

SPRING 2019

# Headway Headlines



## SPECIAL EVENTS

**NAOSH BBQ**  
**Wed. May 8**

**ABI BBQ**  
**Queens Park**  
**Wed June 12**

**Big Bike Ride**  
**Thurs. June 20**

## CLOSURES

**Good Friday**  
**Friday Apr. 19**

**Easter Monday**  
**Monday Apr. 22**

**Victoria Day**  
**Monday May 20**

## SPRING AGAIN...

It happens every year at this time, but it never gets old. Spring is in the air. It puts a bounce in your step and a smile on your face. But the best thing about this time of year and the wonderful weather it brings is that nothing can stand in the way of everyone getting to Headway (the snow days of February are a distant memory!)

And in the spring Headway is always bursting with new programs, inspiring ideas and fun activities. We have many fun events coming up in the next few months so be sure to check the calendar or just drop in because it's always more fun when you're here.



*Welcome Back Spring We Have Been Waiting For You!*

*No Winter lasts forever, no Spring skips its turn*  
*~Hal Bolraad*

*Spring is Nature's way of saying "Let's Party"*  
*~ Robert Williams*

We did a lot of fun stuff this winter!  
(And I have the pictures to prove it)

We were all over the lower mainland this winter, from Burnaby to Langley and many places in between. Thanks to all who braved the cold, but enjoyed the sunshine to join these fun outings.



Check the calendar for upcoming Activity Club outings, there is sure to be something for everyone.

**Our Annual Spring/St. Patrick's Day celebration was another great event! Thank you to all that attended and our own DJ James for keeping the tradition going in such a memorable fashion.**



**Our Surrey friends have been having fun too. This is the new and improved Surrey Museum dinosaur exhibit.**





## Did You Know?

In the Northern Hemisphere Spring usually occurs during the months of March, April, May, or from the Vernal Equinox (March 20) to the Summer Solstice (June 21). The opposite is true for the Southern Hemisphere. The first day of spring is also called the vernal equinox where there is supposed to be 12 hours of daylight and 12 hours of night. In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather. Severe weather most often occurs during the spring, when warm air begins to move up from the lower latitudes and cold air pushes down from the Polar Regions. Many trees, flowers, plants and bulbs begin to grow during the spring. Animals begin to shed their winter coats for the warmer weather. Many birds lay their eggs in the spring. Severe weather most often occurs during the spring. Crops are planted in the spring. Many cultures celebrate the return of spring. It often signifies rebirth or rejuvenation. Cherry blossom viewing, known as Hanami, is a major festivity in Japan. Sakura or cherry blossoms is an important symbol in Buddhism. In Christianity, spring is marked by Easter which signifies the resurrection of Jesus Christ. Easter eggs or Paschal eggs are decorated eggs are being given to celebrate Easter or springtime. For the Jewish, Passover is known as "The Spring Holiday". In India, Holi or the festival of colors is being celebrated at the beginning of spring. May Day, also known as Labour Day, is the date of many public holidays. The holiday originated from ancient practices but still survived until the modern times. In Ireland, spring traditionally starts on February 1 or known as St Brigid's Day. In China, as well as other Southeast Asian count.

## ABI BBQ!!!

Our annual ABI BBQ is going to be here before you know it so get ready!

Book your ride, plan your day, do whatever you have to do to make sure you're there for one of our most fun events of the year.

It's at Queen's Park, same location as last year, but we promise it won't be the same weather as last year!!!

Of course there will be food and music and games and inspiring guest speakers, but most of all we will be creating awareness about acquired brain injuries and celebrating the people living with them.



## NAOSH WEEK BBQ AT LIBERTY PLACE

Join Strive employees and clients for this years National Association for Occupational Safety and Health event, taking place on Wednesday May 8<sup>th</sup>.

This year the Strive OHS team will be hosting a BBQ at Liberty place in Burnaby. This event is open to all Strive employees and clients. Headway will be taking a vanload of members to this event leaving around 11:30. Be sure to arrive early to reserve your seat in the van!

