

# PATHWAYS PRESS



## Events this Month

- Planted in Pathways .....October 2nd
- Tasty Thursday .....October 3rd & 17th
- Mac Peds ..... October 8th
- Mac Arts .....October 21st
- McMaster Fall Preview .....October 26th
- Board Game Night .....October 29th

Talk to your Coach for more information

## Pathways to Education

Pathways After School  
Programming is

# CLOSED

Monday October 14th 2024

We wish you a safe and happy Thanksgiving holiday!


Pathways After School Programming, and Pathways Coaches will be unavailable on this day. We will see you on Tuesday October 15th!




## Welcome our new Pathways Coach - Alishba!



"Hey! I'm Alishba, and I'm thrilled to be joining Pathways as a coach. When I'm not busy coaching, you'll find me outdoors, lifting weights, or off on my next travel adventure!"

 [aabbas@compassch.org](mailto:aabbas@compassch.org)

 289-683-6065

OCTOBER  
2024

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*Did you know...*



**Pathways**  
to Education

*offers Online Tutoring on Tuesday and Thursdays?*

4pm – 7pm  
on Zoom

Talk to your Coach  
for the link



*Practice*  
**GRATITUDE**

**BAYFRONT  
HIKE**

Wednesday, October 16  
4:00-6:30pm

Take a walk with Pathways along  
the Hamilton waterfront.  
Snacks will be provided!



OCTOBER  
2024

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Pathways is inviting you to SIGN UP for..

## Board Game Night!

Tuesday, October 29th  
4pm-6pm

@ Bard and Bear Games Cafe  
(237 James St N)

COME AND ENJOY..  
ALL THE GAMES  
SOME SNACKS  
AND  
LOTS OF FUN!

TALK TO YOUR COACH  
AND  
SIGN UP!

**Pathways**  
to Education

**COMPASS**  
COMMUNITY HEALTH

# GRATEFUL!

It's back!

## TASTY THURSDAY

@ Compass Community Health, 438 Hughson Street N.

Earn volunteer hours, or come enjoy a homemade meal! Every two weeks starting October 3rd.

**COMPASS**  
COMMUNITY HEALTH

**Pathways**  
to Education



# PATHWAYS PRESS



**MAC ARTS ACTIVITY**

MCMASTER UNIVERSITY ART PROGRAM

SIGN UP WITH YOUR PATHWAYS COACH

**MONDAY, OCT 21 @ MISSION SERVICES**

MAKE JEWELRY, KEYCHAINS AND MORE WITH POLYMER CLAY



## No Bake

### Pumpkin Pie Energy Bites

#### Ingredients:

- 1 cup peanut butter (or nut butter of choice)
- 1/2 cup pumpkin puree
- 1 teaspoon vanilla extract
- 1/2 cup maple syrup or honey
- 1 1/2 cups rolled oats
- 1/4 cup ground flaxseed (optional)
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/4 cup shredded coconut flakes (optional)



#### Instructions:

1. Add the peanut butter, pumpkin purée, maple syrup, and vanilla extract to a mixing bowl and use a wooden spoon to stir until combined.
2. Add the rolled oats, flaxseed, pumpkin pie spice and salt and stir until combined.
3. Put bowl in freezer for 15 to 20 minutes. Allow mixture to chill and firm up.
4. Once firm enough, use a spoon to scoop out mixture and roll into dough balls. Optional: Roll dough balls in coconut flakes
5. Store the energy bites in an air-tight container in the fridge or freezer.

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## Grade 9 Toronto Trip

Visit Toronto Metropolitan University and  
Explore Downtown Toronto with Pathways

*Dare to Dream*

Explore downtown Toronto and see how Toronto Metropolitan University can expand your horizons!

**Friday November 1st**

8:30am to 6:00pm

**Bus Meeting Locations**

Mission Services 8:30am

Compass CH 8:45am

Grade 9  
Only

Lunch  
Provided!



*Fall  
is in the  
air*



A MCMASTER PEDIATRIC RESIDENT TALKS

## VAPING

LEARN FROM A DOCTOR  
SHARE WHAT YOU LEARN  
EARN VOLUNTEER HOURS

**TUESDAY OCTOBER 8 @ 4:00PM  
ON ZOOM**

SECOND OCTOBER SESSION  
MONDAY OCTOBER 21 4PM ON ZOOM  
TOPIC TBD



OCTOBER  
2024

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Pathways  
to Education



INVITES YOU TO ATTEND

## FALL PREVIEW OPEN HOUSE

SEE THE CAMPUS. GET TO KNOW PEOPLE THERE. LEARN ABOUT PROGRAMS AND POSSIBILITIES.

OCTOBER 26, 2024

CONNECT WITH YOUR  
PATHWAYS COACH  
TO LEARN MORE AND SIGN UP

If you are going to McMaster in the Fall of 2025 or planning on attending in the future, take a trip with Pathways Coach Nathan to check out the campus!



## Register Now!

### For the 2024 -2025 School Year

Call 905 523 6719 or visit  
[www.compassch.org](http://www.compassch.org)

Pathways  
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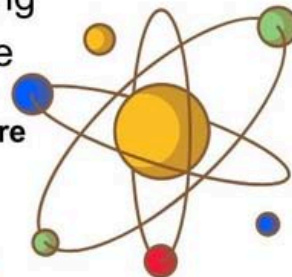
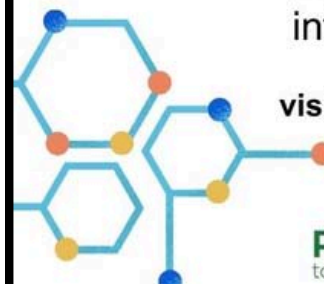


## Applications are Open NOW!

Speak with your Pathways Coach  
about this exciting opportunity

Stay tuned for an upcoming  
information session date

visit this website to learn more  
[www.shad.ca](http://www.shad.ca)



Pathways  
to Education



# PATHWAYS PRESS



Monday

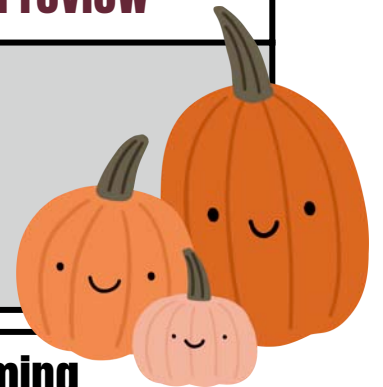
Tuesday

Wednesday

Thursday

Friday

	1	2 Planted in Pathways 	3 Tasty Thursday @Compass 	4
7	8 MacPeds Virtual 	9	10	11
14 Happy Thanksgiving Pathways Programming CLOSED	15	16 Bayfront Hike 	17 Tasty Thursday @Compass 	18
21 Mac Arts @Missions 	22	23	24	25
28	29 Board Game Night @Bard and Bear 	30	31	26 McMaster Fall Preview



## ONLINE Tutoring

Monday - Thursday on Zoom  
4pm - 7pm

## Pathways After School Programming

Monday and Wednesday at Mission Services  
Tuesday and Thursday at **Compass Community Health**  
4pm - 7pm

