

MONTHLY NEWS

SPRING 2024



COMMUNITY LIVING
Port Colborne - Wainfleet

"A Community Where Everyone Belongs"

Inspiration...

"Life is like riding a bicycle.
To keep your balance,
you must keep moving."
~ Albert Einstein ~

Minute Mystery



What has a bottom at the top?
(Keep scrolling for the answer)

DID YOU KNOW?



Albert Einstein's brain was stolen when he died?

When Nobel Prize-winning physicist Albert Einstein passed away on April 18, 1955, he left behind specific instructions. He didn't want his body to be "worshipped" or his brain to be studied so he wished to be cremated. However, Thomas Harvey, the pathologist who was on call when Einstein died didn't quite respect Einstein's wishes. Instead, he stole Einstein's brain. When Einstein's family found out, they didn't press charges or object to the theft and Harvey was able to keep the brain in two jars in his basement.

CONGRATULATIONS!

The 2024 Sports Wall of Fame inductee ceremony was held on Saturday, February 10, 2024 at the Vale Health & Wellness Centre, where **Diane Gannon** was inducted.

Diane was born on May 31, 1964, and is a resident of Port Colborne.

For 35 years, she was a Special Olympics (SO) athlete. Diane medaled at Special Olympics Provincial Games in 1996, 1998, 2000, 2012, Special Olympics National Games in 1990, 1998, 2002, and received eight medals at two Special Olympics World Games.

During the opening ceremonies of every Special Olympics event the Athlete's Oath is spoken in unison, *"Let me win, but if I cannot win, let me be brave in the attempt."* The Special Olympics spirit is more than a demonstration of superior skill, it is a celebration of each other's efforts, the joy of participation, and love of sport.

In 2003 Diane was recognized for her athletic achievements and her remarkable character when both Special Olympics Ontario and Special Olympics Canada named her Female Athlete of the Year.



Great Achievement Diane!

In the Spotlight

Ben had some great company at the Ice Dogs Game!!



and then...

THE LEAFS AGAINST THE ISLANDERS GAME?

WOW!!!

Ben sure knows how to have FUN!!



Shared by Tammy-Delhi

PUZZLE FUN
WORD SEARCH

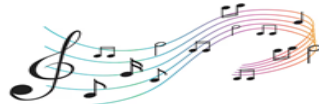
SPRING

Z M L Y V R N B X T
G A R D E N O I M X
T B Z X P O N O A F
N A V S T O O Z L R
A L T S D L L O D N
L M U H B R W L A J
P Y O K C E I E E Y
T X R R R T L B Z N
D M P S D C A D Z Q
D D S R T Y R H R G

BIRDS
FLOWERS
RAIN
BOOTS
GARDEN
PLANT

CLEAN
BALMY
BLOOM
HATCH
POLLEN
SPROUT

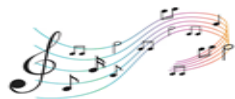
In the Spotlight



The CLPCW Annual Spring Dance was held on March 1st. As you will see by the 2 pages of photos, it was a great success! A special Thank You to Bobbie Broughton for organizing! Everyone had a wonderful time dancing and enjoying the great sounds of the *Feverish Lemons*.



Photos Shared by Susan



The Fun Continued!



WE WILL MISS YOU ARIENNE!!!

Cheers to New beginnings!
Farewell and may the future hold nothing but brightness for you.
We are grateful for the memories we've created together.



Photo Shared by Meagan

In the Spotlight

Teamwork boosts Community Living Port Colborne Willie Nelson's pop tab collection!

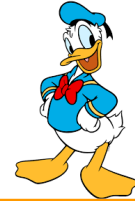
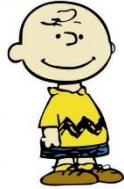


Moe's patrons Scott Molenaar and Conrad Seymour, left, helped waitress Debra Scott, right, collect a pail full of tabs for Willie, who is donating them for the Pop Tabs for Wheelchairs program.
Kudos to Willie!!

Photo from Niagara This Week

In the Spotlight

WITHOUT BORDERS



Brian (left) and Derek (right) showing off their Clock Making skills.
Impressive work!!!



Photos Shared by Cathy Verbeek

WITHOUT BORDERS

There is nothing like a little 'Me' time
Shawn thoroughly enjoyed his Spa Pedicure!



Shared by Cathy Verbeek



WITHOUT BORDERS

Sandra is showing off her blanket making skills!
Shelby was a great helper as well...good work Sandra!!



Photo Shared by Cathy Verbeek



Nothing says Spring like a visit to the Butterfly Conservatory. Hayle, Brian, Shawn and Derek took a beautiful stroll through the gardens.

Some butterflies even snuck in some cuddle time with Hayle!



