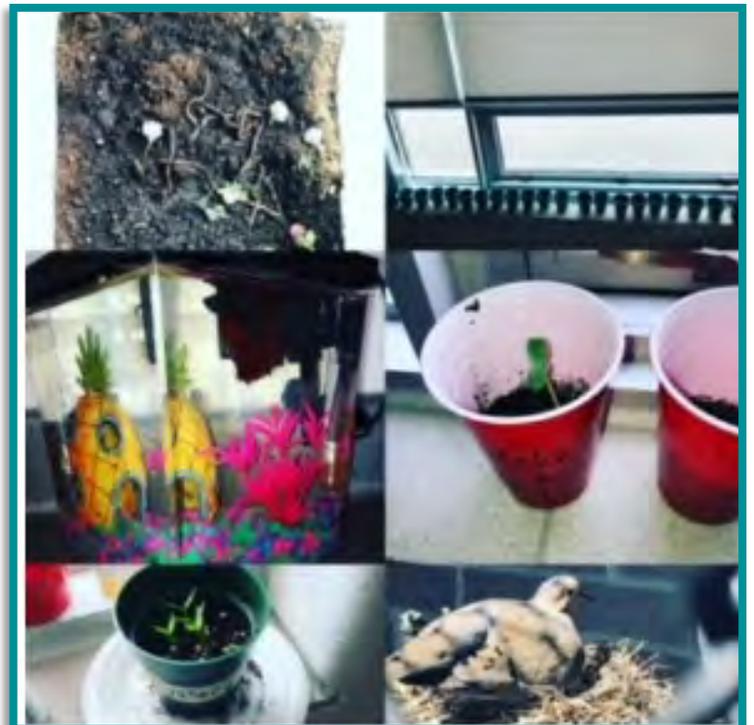


These are the four frames that the curriculum is divided into for kindergarten. Each frame connects to different parts of the curriculum. Problem Solving and Innovating connects to different ways that students are able to problem solve through out the day. Self regulation and well being connects with ways that students are able to regulate and manage their emotions. Belonging and Contributing connects with how students connect with one another and the contributions they made as part of a group.

The last frame connects with literacy and math. For literacy it looks at the knowledge of letters and letter sounds and then eventually reading short books. Math they look if students can recognize numbers and count objects in the classroom. They also look at addition and subtraction using manipulatives and beginning with numbers.



For Science we looked at living things outside and brought them into our classroom. Then students could look at the insects with a magnifying glass and look at pictures about them in our insect library book. We also researched what they needed to survive inside. We looked at how to help a plant live and what it needed to survive. We also had a pet fish and students would take turns feeding the fish each morning.



# Returning to Teaching, cont.

## A New Chapter for Jessica



For math I would do different math centre games that were all hands on. They would play a number finding game to help with number recognition. One person would be the caller and the other student would tap the numbers with a fly swatter. They would go against another student to see who could find the number first. They also matched numbers with dominoes and would count the dots on the rectangles and then they would match them.

Also for math we did an airplane measuring challenge. Students would create an airplane using paper and then we would throw them and then we would measure to see how far our airplane went.



For money we decided to make a store using play food. Students would go to the cashier and ask for certain fruits and vegetables and then they would pay the cashier using play money. It helped them count money and then created an interesting conversation about making change if they didn't have the amount that the fruit cost.

# Mind Forward Art Contest!

Join for a chance to have your artwork on a book cover,  
of a novella written by the  
Mind Forward Creative Writing Group!



## Prompt: Old Western Theme

When Joseph (aka “Sudden”) finds himself in the middle of a one-sided shoot-out, he wonders what’s going down in the town of Rolling Creek. Faced with corrupt Sheriff Pete, who’s stealing the land from underneath the townsfolk, Joseph is the one the town turns to. But things escalate, with property damage and injuries. Just as importantly, the Sheriff holds hostage the heart of the woman Joseph loves. How will Joseph help the town out of this situation peacefully, and save the woman of his dreams?

## Tips & Ideas

You could draw:

- an old western town
- cowboys
- Joseph on horseback
- an activity from the Old West

Anything that fits in with an Old West theme is eligible to win. You can draw it, color it, paint it, do art on a computer, or use any means you like. Judging will be done by vote.

Send your artwork to [shane.stanissa@mindforward.org](mailto:shane.stanissa@mindforward.org)

# MIND FORWARD CALENDAR

## PROGRAMS & DAYTRIPS

In Person Programs				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bowling</b> Classic Bowl 11:00 - 12:00	<b>Café</b> 10:30 - 1:00	<b>Science Simplified</b> <small>Hybrid Program</small> 10:00 - 11:00	<b>Bingo</b> 10:30 - 12:00	<b>Brunch and Binge</b> 10:30 - 12:00
		<b>Sunshine Social</b> 10:00 - 11:00		
		<b>Around the World</b> <small>Hybrid Program</small> 11:00 - 12:00	<b>Discovery</b> <small>Hybrid Program</small> 11:00 - 12:00	
<b>Book Club</b> <small>Hybrid Program</small> 1:00 - 2:00	<b>Social Club</b> 1:00 - 2:30	<b>Client Lunch Hour</b> 12:00 - 1:00	<b>Client Lunch Hour</b> 12:00 - 1:00	
<b>Mindful Music</b> <small>Hybrid Program</small> 2:00 - 3:30		<b>Games</b> <small>Hybrid Program</small> 1:00 - 2:00	<b>Karaoke</b> 1:00 - 2:00	
		<b>Sports Heroes</b> <small>Hybrid Program</small> 1:00 - 2:00	<b>Culinary Creations</b> <small>Hybrid Program</small> 2:00 - 4:00	<b>Artistically Yours</b> 1:00 - 2:30
	<b>Movie Mates</b> At Cineplex 3:30 - 6:30	<b>Games Galore</b> 2:00 - 3:30	<b>How It's Made</b> <small>Hybrid Program</small> 2:00 - 3:00	
				<b>Community Fall Adventures</b> 1:00 - 3:30

# MIND FORWARD CALENDAR

Head Office Day Services Fall 2023

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## Virtual Programming

Virtual groups are accessible through the agency website. Click on 'Upcoming Events' for the Zoom links. The password to access virtual groups is **2021**. Groups are as follows:

### Monday:

Weekly Kickoff:	10:00–11:00
Brain Teasers:	11:00–12:00
Book Club:	1:00–2:00
Mindful Music:	2:00–3:30

### Tuesday:

Sports Heroes:	1:00–2:00
Water Colouring:	2:00–3:00

### Wednesday:

Science Simplified:	10:00–11:00
Around the World:	11:00–12:00
Virtual Games Group:	1:00–2:00
Culinary Creations:	2:00–4:00

### Thursday:

Discovery:	11:00–12:00
Drawing with Friends:	2:00–3:00
Movie Club:	3:00–4:00

### Friday:

Jumpstart:	10:00–11:00
Giving Gratitude	11:00–12:00
Creative Writing:	2:00–3:00
Client Newsletter:	3:00–4:00



## **DROP IN SCHEDULE**

Head Office is open for supervised unstructured activity as follows:

Monday: 1:30–4:00	Tuesday: 12:00–3:30
Wednesday: 10:00–3:30	Thursday: 10:00–3:30
Friday: 10:00–12:00	

# MIND FORWARD GROUP DESCRIPTIONS

Head Office Day Services Fall 2023

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## Group Descriptions

\*\*\* There are no participation fees for In Person groups unless specified \*\*\*

### **Bowling @ Classic Bowl**

3055 Dundas Street West

August 14—November 13

Cost: \$128.82

Bowling has many physical and cognitive benefits such as muscle toning and strengthening, improving social skills, reducing stress and enhancing eye and hand coordination.

