

# Step-Up News

December 12th, 2020



***Merry Christmas  
and a  
Happy New Year !***



## **ALL ABOARD THE CANADIAN CHRISTMAS TRAIN ~ DOREEN MCCALL**

1. Blow your whistle !  
Here we go !  
Travel forward  
Through the snow !
2. Christmas Wishes  
Are all onboard.  
Taking us onward  
To new stories adored.
3. The forests are sparkling.  
The mountains rise tall.  
The bird's cheery singing  
The train shows-off all !
4. Each car has a reason.  
One adds to the next.  
Cheery but different  
They all bring us their best!
5. The town shines ahead  
Its lights all aglow.  
Christmas is coming  
With wishes in tow.
6. Be grateful this Christmas.  
Remember the train.  
It always keeps chugging  
Stops are never the same.
7. We see all your faces !  
The side windows are filled  
With sugar-plum memories  
Your smiles give us thrills !
8. Until the next station  
Let the Christmas Party begin !  
Hear the whistle come calling  
Us together again !



***“Never Ignore A Possible”***

**From our hearts to your homes, Everyone at Prep to Step-Up sends you. Best Wishes for a Merry Christmas and a Healthy Holiday !**



## From the Prep Circle



**Rebecca on a winter walk.**



**Art Projects completed. Beautiful work, Shaun !**



**Shaun gave his baby niece the pine cone reindeer ornament for Christmas !**

The holidays are near! It's been a pleasure doing our Zoom meetings for this semester. It was extra fun to discuss the holiday themed activities in Workbook #2. We all learned a lot - for example, the life cycle of a snowflake! Here is a festive photo I took of some Christmas lights.

Talk to you soon! Aleksa

***"Never Ignore A Possible"***

## REMINDERS

### Thank You

A heartfelt "Thank You!" to St. Paul's United Church in Milton for all their consistent support for the Prep to Step-Up Program!

We are sincerely grateful for all you do!

### Important Dates

Wednesday, January 6th - Thursday, March 25th

Next Prep at Home Workbook Program - see more information below or [visit the webpage.](#)

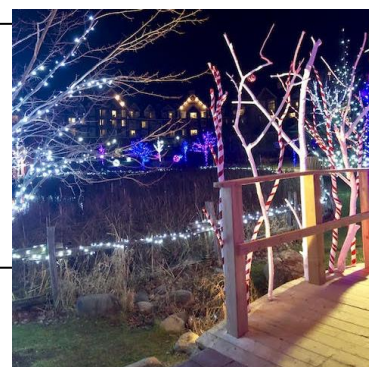
Workbook Package Pick-Up in Milton, January 6, 2021 1-3 pm

Wednesday, January 13

Client and Staff Reports due for the next Step-Up News

Tuesday, April 6th

Next possible date to return to Prep to Step-Up on-site - we will keep you posted.





# Remember to Sign-up ASAP!

The next Prep at Home Workbook Program starts January 6, 2021.

Please spread the word - the more the merrier !

Read more information below or visit the website <https://www.preptostepup.com/the-prep-at-home-workbook-program> for more information.

## Prep at Home Workbook Program: Winter Wonderland

January 6 - March 25, 2021

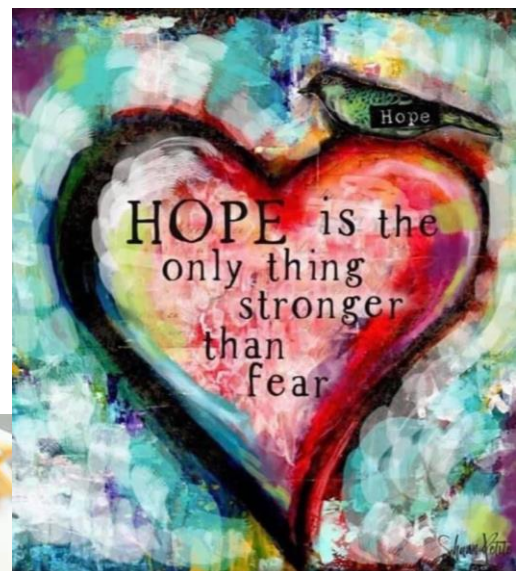
The program includes 2, 45 page full colour workbooks, professionally written and designed for Neurodiverse Adults and available in 3 levels of ability. The workbooks are complemented by 9 Zoom sessions; 3 per month to encourage conversation and socialization.

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

Payment by eTransfer (doreenmccall@gmail.com), or cash/cheque on pick up day.

Reciepts 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.



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# Holiday Fun Facts

1. The Peary Reindeer is commonly considered to be the reindeer used to pull Santa's Sleigh ! Their ability to run at a very fast speed enables them to perform a suspended leap to mount above the ground for 7 seconds at a time, qualifying them as a reindeer that flies. They also live very close to the North Pole in both Canada and Norway.

2. Male Peary Reindeer lose their antlers in the Fall. Females keep their antlers over the winter until Spring. All Santa's Reindeer are girls.

3. The story of Rudolph, The Red-Nosed Reindeer was written by a Canadian father, Robert (Bob) L. May. After losing his wife, Evelyn to cancer a few short days before Christmas in 1938, Bob struggled to give his daughter, Barbara a Christmas of hope.

He couldn't afford presents so he created a story that was similar to his own growing-up years of hardship as a young boy in Toronto, Ontario. He had been bullied as a boy and felt like an outcast just like Rudolph. He gave the story to his daughter at Christmas in 1938.

Bob was a copy-writer at the Timothy Eaton Department Store. They loved his 'little book' and printed it to give out to all the children who came to see Santa Claus in all their stores in Canada.

Bob's brother-in-law, Johnny Marks, wrote the song version of the story in 1949.

Our Canadian Rudolph the Red-Nosed Reindeer continues to share the story of hope to everyone at Christmas. One families' struggles have become joyous thoughts for all !



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# Activities

## Videos to Enjoy

Arctic Animals – <https://youtu.be/DXxzjmCFwTI>

The Christmas Song – <https://youtu.be/e4leOjpe2p8>

Listen to the Sounds of Christmas – [https://youtu.be/caLWepZel\\_I](https://youtu.be/caLWepZel_I)

Santa Claus is Coming to Town – <https://youtu.be/HWv72L4wgCc>

A Canadian Christmas - <https://youtu.be/AfvLqZtEyyQ>

## Christmas Newsletter

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

DINNER  
FIR TREE  
GINGERBREAD  
PRESENT  
HANUKAH  
HAM  
ORNAMENT  
BOW  
SNOW  
PIE  
TURKEY  
CLEMENTINES  
CINNAMON  
BAKING  
FRUITCAKE  
MUSIC  
LIGHTS  
RUDOLPH  
PARCEL  
ROLLS  
FROSTY  
WREATH  
WINTER  
CAROL

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