

Monthly Newsletter

August 2023



DO YOU HAVE A SWEET TOOTH?

But wanting to stay healthy? We have just the recipe!
Head to page 3 to view our homemade banana muffin recipe.

PTBL BIRTHDAYS

We wish everyone who has an upcoming birthday this month a VERY Happy Birthday and we hope that you enjoy your special day!

Michele 12th



JOKE OF THE MONTH

What's a cat's favourite dessert?

ANSWER: Mice-Cream!

Community events



Get your geek on

Explore Tweed Heads science laboratory

When: Thursday 3rd August

Where: 46 Enterprise Avenue, Tweed Heads South

Time: 10:30am – 11:15am or 11:30am – 12:15pm

Bushies ball

When: Saturday 5th August

Where: 525 Piggabeen Road, Piggabeen, NSW

Time: 6:30pm – 11:30pm



Blink 182 and Green day

When: Thursday 24th August

Where: 102 Marine Parade Kingscliff

Time: 7:00pm



PARTICIPANT OF THE MONTH

PTBL would like to recognise each of our amazing participants and their achievements. This month we would love to introduce Byron to everyone and say congratulations for working hard towards achieving your goals.



National August awareness dates

• **4th August**

Jeans for Genes Day

• **7th – 13th August**

National Stroke Week

• **11th August**

Red Nose Day

• **18th August**

National Day of Action against
Bullying and Violence

• **25th August**

Daffodil Day (Cancer Council)

Congratulations Byron for your outstanding dedication and commitment to achieving your goals!

Byron has commenced weight training at the gym to build his physical strength and to build positive relationships with people his age. His support workers are constantly blown away by how visible his progress shows.

More excitingly, Byron has recently achieved his Provisionals License (P's) after many months and long hours of continuously studying the reading guides and online practise tests. The team at Pathways are beyond excited for the new adventures he will make by himself or with the company of friends.

Keep up the great work Byron!

Recipe of the month

Banana muffins



INGREDIENTS:

- 3 ripe bananas
- ¼ cup melted coconut oil
- ¼ cup honey
- 1 egg
- 1 ½ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp vanilla extract

METHOD:

1. Preheat oven to 180°. Lightly oil a 12 muffin tin with nonstick cooking spray. Set aside.
2. In a large bowl, mash the bananas with a fork until only small lumps remain.
3. To the bananas, add the oil, honey (or agave), egg and vanilla. Mix well.
4. Add dry ingredients to the wet ingredients and gently combine. Careful not to over mix.
(Over mixing will give you tough muffins.)
5. Fill muffin tins about ¾ full, which should perfectly use all the batter. Bake for 12-15 minutes until the tops bounce back when touched
6. Let cool for 10 mins and enjoy!

July 2023 Recap: Photo Edition



What another amazing month smashing goals and living our better lives at Pathways!