### **Book Club**

*This is a hybrid group (Available in person and virtually)*

Join this group to explore various literacy works. Participants will engage in an open discussion about the book in relation to life experiences. This group will help to increase communication skills (listening, reading and writing) as well as socialization and interaction.

### **Mindful Music**

*This is a hybrid group (Available in person and virtually)*

Through mindful music sessions, discussions, and sharing, we delve into the therapeutic qualities of music, its ability to calm the mind, soothe the soul, and awaken emotions. Together, we explore various genres, sounds, and melodies that resonate with our individual journeys, cultivating a deeper connection to ourselves and the world around us.

### **Conversation Street**

*This is a hybrid group (Available in person and virtually)*

Thought provoking discussions on a variety of topics such as current events, pop culture, science and life. This group encourages open-mindedness and respectful exchanges as we explore different perspectives.

### **Café**

September 5—December 19

Cost: \$40 for 8 weeks or \$80 for 16 weeks

Each week, participants will create healthy and budget friendly meals for themselves and their peers. Engage in cooking, teamwork, problem solving and time management skills. Lunches will also be on sale for all clients who attend social club, and staff for \$5.

**WWW.MINDFORWARD.ORG**

## Social Club

One of our most popular programs is making a comeback! This group includes Lunch 'N Learn presentations, interactive games, and socializing. An optional lunch will also be on sale for \$5.00

## Sports Heroes

*This is a hybrid group (Available in person and virtually)*

A gathering of sports enthusiasts to celebrate the legends of the athletic world. We will discuss the achievements and impacts of your favourite sports heroes across various disciplines.

## Movie Mates @ Cineplex Theatre

309 Rathburn Road West

Cost: Pay As You Go

Join your peers for an afternoon at the theatre. Staff will provide options and times each week. Indulge in the collective excitement of watching films together.

## Science Simplified

*This is a hybrid group (Available in person and virtually)*

Science Simplified is a place where curious minds come together to explore the wonders of the natural world, unravel complex scientific concepts, and foster a deeper appreciation for the beauty of science. We strive to break down complex ideas into digestible and relatable explanations, ensuring that everyone can participate in and benefit from scientific discussions.

## Sunshine Stroll

In this group, we come together to embark on group walks, breathing in fresh air and basking in the warmth of the sun. We will engage in meaningful conversation, share stories and celebrate the simple pleasures of being outdoors. This group is open to everyone regardless of fitness level.

## Around the World

*This is a hybrid group (Available in person and virtually)*

Around the World is an educational journey that takes participants on a global exploration of cultures and traditions. Through interactive sessions and engaging discussions, we dive into the history, geography, arts, languages and customs of different countries and regions.

# MIND FORWARD GROUP DESCRIPTIONS

Head Office Day Services Fall 2023

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## Client Lunch Hour

Bring your lunch to Head Office and enjoy your meal with peers. Eating lunch as a group brings people together, promotes social interaction, enhances well-being, expands horizons, and contributes to a more enjoyable and enriching lunchtime experience.

## Virtual Games

*This is a hybrid group (Available in person and virtually)*

This group embraces the power of technology to bring people together to participate in a variety of gaming experiences.

## Culinary Creations

*This is a hybrid group (Available in person and virtually)*

September 8th—December 22nd

Share your love of cooking, eating and food in general. Participants will be encouraged to share new and creative easy-to-follow recipes (using a maximum of five ingredients). Prior to each group, the facilitators will share the ingredient list required for that week's recipe. There's lots of fun to be had when we roll up our collective sleeves and get something delicious done! **Important:** This is a free group for virtual participants only. \$5.00 for in-person participants— a meal is provided for in-person attendees at the end!

## Games Galore

This group is for those who enjoy board and card games. From classic favorites to modern gems, our program will cater to a diverse set of interests and playing styles. Prospective games includes Monopoly, See It Sign It (Sign Language game), Dominoes, Pictionary and more!

## Bingo

*Cost: Free*

Indulge in your love for this classic game. Whether you're a seasoned bingo pro or a newbie looking to learn the ropes, our group offers a welcoming and inclusive environment for everyone to enjoy. We offer a variety of bingo games to keep things exciting.

# MIND FORWARD GROUP DESCRIPTIONS

Head Office Day Services Fall 2023

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## Discovery

*This is a hybrid group (Available in person and virtually)*

Discovery is a community of learners coming together to explore a wide range of topics. Our group values the exchange of ideas and encourages participants to share their insights and ask questions.

## Karaoke

A community of music lovers who believe that singing is not just a performance but a form of self-expression and pure enjoyment. Participants can showcase their talents, have fun, and connect with fellow karaoke enthusiasts. Let the applause of your fellow singers fuel your musical spirit!

## Artistically Yours

This group offers an environment where various art forms will be explored as means of self expression. No matter your level of experience or artistic background, Artistically Yours invites you to embark on a creative adventure, unlock your imagination, and discover the artist within.

## How It's Made

*This is a hybrid group (Available in person and virtually)*

This group explores how everyday items (such as clothing, accessories, food and industrial products) are manufactured. Video clips are followed with a lively discussion.

## Brunch and Binge

September 8th—December 22nd

*Cost: \$40 for 8 weeks or \$80 for 16 weeks*

This group will support you in prepping brunch for you and your peers. A new menu will be chosen at the end of each group, to be prepared during the following week. After creating a new meal, join us as we binge on Netflix documentaries, biopics, and shows alike!

## Community Fall Adventures

This group is all about connecting with one another at various venues. We provide a diverse range of opportunities to explore your neighborhood while building friendships and memories. The Day Service team will provide a list of meet up locations throughout Mississauga.

