

MAY 2019

FRIDAY, May 3rd, 2019 Client Council



Health Chat:
 Today we will be talking about Stress! Are you Stressed? Our main focus will be on techniques to relieve the tension.

FRIDAY, May 10th, 2019



Today we will be chatting about Mothers! Bring in something that reminds you of your mother. We will also be recording a special VON video today!

FRIDAY, May 17th, 2019



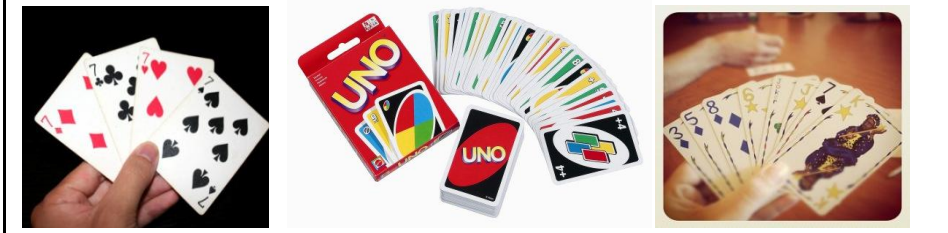
Victoria Day BBQ! We will be joining forces with the ADP for a fun filled day of games, sunshine, and music.

FRIDAY, May 24th, 2019 VON WEEK



Today we will be making blueberry pies and topping it off with Vanilla Ice-cream to honour VON Week.

FRIDAY, May 31st, 2019



Card Game Day
 We will be playing card games today. Let the staff know of any of your favourites! I look forward to a fun and competitive afternoon.



May



happy birthday

May 17th –

Here is the requested recipe!

Cadbury Mini Egg Cookies

- 2 ¼ cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup unsalted butter, softened
- ¾ cup brown sugar
- ¾ cup sugar
- 2 tsp vanilla
- 2 eggs
- 1 ½ cup Mini Eggs, chopped in half

1. Preheat oven to 375F
2. Combine flour, baking soda and salt.
3. In large bowl, beat together butter, sugar, brown sugar and vanilla until smooth and creamy.
4. Add eggs and continue to beat until well combined.
5. Add dry ingredients and beat until the dough is mixed.
6. Add mini eggs to dough and gently stir.
7. Drop spoonful of dough onto parchment lined baking sheet.
8. Bake for 10 to 12 minutes or until edges are golden.

may the sun
bring you new energy by day,

may the moon
softly restore you by night,

may the rain
wash away your worries,

may the breeze
blow new strength into your being.

may you walk
gently through the world and know
its beauty all the days of your life.

-apache blessing

MEDITATION: Defined

“To think deeply or focus one’s mind for a period of time, in silence or with the aid of chanting, for religious purposes or as a method of relaxation”

5- Minute Meditation Plan!

1. Choose your position. This can be sitting, standing, out for a walk or lying down.
2. Set a timer to five or ten minutes. Close your eyes, or take a relaxed gaze.
3. Take a deep breath and slowly release any tension throughout your body. Just bring your awareness to the tight places and consciously breathe into them.
4. Bring your awareness back to your breath. Follow the breath in and out of your nose. Bring your attention back whenever you find yourself distracted.
5. Continue to bring yourself back to your breath until the timer goes off.