Look closely on Hayle's arm and waist



Photo Shared by Cathy Verbeek

WITHOUT BORDERS

Shawn, Cathy, Derek and Brian enjoyed their walk on the trail, while Shannon, Connor, Roy and Shelby enjoyed the fresh air and sunshine while looking out at the Lake!

Life is Good!



Shared by Cathy Verbeek

Some Humour

Where was King David's temple located? Beside his ear

What did the drummer name her twin daughters? Anna 1, Anna 2

How many tickles does it take to make an octopus laugh? Ten-tickles

Why shouldn't you tell secrets in a cornfield? Too many ears

Why are peppers the best at archery? Because they habanero!

A termite walks into a bar and says, "So, is the bar tender here?"

Why do seagulls fly over the sea? Because if they flew over a bay, they would be bagels

Have you heard about the corduroy pillow? No? Really? It's making headlines!

Why wouldn't the sesame seed leave the casino? He was on a roll

What do you get when you drop a piano down a mine shaft? A flat minor

Did you hear about the restaurant on the moon? Great food, no atmosphere

What do you call a priest that becomes a lawyer? A father-in-law



May

2024

Without Borders

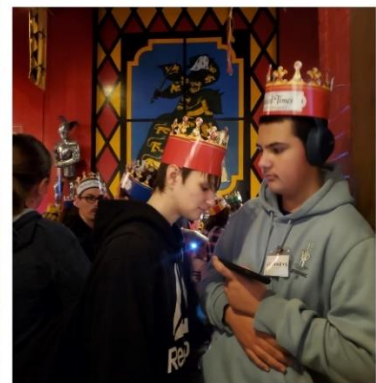


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pen Center walk Craft	2 FULL Jurassic World Exhibition spending money	3 Market bring spending money Making soup	4
5	6 Flag rising and trail clean up. B.B.Q lunch provided.	7 Thorold Library Free Bingo Bowling \$6.00	8 Library Bring your card Picnic and games in the park	9 Walk at the Vale Dollar store bring spending money	10 Market bring spending money Sensory room	11
12 Note: On the 13th pick-up will be approx. 9:30	13 Individual Proj. Golden Nugget Bingo \$10.00	14 Games Café \$6 Nature trail walk	15 Heartland forest Baking \$5.00	16 National Para hockey Championships Drink and muffin \$5	17 Mendelt music Go watch sledge hockey at Vale	18
19	20 CLOSED Holiday	21 Casino \$10.00 Horse rescue farm visit	22 Canadian War Plane Museum \$18.00 Late lunch Yahtzee	23 Craft Human society visit	24 CLOSED Due to Saturday	25 JACKFISH GAME BEAT CENTER FOR 12 PM COST \$20.00 PLUS SPENDING MONEY
26 Note: a memo will be sent for movie times before the 27th	27 Pop up market @ library Landmark Cinema \$20.00	28 Make Brunch no lunch needed. Bocce ball	29 Individual projects Nails @ Gala nails \$25.00	30 Feed the ducks at Welland recreation canal In house Bingo	31 Mendelt music Waverly Beach accessible walk	

