

Step-Up News

March 13th, 2021



**Wake up ! Wake up !
Hurrah ! Spring is here**

When the cold shadows of Winter are gone,
With wide-open eyes from now on,
Invite the soft sunlight in,
To stir the soul asleep deep within.

Stretch out your hands. Touch with finger tips
The beauty of the flowers, where the honeybee
sips.

Look around at the breath-taking view.
Nature is growing as splendour for you !

Take its hand gently. Smile into its eyes.
Turn to the East. Drink in the sunrise.
Wrap your arms around nature
To make its heart sing.

Whisper to it softly,
It is Spring ! It is Spring ! It is Spring !

By Doreen ~ 1969

“Never Ignore A Possible”

REMINDERS

Wed, April 7th, 2021

1-3pm, Milton

Next Pick-Up date for the
Spring Prep at Home
Workbook Program

Sat, April 17th, 2021

Client and Staff Reports
and photos appreciated
by April 15th.

Looking forward to
reading and seeing
EVERYONE's SHARES.



Happy Birthday Wishes

Sing along to send Best Wishes from the Prep to Step-Up Circle for a very Happy Birthday to:

https://youtu.be/_z-1fTISDF0

Josh - March 9th

Zain - March 12th

Brittany - March 19th

Madison - March 25th

Kyle - April 12th

Shaun - April 15th

Sign-up ASAP!

The next Prep at Home Workbook Program starts soon.
Please spread the word - the more the merrier !

Prep at Home Workbook Program:

'Springing' Forward Together ! April 7 - June 17, 2021

Cost: \$500.00 (This includes resources to complete the program)

Payment by **eTransfer** (doreenmccall@gmail.com). Receipts issued promptly for **Passport reimbursement**.

For more information or to register your interest, please contact Doreen McCall doreenmccall@gmail.com or 905-699-2269. Calls Welcomed.

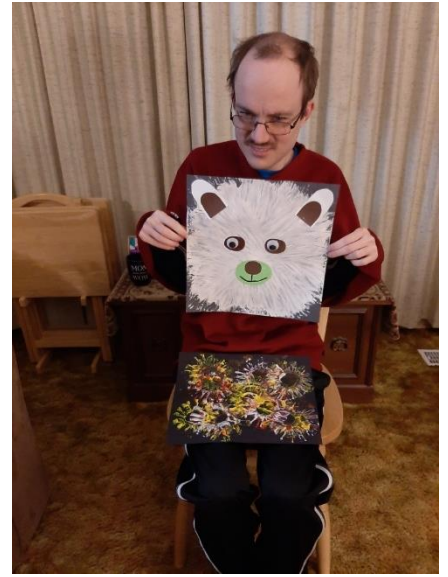
The program includes 2, 45 page full colour workbooks, professionally written and designed for Neurodiverse Adults and available in 3 levels of ability.

The workbooks are complemented by 9 Zoom sessions; 3 per month to encourage conversation and socialization.

The Prep at Home Workbook Program has been encouraging consistency and routine to the Client's week of staying at home.

"Never Ignore A Possible"

From the Prep Circle



The Joys of Spring

The season of Spring holds promise of longer, brighter days. Although there will still be chilly days for a while, it is only temporary. Warmer, sunnier days lie ahead.

How quickly the gardens transform after the snow has all melted away ! It is amazing how many plants survive under the snowy winter blanket. Days warm up and with April showers, green plants and flowers shoots appear almost overnight it seems. The trees start to grow their new leaves. Animals and birds return to the garden.

We are so lucky to live here in Canada. There is so much to see and appreciate. Spring brings a new attitude for all the beauty around us. I can't wait to get outside and smell the flowers ! Happy Spring my friends ! Enjoy but stay safe !

Love, Anne



"Never Ignore A Possible"

Celebrate St Patrick's Day - 17 March



1. Leprechaun Hat - [Leprechaun Hat Craft For Kids To Make \(activityvillage.co.uk\)](http://activityvillage.co.uk)

Videos

1. A Celtic Clap Along - <https://youtu.be/QP-sh08uEWc>
2. Together Apart - <https://youtu.be/z9gMQjvIrqg>
3. Happy St Patrick's Day - <https://youtu.be/py3cvo1vqSE>

Springtime Inspiration

1. Animals in Spring - <https://youtu.be/9M2wK3mFJ34>
2. Spring is here - https://youtu.be/Qhv29_M-P5Q
3. You're braver than you believe - <https://youtu.be/9tRepZdoRmY>

