

April

Jackie's Celebrity CORNER

Tasha Fundamental Skills

What do you like to do in your spare time?

Colouring, word searches, cards and sometimes

What is your favourite food?

Tacos

If you could be any animal what would it be?

Horse

What is your favourite Movie?

Harry Potter and Mama Mia

Who are some of your friends?

Lindsey, Candace, Chris, Max, Jerry, Connor, Derek and Jo Jo

Baggins

Who do you live with?

My sister Lindsey Loo

Do you have any pets?

No

What is your worst fear?

Nothing

What is a city or country you would like to visit?

Bahamas and Mexico



FUNDRAISING Updates

Home Depot has been hard at work prepping, priming, painting and installing floors in our

Administration and Executive Director's offices. They have also offered to do a little extra on the entrance.
THANK YOU!!!!!!



SWag Line



Contact Jackie to see more options..
JackieC@alternativesptbo.ca or
(705) 742-0806

AVOCADO TOAST

- One 8-ounce ripe avocado, halved, pitted and peeled
- Fine salt and freshly ground black pepper
- 4 slices whole grain or whole wheat bread
- 1 clove garlic, peeled and halved
- 2 tablespoons extra-virgin olive oil or unsalted butter, softened
- Flaky sea salt, for serving
- Crushed red pepper flakes, optional



Directions

Mash the avocado with a fork in a shallow bowl until chunky. Season with fine salt and black pepper. Toast the bread until browned and crisp. Lightly rub 1 side of each slice with the cut side of the garlic until fragrant; discard the garlic. Lightly brush the toasts with oil, and season with fine salt and pepper. Divide the mashed avocado evenly among the toasts, and top with more flaky sea salt, more black pepper and red pepper flakes if using.

Advanced Skills

12th Annual Spring Fling Dance/Pizza Party [on April 5th!](#)

*Welcoming everyone Alternatives supports including the partnerships with Adam Scott, Crestwood, Holy Cross, Kenner, Norwood and St. Peter S.S.

*We are very excited once again that Alternatives is able to offer a fun event free to the 250 plus individuals we support.

*This would not be made possible if it wasn't for the amazing support and generosity of our community partners.

*Big thank you to:

*The Venue who holds our event each year at a discounted rate 🍷

*DJ- Jeff Richards who donates his services and time and really gets the party started 🎧

*Pizza Hut on George St who's donating 300 personal pan pizzas for the second year in a row 🍕

*Tim Hortons on Monaghan who are donating Tim Bits once again and this year also supplying us with Tims coffee for the day ☕

*Old Dutch has made another donation of 350 bags of potato chips 🍟

*This event is made possible at no cost to the participants because of these amazing businesses/ people in our community!!!



Individual Support Services

This Month in ISS as the birds start chirping and the days are getting longer, we have a spring in our step! We have been actively participating as members in our community to reach our goals in independent living through cooking, cleaning and actively participating in various programs and groups within our agency and surrounding communities. Some of our clients continue to attend the YMCA to reach their fitness goals while others continue to work on enhancing their cooking skills with support from Alternatives' staff! In our evening group this month, clients have been bowling, playing pool, going to the movies and enjoying pizza and homemade sundaes! We look forward to seeing what exciting events happen in ISS during the month of April as we spring forward into the new season!!!

Fundamental Skills

After losing a few hours sleep for daylight savings time the Fundamental Skills Day Program still had lots of energy for a fun filled March Break. We had a day off Dinosaurs at Lansdowne Place, a movie and popcorn as well as baking and decorating green and white cupcakes. We also had lots of fun activities around St.

Patrick's Day, Easter and the first day of Spring with seasonal Bingos, fact, activity and math work sheets and crafts. Spring is in the air and a new schedule starting April 2.

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