[WWW.MINDFORWARD.ORG](http://WWW.MINDFORWARD.ORG)

# HALTON HANGOUTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mall Walkers</b> Oakville Place 10:30 -12:00	<b>Allendale</b> The Game Show Experience (not open to community) 10:00 - 12:00	<b>YMCA GentleFit</b> 10:30 - 11:15	<b>Jumpstart @ St Luke's</b> 10:00-10:45	No In-Person Programs on Friday's
		<b>YMCA Track Talk</b> 11:30- 12:30		
		<b>YMCA Swim &amp; Social</b> 1:00 - 1:45	<b>Painters with Brushes @ St Luke's</b> 10:45- 12:00	
<b>Challenge Golf Tee Zone</b> (Runs until October 2nd) 1:00 - 2:30		<b>Pet Therapy</b> (Not open to community) 1:30 -2:30	<b>Jumpstart</b> (not open to community) 1:00-1:30	
<b>Allendale Games,</b> games and more games (not open to community) (Starting October 9th) 1:00-2:30		<b>Every other week</b> <b>Starting September 27th</b> <b>Movie Group Film.ca</b> 3:00-6:30  <b>Halton Hangouts</b> Various Locations See calendar for details 3:00-5:00	<b>Cook N' Carry @St Luke's</b> 2:00-4:00	

# HALTON HANGOUTS

## HALTON HANGOUTS/MOVIE GROUP SCHEDULE

September 27th	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>
October 4th	3:00-5:00pm	<b>Vereda Central Coffee Roasters</b> 310 Kerr St
October 11th	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>
October 18th	3:00-5:00pm	<b>Kerr Street Café</b> 298 Kerr St
October 25th	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>
November 1st	3:00-5:00pm	<b>The Firehall</b> 2390 Lakeshore Rd W
November 8th	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>
November 15th	3:00-5:00pm	<b>Wet Coffee</b> 111 Kerr St
November 22nd	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>
November 29th	3:00-5:00pm	<b>Tribeca Coffee Co.</b> 174 Lakeshore Rd E
December 6th	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>
December 13th	3:00-5:00pm	<b>Maro's</b> 135 Kerr St
December 20th	3:00-6:30 pm	Movie Group— <i>Staff will provide options and times each week. If interested in hearing the movie choices each week. Please text or call (905) 464-1044</i>

# UPCOMING MIND FORWARD OUTINGS



The list below covers events within the city of Mississauga. We look forward to seeing new and familiar faces alike, as we continue to explore our community together! Note: Free events are listed in green. The Day Team will keep you all posted as new (unlisted) events come up in the near future!

Sept 1	1:00 pm	Barbecue at Head Office (Registered Event)
Sept 8	1:00 pm	Mall Social and Walk at Square One
Sept 15	1:00 pm	Rattray Marsh Conservation: Fall Colours Walk
Sept 16	10 am	Hello Local: Autumn / Fall Market in Streetsville
Sept 22	1:00 pm	Egyptian Museum
Sept 29	1:30 pm	MiMuseum Mississauga
Oct 21	3:00 pm	Steelheads vs Kitchener Rangers
Dec 3	11:00 am	The Nutcracker Matinee

# UPCOMING MIND FORWARD OUTINGS



## *STEELHEADS VS. RANGERS*



*SATURDAY OCTOBER 21*

*LOCATION: PARAMOUNT FINE FOODS CENTRE  
5500 ROSE CHERRY PLACE, MISSISSAUGA*

*DOORS OPEN: 3:00 PM*



paramount



# UPCOMING MIND FORWARD OUTINGS

## Mind Forward's **SPOOKY DANCE PARTY**

**FRIDAY, OCTOBER 27  
at 3:30 - 7:30**

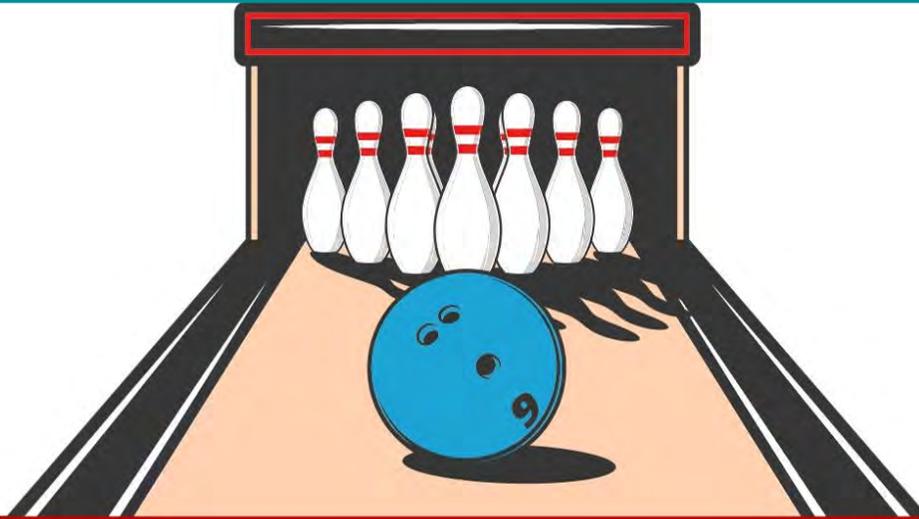
**176 ROBERT SPECK PWY, MISSISSAUGA**



**\$10 PER  
PERSON**

**COSTUMES. EAT GOOD FOOD. WIN PRIZES. MUSIC. FRIENDS. PARTY!**

# UPCOMING MIND FORWARD OUTINGS



# Bowling Group



*When?*

Monday Mornings 11 am - 12 pm

**12-WEEK SESSION** (\$128.82)

August 14 - November 13, 2023

# MIND FORWARD DAY TRIPS

## MIND FORWARD SUMMER PICNIC



Digna

The picnic on August 25, 2023 was another enjoyable event. Since the Mississauga Valley Park and the pavilion was huge, it was able to accommodate a lot of people and there was ample parking. We immediately saw the signs leading to the site. There were also helpful guides from Mind Forward who welcomed and directed us.



# MIND FORWARD DAYTRIPS

This event was very organized, well-attended by staff and clients with their family members. The food was tasty, nutritious, filling and carefully prepared and served by cheerful and caring staff. The Mingle Bingo was a fun way to get to know and interact with one another. There was also raffle prizes awarded to the chosen winners. The entertainment provided by Woody Woodburn and Anjula was top notch! Aside from singing popular songs, they also shared their original compositions. There was face painting enjoyed by both adults and children.



# MIND FORWARD DAY TRIPS

## SUMMER PICNIC Cont.



# MIND FORWARD DAYTRIPS



# MIND FORWARD DAY TRIPS

## Charter Ability Boat Ride



Digna



### A Boat Ride Like No Other

Being with Mind Forward is always rewarding. What seems impossible becomes possible. I've always wanted to have a leisurely and comfortable boat ride on a scenic route and CharterAbility realized my wish.



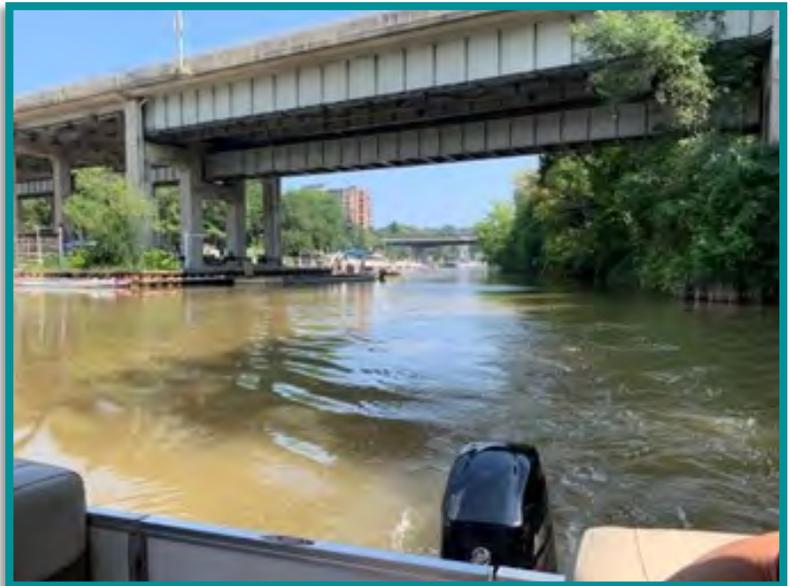
CharterAbility is a registered non-profit charity dedicated to providing accessible recreational boating for free (thanks to the sponsors and cheerful volunteer boat crew) to people who are deprived of the opportunity due to their physical limitations or personal circumstances. Its operation is funded entirely by community donations, government grants, corporate sponsors, and fundraising events.