Email withoutborders@clpcw.com or call 905-835-8941 ext 786 to register

In the Spotlight

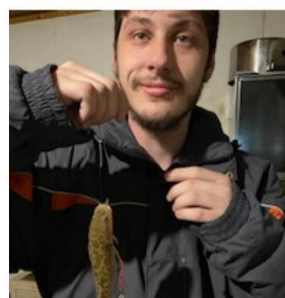
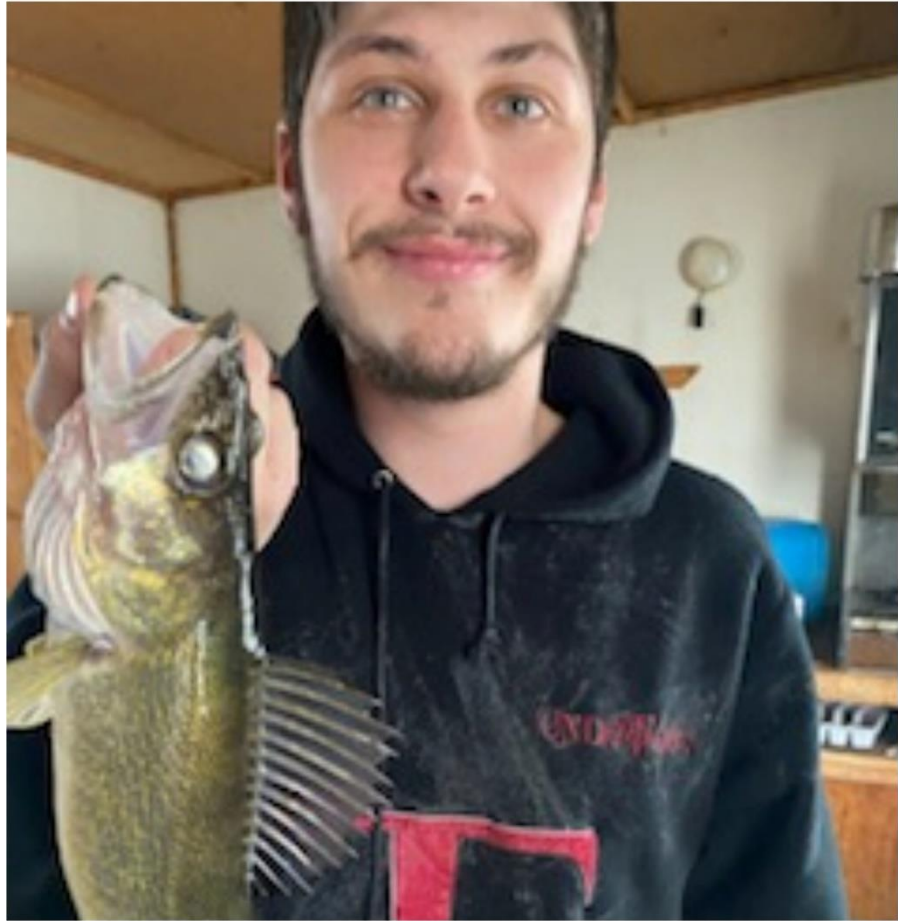
Aaron, Jacob, Kaylee, Devon, Sydney, Grace and Madison travelled through the mists of time to a festive Celebration where they witnessed gallant knights and majestic horses battle with brawn and steel to determine one victor to protect the throne. A great time was had at Medieval Times Dinner and Theater in Toronto.



Shared by Christine Bowers

In the Spotlight

WOW!!! Look what Mattie, John, and Alex reeled in!!
It must have been a delicious dinner!!
Well Done!!



Shared by Rita Smith

TASC NIAGARA PRESENTS

GREASE

A DINNER THEATRE MUSICAL



APRIL 5th & 6th / 12th & 13th

CRYSTAL RIDGE COMMUNITY CENTRE

99 Ridge Rd S, Crystal Beach LOS 1B0

DOORS AT 5 / DINNER AT 6

TICKETS ARE \$50 AND AVAILABLE AT

Downtown Dollar on Ridge Road in Ridgeway

Tech Services Niagara on Helena Street in Fort Erie

Call Nancy at (905) 894-1768

FEATURING...

The amazing performances of the T.A.S.C. Niagara cast,
they all deserve a
Tony Award!!!



Photos Shared by Tia Bagnulo and Marcy Tovar



Photo Shared by Marcy Tovar

In the Spotlight

Denis continues to amaze us with his amazing craftsmanship. He created a model replica of the Port Colborne fire station. What you can't clearly see from this photo is that when the roof is raised off, Denis has created all the rooms and hallways (with furniture) for a true representation of what the Fire Station looks like from the inside and outside (including working lights!). The model will be proudly displayed on the premises of the Port Colborne Fire Department. (photos on next page)



Photo Collage Shared by DJ

In the Spotlight

A proud moment for Denis where his replica was presented and will be permanently displayed at the Port Colborne Fire Hall Museum.

Congratulations Denis!!



Photos Shared by Helen Rodgers-McCabe

In the Spotlight

Kaylee, Jayden, John and Jorja participated in the Wado Kai Karate Tournament. They should all be very proud of their performance!



Photos Shared by Christine Bowers and Susan

RECIPE IDEA



Cod with Tomato-Basil Salsa Parchment Pack

- 8 ounces cherry tomatoes, quartered (about 2 cups)
- 2 teaspoons capers, rinsed and roughly chopped
- 4 tablespoons extra-virgin olive oil
- 1 teaspoon freshly grated lemon zest, plus 1 tablespoon juice
- 2 teaspoons minced shallot
- 2 tablespoons chopped fresh basil leaves
- Kosher salt and freshly ground black pepper
- 1 1/2 cups fresh or frozen corn kernels (thawed if frozen)
- 8 ounces thin green beans, trimmed and cut into 1-inch pieces on the bias
- 4 skinless cod fillets (6 ounces each), Haddock or Basa work as well
- 2 tablespoons unsalted butter, cut into small pieces
- 2 tablespoons dry white wine