# MIND FORWARD DAY TRIPS

Every year CharterAbility takes several thousand guests to carry on its commitment to improve the lives of people with disabilities, the disadvantaged, by enabling them to spend time on the water, in safety and with dignity, relaxing in the company of their friends, families and companions.

Its dock on 16-Mile Creek connects Busby Park and is fully accessible, as are the on-site washrooms and the pontoon boats that transport guests on a forty-minute voyage of discovery into a wildlife sanctuary right in the heart of downtown Oakville.

For me, August 16, 2023 was the first time I experienced this ride, and we are grateful to Shane for giving us 2 seats (for my husband and me). The afternoon weather was a mix of sun and cloud around 25 to 27 degrees celsius. We gathered at 2:45 and once we rode on the boat, we felt the cool breeze, saw different birds, particularly egrets, ducks, beavers, turtle, kayaks, canoes, and other boats docked. We were also amazed by the well-built houses on the hill with stairs going to the dock.



# MIND FORWARD DAY TRIPS

## Charter Ability Boat Ride, Cont.

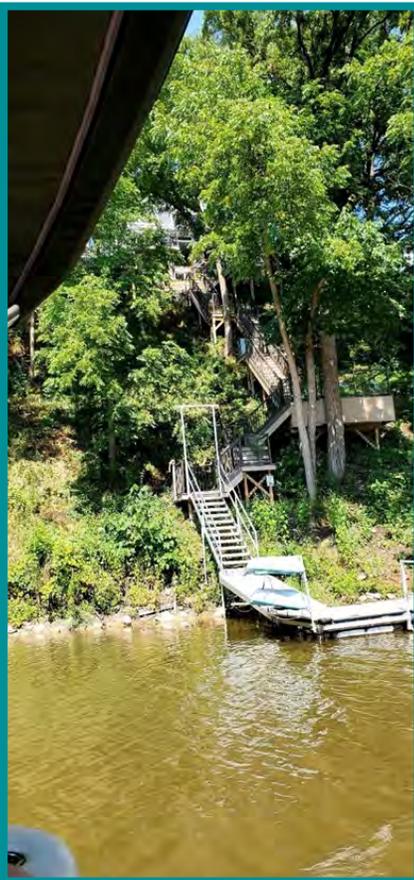


This made me more appreciative of nature, people, the serenity, and beauty all around me. I am thankful to our boat Captain Mike for being respectful and knowledgeable as he navigated the boat tour. He also answered questions and shared that he and his son Eric love volunteering for CharterAbility. If you want to be energized, this is one trip I highly recommend.

Here are some videos if you want to have a glimpse or get more information:

<https://www.charterability.com/media?wix-vod-video-id=f761d1073c8a438d860233fde91d59f2&wix-vod-comp-id=comp-kdoq0hx1>

<https://www.charterability.com/media?wix-vod-video-id=856ebc77c32747c598492b22e3fc84f3&wix-vod-comp-id=comp-kdoq0hx1>



# MIND FORWARD DAY TRIPS

## Beertown Public House

### Mind Forward Outing

by Ryan



During the last week in July, Mind Forward went to Beertown Public House for lunch for the last day of cook and carry at the YMCA Oakville. As being the person who knew the menu as somethings on the menu remain the same they do also have multiple items added and replaced on the menu throughout the year. The main item that stays the same is the brisket which is smoked for 18 hours before it gets served to the customer. Half way through the smoking process my brother takes the briskets off and wraps them which help keep the juices in and the meat tender and moist.

The fried chicken is amazing as well marinated with buttermilk and deep fried. I could also talk about all the different types of beer that they have which is a lot to mention here. All the sauces are made in house, as well everything on the menu they have a vegetarian/vegan and gluten free option for. Beertown has many different craft beers if that is your thing then they have many different ones on tap, or can. Their brunch menu is great as well and you are also not just limited to the brunch menu you can order off the regular menu as well as the featured menu. Their feature menus constantly change throughout the year.

# MIND FORWARD EVENT

## The 3 Chunky Monkeys



One of the Chunky Monkeys with Kyle

- Jessica

They have raised money for Sick Kids in the past and now they are raising money for Hospice Vaughn. They are a charity band and they play music with their ukulele playing father. The names of the three daughters are Aviana (6 years old) she is the boss of the band, Serene (10 years old) who created the band and the band t-shirts and Jessica (12 years old) the main vocalist.

Glimpse at the Chunky Monkeys: <https://www.youtube.com/watch?v=pJ60KgWl-Eg>

# MIND FORWARD EVENT



"The Chunky Monkeys" are a charity band created by 3 sisters who learned to sing around a campfire. They raised money for the SickKids foundation for the last three years, through Covid they continued to perform and raise money for charity. Their niche and preferred audience have always been the elderly, either on the streets of Woodbridge busking or in retirement homes. The Chunky Monkeys recently opted to change their focus from SickKids to a more local organization, Hospice Vaughan. This past summer they performed 18 times over a 2-month period raising \$1001 dollars for Hospice Vaughan. The sisters are continuing their mission of raising money for charity and making audiences happy. To book a charity performance just email:

[The3chunkymonkeys@gmail.com](mailto:The3chunkymonkeys@gmail.com). THE CHUNKY MONKEYS "A charity band for Happiness."

# THINGS TO DO

## Things to Do in the Fall



- Jessica

The Fall is a beautiful season and has lots of great changes. I love that the leaves change colour and the temperature is slowly starting to get cold before winter comes. It is also nice that the Fall has the Halloween season in it and you get to see everyone dress up and come for Halloween candy. For this article I am going to talk about things you can do during the Fall!

### Decorate your house for Halloween or Thanksgiving

I put this as my first thing you could do for Fall since Halloween is during the month of October. I can not wait to decorate outside for Halloween after Thanksgiving. We usually decorate for Fall first and then put out our Halloween decorations out after Thanksgiving.



### Pick a Pumpkin at a Pumpkin Patch (Springridge Farm)



Springridge Farm is a Farm in Milton and has lots of great fall activities. They have wagon rides and lots of pumpkins to pick from. Additionally they have farm animals you can look at and antique tractors. It is a great farm with lots of fun things to do.

# THINGS TO DO

## Go to Pumpkin Fest at Downeys

It is a great family place and they have lots of things for your family to do. They have wagon rides, farm animals, puppet shows and live entertainment. Another interesting activity they have is a corn maze and it has lots of different path ways.



## Carve a Pumpkin



An activity I enjoy doing over the Halloween season! I can't wait to buy a pumpkin from the grocery store and to look up cool carving ideas online. That is what we did last year I found a really great pumpkin idea online and then we followed it and made a great jack-o-lantern.

## Go on a Haunted Walk

Toronto has some great haunted walks with ghost stories. They have private tours for groups of under 20 people. If you have more than 20 people then you have to submit a private tour request on their website. Very interesting the tours are dog-friendly and you just have to make sure your dog is on a leash, then your whole family can be a part of the walk.



# THINGS TO DO

## Things to Do in the Fall, cont.



### Oktoberfest Brewery Tour—Toronto

The festival is a two day event that celebrates food, drink, music and dance of Bavarian culture. They play traditional and modern German/European music. The food also looks really good! They have Curbside Dogs and a Mustache Burger.

### Visit a Ghost Town—Balaclava, ON

It is located in Renfrew County and is a lumber town and only has 200 people in it. It is located in Renfrew County and was forced to shut down in the 1950s due to lack of timber in the area. They haven't actually seen a ghost in this town but they said the way the town looks is a classical ghost town.



### Visit a Haunted Farm - Fear

One ticket allows you to access all 6 haunted attractions. It costs around \$58.99 to go to the fear farm and see all of the attractions. The farm is for children over the age of 16 so it must be scary! You can bring younger children but they might get scared

so be aware of this! It says though that no one under the age of 8 is allowed to go to the farm.



# THINGS TO DO

## Go to a Fall Fair

Cities and towns usually have a fall fair, the Milton fall fair is the one we usually go to. At the fall fair they have Hands on Exotics to look at animals, line dancing, truck and tractor pull, and a classic car show. Lots of great activities to check out with your family!



## Go to Springridge Farm

Another farm in Milton with fall decor and fall activities. They have a really nice barn market with gifts, preserves, a bakery, and stuff you can buy for your home. They also have fresh pumpkins for pumpkin carving or to make a pumpkin pie.

## Bake pumpkin seeds

Online they have lots of different recipes with seasoning to put on the pumpkin seeds. One that I thought looked really good was a sweet and spicy one. You put oil and then brown sugar, cayenne pepper and black pepper on the pumpkin seeds before putting them in the oven to bake.



# THINGS TO DO

## Things to Do in the Fall, cont.

### Pumpkinferno



Located in Upper Canada Village, it has an outdoor exhibit with over 7000 artistically designed and hand carved pumpkins. It has lots of illuminated pumpkins that are displayed along the paths of the village.

### Go to a Maple Syrup Farm

There are lots of maple syrup farms in Ontario here is one that I thought looked really good since they shared pictures of their maple syrup candy! It is located in southeast Ottawa. At the farm they have an activity centre, walking trails, maple taffy on the snow, tractor drawn rides and barn animals.



# THINGS TO DO

## Day Trip to Glen Eden at Kelso Conservation Area in Milton

During the month of October, you can ride the chairlifts of the ski hill at Glen Eden to see the Niagara Escarpment from up and above. Glen Eden is located in Kelso Conservation Area in Milton which is famous for summer activities like hiking and mountain biking.



## Pumpkins after dark



At Heritage Park in Milton they have a Pumpkins after Dark it is an outdoor Halloween event. Featuring over 10000 hand carved pumpkins. They also have new pet nights every Wednesday and live pumpkin carving demonstrations.

# DAY TRIPS



## Skylon Birthday Outing by Xiao

In August, my cousin took me to Skylon and Red Ganache to celebrate my birthday near Niagara Falls.

The highlight dessert was a sweetened pastry like cheese and ham sandwich with green sprouts from a highly rated restaurant called red ganache. While shopping there, a happy bride who went to order cakes for her wedding entertained me with jokes while I was waiting for my food to be prepared and even the chef looked stunningly beautiful, like a fashion model.

I also had a filet mignon from skylon, but forgot to photograph it so I took the photo off the website, trip advisor. The filet seemed like a makeshift imitation rather than an authentic filet mignon because it was extremely fatty and filet mignon is supposed to be the leanest cut of steak you can get at a steakhouse. I was the only one in our group of 7 that ordered any kind of beef so I could not compare my steak with theirs for verification to find out if it was real filet mignon.



# DAY TRIPS

For the appetizer I did a trick, I mixed the scallop and shrimp Provençal sauce into my calamari because I found the herbal flavor of the Provençal to be more expressive than the white calamari dressing and more saturating and sophisticated than the cocktail dressing it came with. It also softened the hardness of the over cooked calamari. My cousin is a highly educated food detector and I think they were worried we would complain about food hygiene cause everything we ate was over cooked.

The restaurant also has a delightful clam smell as soon as you walk in and reminds me of sea world in Disney, which pumps their air with salted oxygen to give you a beach like mood when you visit their resort and I believe they pumped the restaurant with salt to make you crave seafood.



# PEOPLE

Client Advisory Resource Executive: [ClientAdvisory@mindforward.org](mailto:ClientAdvisory@mindforward.org)



## CLIENT ADVISORY RESOURCE EXECUTIVE

### Giving Clients a Voice

#### Who are we?

We are all clients who have lived with an ABI.

#### What do we do?

We advocate for positive changes with the senior staff at Mind Forward.

We also are informing and encouraging the community to become more involved with people who have disabilities.

### FAQ

#### How can you get involved?

There is a business letter on how to donate gift cards to MF that will help clients directly.

For example, if someone moves into an apartment and has nothing, they will need basic living items. Sometimes there may be emergency need for essentials for other clients. The staff also likes to hold events with gift cards as prizes.

If you could take a letter and pass it to someone with a business who may want to help, it would be greatly appreciated!

Contact Ashley Budd for more information at: [Ashley.Budd@mindforward.org](mailto:Ashley.Budd@mindforward.org)

(905) 949 4411 ext. 240



Client Advisory Resource Executive

# CARE

MIND FORWARD  
Brain Injury Services

Are you ready to CARE with us?



Flora



Frank



Alanna



Anjula



Nigel

# Spotlight

I just want to make the largest impact in the field of ABI, and drive the brain injury field forward.

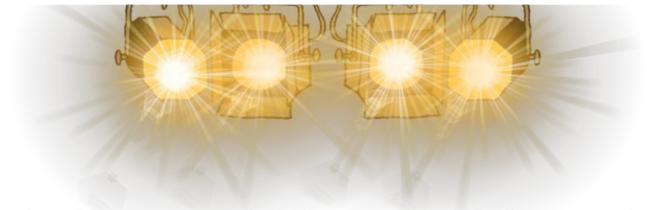
-Mike

**What drives you, and do you have any future ambitions?**

What drives me in this field is that I have several family members with brain injuries or concussions. My sister, uncle, and good friend who was my mentor have different levels of brain injury. It's always been something I've been connected to and - with my heart. My real ambition has nothing to do with positions or title. I just want to make the largest impact in the field of ABI, and drive the brain injury field forward.

**What do you say to someone who thinks you are doing it out of ambition?**

I've been here for nearly fifteen years. I've run two of my own businesses, held multiple jobs at the same time, and leadership roles. I'm not at Mind Forward for a role or a paycheck, but for the mission.