Preheat oven to 400 degrees F. Combine the tomatoes, capers, 3 tablespoons of the olive oil, lemon zest and juice, shallot, basil, 1/2 teaspoon salt, and a few grinds of black pepper in a medium bowl. Set aside to let the flavors develop. Cut four 16-inch long sheets of parchment paper. Fold each sheet in half and open it like a book. Divide the pieces of parchment between 2 baking sheets (2 pieces per sheet). Toss the corn and green beans with the remaining tablespoon of olive oil, 1/2 teaspoon salt, and a few grinds of black pepper in a bowl. Divide between the 4 parchment sheets, mounding the mixture on one side of the fold. Sprinkle each cod fillet with 1/4 teaspoon salt and place on top of a vegetable mound. Dot with butter and drizzle with wine. Fold over the top half of the parchment, crimping and overlapping small folds along the open edge to seal tightly. Bake until the parchment puffs, about 15 minutes; the fish will be tender and cooked through. Transfer the packs to plates. Avoiding the hot steam, carefully cut open the pack. Spoon the reserved tomato-basil salsa with juices over each fillet and serve immediately.

Shared by Susan DeCicco

In the Spotlight

The Niagara Local Events held their Easter Market on March 24th, at the Italian Hall in Port Colborne. They raised \$350 from their raffle draws which they have donated to the CLPCW Children's Program. We thank them for their generosity!



Pictured are Stefanie DeCicco from Niagara Local Events and Joanna Mataya, CEO CLPCW

Photo Shared by Susan DeCicco

In the Spotlight

Every April, Volunteer Canada leads the National Volunteer Week (NVW) campaign. This year, it took place from April 14–20, 2024. NVW provides a chance to celebrate the vibrancy and impact of volunteerism in our communities and nationwide. We are very fortunate, here at CLPCW to have Christel volunteer at front Reception, greeting guests, taking phone calls and helping out wherever she is needed.

A Very Special Thank you goes to Christel on behalf of all staff at CLPCW.



Photo Shared by Susan DeCicco



PASSPORT MAY 2024

WELCOME
Spring



WEDNESDAY MAY 1ST 7PM

*Ferris Bueller Performance
@ Lakeshore High School
\$20 + support fees*

FRIDAY MAY 3RD 7PM

*Welland Dance
\$5 + support fees*

SUNDAY MAY 5TH 1-5PM

*Elvis & Johnny Cash Tribute
Merritton Legion
\$20 + support fees*

MONDAY MAY 6TH 7PM

*Momentum Choir
First Ontario P.A.C
\$10 + support fees*

SATURDAY MAY 11TH 7PM

*Beatles Tribute @ Lighthouse
(Flyer) \$46.50 + support fees*

TUESDAY MAY 14TH 7PM

*Seaway Cinemas
Choice of movies
\$15 + support fees*

SATURDAY MAY 25TH 1PM

*Welland Jack Fish Baseball
\$15 + support fees*

TUESDAY MAY 28TH 7:30PM

*Canadiana Music Review
Greg Frewin Theatre
\$25 + support fees*

THURSDAY MAY 30TH 7PM

*Niagara River Basketball
Meridian Centre
\$24 + support fees*

**CONTACT BBROUGHTON@CLPCW.COM
TO REGISTER BY APRIL 12, 2024**

In Celebration of Community Living Month



FLAG RAISING & BBQ

Everyone is encouraged to join CLPCW & our friends from PHPA for our annual flag raising ceremony on Monday May 6th, litter clean up on the Friendship Trail afterwards then a BBQ at 100 McRae

We look forward to seeing you there.

Please RSVP at 905 835-8941 x 100 by May 1/24



People Helping
People **ACHIEVE**



MONDAY MAY 6TH

**MEET AT CITY HALL BY
9:15AM
FOR FLAG RAISING**

**TRAIL CLEAN UP
BETWEEN CLARENCE &
MIDDLE BRIDGE**

**BBQ AT 100 MCRAE
APPROX. 11:30AM-1PM**

Spring in Canada

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



TRUE STORY!!

Answer to the Minute Mystery

Your Legs

Answers to the Puzzle

Z	M	L	Y	V	R	N	B	X	T
G	A	R	D	E	N	O	L	M	X
T	B	Z	X	P	O	N	O	A	F
N	A	V	S	T	O	O	Z	L	R
A	L	T	S	D	L	L	O	D	N
L	M	U	H	B	R	W	L	A	J
P	Y	O	K	C	E	I	E	E	Y
T	X	R	R	R	T	L	B	Z	N
D	M	P	S	D	C	A	D	Z	Q
D	D	S	R	T	Y	R	H	R	G

BIRDS
FLOWERS
RAIN
BOOTS
GARDEN
PLANT

CLEAN
BALMY
BLOOM
HATCH
POLLEN
SPROUT

Thank you to everyone who contributed to the Spring
Edition of the
CLPCW News

Please continue to send all your great stories, photos,
announcements and event information that you would
like included in the next issue.

The deadline to submit for the Summer Edition is
August 28, 2024