*Mind Forward Director of Operations*

**Mike Redgers**



**Are there any challenges you didn't expect, now that you've been in your position for a number of months?**

Every time I've changed positions, there's been more weight of responsibility, different responsibilities. From someone coming from a hands-on background working with clients, moving more into a business-type role, I'm feeling the weight of something I didn't go to school for.

**Is the weight of responsibility unbearable?**

No, it's not unbearable.

**What kind of client care do you give? How has your role changed?**

Right now I give little to no client care, which is a struggle for me. Moving into senior management and director -- the difficult part is that I'm taken further from client care.

When I came in it was a relief position. I then worked at PHABIS west full-time, as CPF, RP, Case Manager, basically all the positions.

**What is your five year plan?**

That's a hard question. I think getting comfortable in my role, and developing a deep strategic plan. Building awareness, social media, and demonstrating Mind Forward is a thought leader in the field of brain injury.

**What is a typical day?**

Espresso. I'm more of a desk jockey.

**What did you use to teach?**

Elementary school. I taught children with behavioral needs in a variety of different classrooms and grades. One year I taught high level behaviorally challenged children.

**What are some of your favorite jobs you've completed as a handyman?**

Lately I've been trying to get handy with my feet - but that's posing a challenge. Years ago I built a beautiful stone fireplace. During the next decade, an ambitious project is moving to an old bungalow that needs lots of TLC.

**How did you learn some of those skills?**

Pure stubbornness. My mentality is if someone else can do it, I may not be able to do it as well, but I can learn to do it.

At Mind Forward, that stubbornness translates to Data analytics - I had to research how to work with data.

**What are some of your favorite hobbies for personal development?**

I used to do a lot of yoga. It's actually how I met my wife. We both worked at a yoga studio 14 years ago.

I grew up studying martial arts which taught me self-discipline, respect, and honor.

Rock climbing involves getting outside your comfort zone. Going outside of the box and pushing limits shows you that you have no limits, and that you can push through. It means breaking confines I place on myself to really understand where my limits may be or not be and get to know myself better. Facing fear and pushing through translates for job interviews or things I'm afraid of. I conquer that which helps me to push through other things.

**What are some of your craziest experiences while rock climbing?**

We take as many precautions as possible to minimize crazy experiences. I've gone deep into exterior climbing in back country, different back regions, did one week in the Adirondacks in the cold at 60 degrees, with poor weather conditions. Ice climbing. It scares me and that's why I do it.

**How do you deal with jetlag while traveling?**

I just have to press forward in different time zones.

**Is the equipment you use fairly pricey? Or affordable?**

You can find a lot of it second hand from Kijiji or equipment swaps - things like sleeping bags. It depends on what you're looking for.

**What about climbing the Hamilton escarpment?**

You still need proper equipment for that - ropes, harness, and helmets to be safe.



**Are you a book reader? Favorite author and book?**

I read nonfiction. My favorite book is called "Into Thin Air". It's a climbing documentary from 1997, about climbing Everest.

**Do you have any favorite songs, bands, artists, and groups?**

Growing up, I was musically inclined and played different instruments. I was very genre specific and enjoyed Neil Young. I've now moved to a position where I'm listening to a lot of different music and bands. I have no favorite bands or genres, and enjoy all styles.





# Cafe



## When?

Tuesday Mornings, 10:30 PM - 1 PM

8-WEEK SESSION (\$40.00)  
September 5 - October 24, 2023

16-WEEK SESSION (\$80.00)  
September 5 - December 19, 2023



# *Where Are They Now?*

## *Interview with Paul S.*



**Ivona - Where are you now?**

Dorval.

It's good, But I could be doing more through the days to keep yourself busy.

**Nigel - Can you speak French now?**

**Shane - Have you learned any new languages while away from Mind Forward?**

Turkish, a bit of Japanese

**How do you learn these languages?**

I pay attention to people while they speak in different languages and ask questions from people who know different words in different languages.

**Ivona - What do you like to do for fun in the city?**

I like to walk around the neighbourhood around my house. I live near an airport and like to watch them fly by. I stay awake as much as possible.

**Nigel - On a scale of 1-10, how much do you miss Mind Forward?**

I miss it a lot. 10, because you guys and girls were Number 1.

**Paul M - Are you keeping it real?**

LOL. Haha!

**Anj - What is one goal you're working on right now?**

Learn more languages. Thinking how I will see you guys and gals.

**Jessica - What do you like the most about living where you are?**

Fresh air! Where I am, I sit at my computer right next to the window and there is always great fresh air. Quietness and calmness.

**Nigel - Have you met a lot of people?**

No really. It's kind of been hard to make friends but I do what I can.

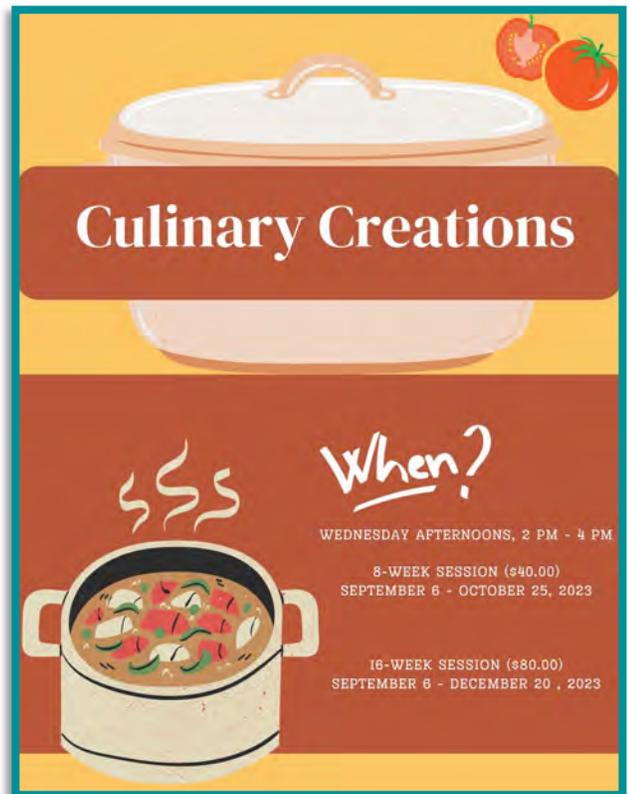
Xiao - Are you eating more French food? No, I'm eating more Turkish food.

Xiao - What language do you mind the hardest or sounds the funniest.

I don't like to look for a language that sounds funny. Because in the long run that's just putting it down.

Nigel - When you were here, you were friends with a lot of people.

Nigel - You have a lot of friends here, Everyone wants to know how you are doing.





## How Was Mount Everest Named?

### Learning Segment with Sanjay

The highest peak that people dared to climb or conquer was Mount Everest, this always leads to the question, how did it get its name.

Everest was named after a person called Sir George Everest who was sent from Britain to India as the Solicitor General in the year 1830.

Funny fact, Sir George Everest never climbed Mount Everest (named after him) or went anywhere near the mountain nor ever tried to calculate its height from the ground.

The person, with his work and name lost in history, was an Indian person from Calcutta or now called Kolkata in Bengal, a state in East India, Radhanath Sikdar, an expert in trigonometry and a mathematical genius. Sir George Everest hired him to join his team under the title of Computer.

Please be aware that this is the year 1830 and not an era of computers. Radhanath Sikdar was tasked with finding and calculating the actual height of the mountain.



The irony of the whole naming ceremony is what was Sir George Everest contribution, his only worthwhile act was to research and find Radhanath Sikdar to use his genius and mathematical acumen.

In the year 1842 Sir George Everest retired and returned to his home in England. The person who was appointed was Colonel Andrew Scott Waugh to become and to take over as the Solicitor General of India.

Please note that Mount Everest was called Peak XV or Peak fifteenth. Col Waugh tasked Radhanath Sikdar to concentrate on finding the height of the mountain.



After years of work in the year 1852, the actual height was calculated by Radhanath Sikdar. He determined this was the highest peak known to man, but he was not content and went over his calculations all over again checking for errors. In the year 1856, Radhanath Sikdar was convinced his calculations were correct and this was the highest peak.

The height was announced by the colonial rulers of India. Now came the task, what name should be given to this peak?

Colonel Waugh chose the name Mount Everest in recognition of his predecessor, taking away any contribution of Raghunath Sikdar who was from India, an India under the British colony rule.

The one person who did so much to gather information, work long hours of his life was overlooked and the name given to a person who did nothing but hold the title as Solicitor General of India.

Something to think about, for me it was the learning aspect that drove me to capture this in this article for all of us.



# Crocheting

by Ann



Crochet dishcloths or washcloths, are a must for your kitchen or bathroom. They make cleaning a breeze and are an excellent reusable substitute for paper towels. The natural cotton combined with the texture of crocheted fabric make them ideal for washing dishes. They can also be used as bath sponges. Knitted and crocheted dishcloths make excellent gifts and are fun and easy to make.



**Brunch & Binge Program**

*When?*

Friday Mornings 10 am - 12 pm

**8-WEEK SESSION (\$40.00)**  
September 8 - October 27, 2023

**16-WEEK SESSION (\$80.00)**  
September 1 - December 22, 2023





# Proverbs

by Xiao



## FIRST NORTH AFRICAN PROVERB:

“A beautiful thing is never perfect.”

### My Thoughts on This:

When somebody is weak, it gives us a chance to be compassionate

When somebody is slow, it gives us a chance to be meditative

When somebody is scared, it gives us a chance to be gentle

When somebody is flawed, it gives us a chance to be gracious

When somebody is successful, it gives us a chance to be grateful

When somebody is far, it gives us a chance to be busy

The limitations that limit our money, are the opportunities that open our morality and meaning

**SECOND ABORIGINAL PROVERB** by Dan George: “Without love our self-esteem weakens.”

### My Thoughts on This:

In the same way that our bodies thrive when there is a variety of vegetables in our diet, our minds thrive when there is a variety of solutions and thoughts.

When you give up empathy and compassion, you close the door to emotional variety and you end up closed in black and white thinking, because your emotions pivot between aggression and passivity, and you do not experience the positive spectrum of feelings between or outside these two baselines habits.

Love, gives you the confidence to view people as humans, brothers and sisters, and co-existing fellows and ladies, not as rivals, threats or pawns in your battle for power and control. This builds your emotional experience so that you appreciate your life, your friends, and yourself more.

When you become an enemy of human beings, you become an enemy of the humanity inside yourself as well.

But when you are a friend of kindness, you are kind and friendly to yourself too because humans were made to bless people with their words and thoughts and not to hurt them.

This is why we feel happy when we say good things and unhappy when we say bad things.

# DIY Halloween Decor

by Alanna



Here are some EASY, more “mature” ways to transform your space into a more classy haunted house.

Black spray paint is an easy way to add mystique!

Candles... Pumpkins... Bones... add some sparkle glitter, to make it more festive.

One great idea; stand a black candle in the opening of a (DISPOSABLE) bottle, light the candle, let burn a few minutes, to allow wax to drip down the edges, then extinguish the flame.

## GHOSTLY BOTTLES

Another easy décor idea - Cut “Spider Web” out of black construction paper. Put in “strategic” areas, across corners.

Porch Ghost - Strategically suspend a white sheet.





# Paper Spider Web #1



Mind Forward's  
**SPOOKY  
DANCE PARTY**  
FRIDAY, OCTOBER 27  
at 3:30 - 7:30  
176 ROBERT SPECK PWY, MISSISSAUGA

**\$10 PER  
PERSON**

COSTUMES. EAT GOOD FOOD. WIN PRIZES. MUSIC. FRIENDS. PARTY!

# DIY Pumpkin Carving

by Alanna



## DIY PUMPKIN CARVING

It's that time of year again - HALLOWEEN Pumpkin Carving can be a FUN FAMILY ACTIVITY.

In case you're a First Timer, I'll walk you through 2 SUPER EASY Jack-O-Lantern ideas to get your spooky juices flowing!

### BLACK CAT

This doesn't require much carving. Just 2 small almond shaped eyes, something you attach as ears, and LOTS of black spray paint.

### VAMPIRE

SUPER simple! Cut a "mouth" hole, then glue some plastic vampire teeth in place. Sit the pumpkin in a black doily, paper, or fabric; to create the "cape".



# How to Become a Better Bowler

by Ryan



Here in this article I will give the Techniques required to improve your game and become a better bowler, and get higher scores for each game. The first thing you will want or need to do if you are serious about getting into bowling, and joining the leagues throughout the year, is to get your own ball, bowling shoes, and bag to carry all the equipment. Believe me, one of the best things you can do is to get your own ball. Getting it fitted to your hand properly is the first key to increasing your overall experience.

The technique I will be talking about is one of your stance and position before approaching the lane. The first thing you want to adjust is your overall swing and release of the ball, keeping your elbow and wrist against your hip as you release the ball. The ball upon release will travel down the lane based on the movement of your wrist; turn your wrist too far to the left or right it will end up in the gutter every time. Keep your wrist and elbow straight and it will go straight into the pocket; pocket is a term used for going down the middle of the lane. The point is, if your wrist and elbow are straight before the release, the chances are greater that you will knock some if not all the pins at the end of the lane down. The other part is you don't want to throw your ball up upon release.

The only time you should lift the ball is to take it out of the ball return before you approach the lane. Positioning to the lane involves your footing; if you throw right handed you lead with your left foot. Take three steps to the lane one, two, and three. The third step should be with your opposite foot, and that also makes all the difference to improving your game. More importantly besides all of these tips, have fun.



# TRAVEL & ENTERTAINMENT

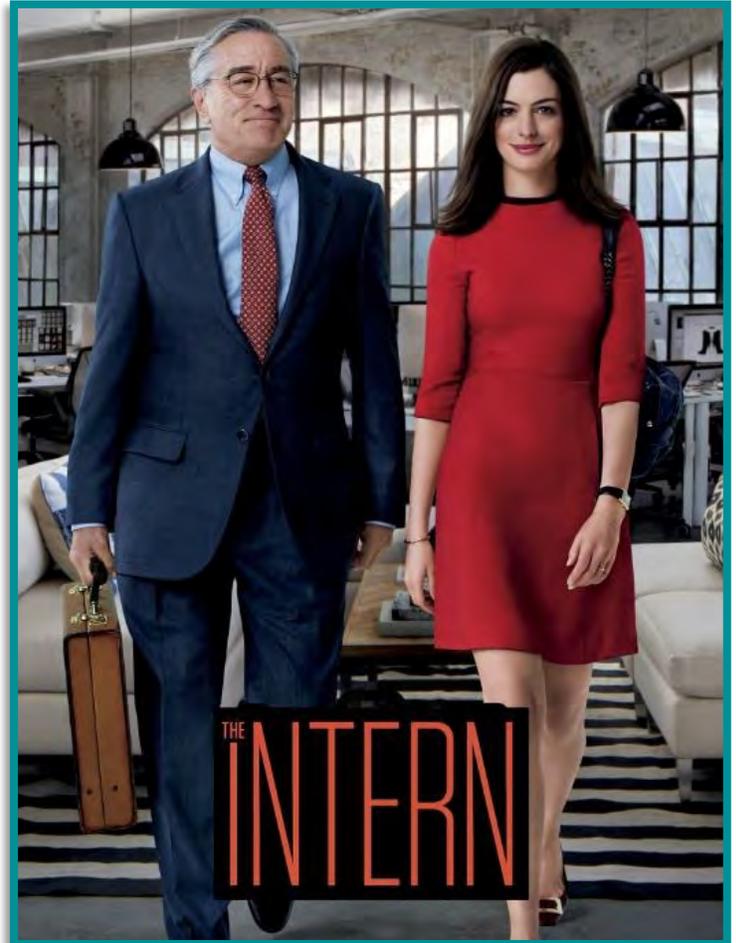


Digna



The Intern is a movie about Ben Whitaker, a retired, well-off widower in Brooklyn who's bored with his current, pleasant mode of living. He decided to apply for a newly created position in "Senior Intern Program" at an e-commerce company called "About the Fit" with Jules Ostin (played by Ann Hathaway) as founder and CEO.

Ben is played by Robert De Niro whose character is alert, competent, charismatic and wants to be useful whenever he can. He was paired with the CEO and initially had a hard time being of service to her. He eventually managed to get into her good graces because of his friendly, mature, and genuine personality.



Ben's internship happens to coincide with a challenging period in the growth of Jules' company. The company's investors, while delighted with its success, wanted to bring an outside experienced CEO. Although it is possible that Jules could be ousted from her own company, she still dutifully interviewed prospects.





Ben came to know Jules better and maintained a careful, empathetic watch not only on her personal life but also on what was happening in the company. He genuinely looked up to Jules and offered her the advice that the thing to do is be tough and go after what she really wants.

I love the fabulous and impressive cast, their acting, script, and overall directing. It was an entertaining, inspiring, and feel-good movie. It was able to blend perspectives and approaches of different generations. The Intern was able to share his wisdom and talent and bring joy to his life once again. He became a mentor, motivator, confidante, and a dear friend to his coworkers. I rate it a 9 out of 10.



Mind Forward has a movie group on Thursdays 3-4 pm! Movies will be on Netflix and decided by suggestions and voting. Join us on Zoom for some fun discussion!

# Our Trip to B.C.

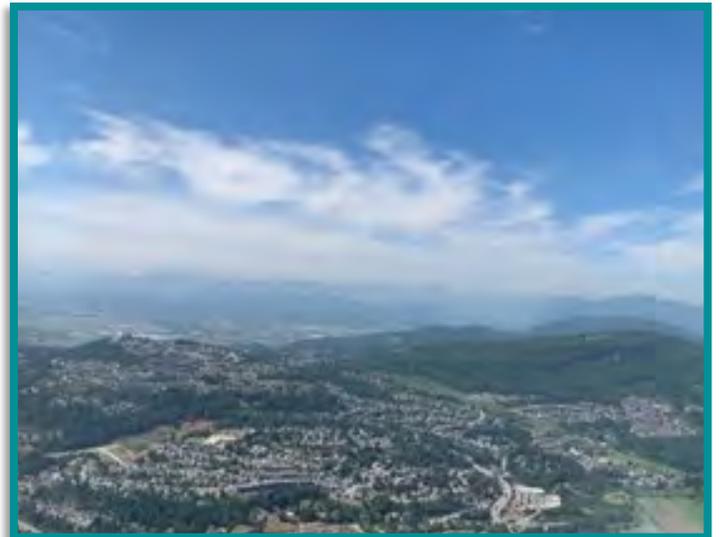


Digna



Our trip to BC was a real breather and enriching moment with our relatives who moved from London Ontario. This was our first trip to BC so we were all excited. We experienced firsthand how they are in their new environment, complete with majestic mountains, scenic and interesting sights, events, and other adventures. Our vacation, although short, was fun, eventful, and memorable.

Our trip had some perks: we were able to avail promotional airfares. We figured this was the opportune and convenient time for all of us to explore different places near where we were based.





From the aerial view, we were delighted to see mountains and lush vegetations and not wildfires. When we arrived, it was sunny and invigorating. Our relatives picked us up at the Abbotsford Airport, about 40 kilometers from Chilliwack. We lost no time updating each other, sharing stories on our latest happenings, plans on where to go while visiting.

We reached their home in Chilliwack, a penthouse on a four-storey condominium, near groceries, hospitals, churches, and other essential establishments. It has a view of the surrounding mountains from their 2 balconies on 4 corners of their unit.

The next day, we went to Victoria Island, via BC Ferries with our car. We stayed at Victoria Marriott Inner Harbour Hotel, courtesy of our relatives. Then we went to Fisherman's Wharf and savoured the fish and chips and clam chowder.

Later we visited the BC Museum which featured the Angkor Wat and also viewed via Imax. That night, we decided to relax and enjoy the hotel jacuzzi and swimming pool. The next day we visited the Vancouver Aquarium then went back to the ferry. We had dinner at the Jasmine Garden Seafood Restaurant in Abbotsford, BC.



## Our Trip to B.C., cont.

We also enjoyed participating in the online Lions Bingo game. Although we did not win, we had fun stamping our cards while the numbers were called. The following days, we visited Harrison Hot Springs, Cultus Lake, and Bridal Veil Falls.

These mesmerizing sights and experiences renewed our minds and spirits. Vacation inspires and strengthens relationships. Life is meant to be lived, savoured and shared. We were glad to visit them and they too were happy to share their home, blessings, experiences and show us around.





# Mind Forward Brain Injury Services

Mind Forward Brain Injury Services is a non-profit charitable organization, completely funded by the Ministry of Health and Long-Term Care (MOH & LTC) and Ontario Health to provide community-based rehabilitation and life-long support for adults whose lives have been touched by acquired brain injury.

Since 1992, Mind Forward has been committed to offering services to all individuals touched by brain injury (including clients, family members and caregivers) based on an assessment of the individual's needs and through a team approach to service planning and goal-setting. The client and significant others are welcomed as members of the program planning process, along with our staff and other experts.



## Contact Us

Give us a call for more information about our programs

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Visit us on the web at  
[www.mindforward.org](http://www.mindforward.org)

**Mind Forward Brain Injury Services**

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