



RESIDENTIAL EXPRESS



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MISSION STATEMENT

Moncton Community Residences Incorporated is a non-profit organization that provides residential options and support for individuals with developmental challenges in the various aspects of their progressing lives.

Board of directors

President - Chantal Landry

Vice President - Kristen Steeves

Secretary - Beverly Gaudet

Treasurer - Stephanie Lewis

Marianne Mepham-Newton

Sandy Scott Thibodeau

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Michael Miller



HEALTH & SAFETY COMMITTEE

Nathalie Lutes

Mavis Rodriguez

Obianuju Inomah

Navneet Sehgal

Christina Hill

Taiwo Obaniyi

Daniel Niles

Jane Umutoi



TEAM BUILDING COMMITTEE

Janice Carter, Lyne LeBlanc, Monica Penney, Natasha LeBlanc, Jessica Gouchie, Kim Seldon, Johnathan Levesque, Marie Mosher, Nafisat Busari



MESSAGE FROM THE EXECUTIVE DIRECTOR



The start of 2025 has been exceptionally busy for our administrative team, focused on closing out the 2024-2025 fiscal year, while ensuring all strategic objectives are met, as we continue to oversee and support the operations and effectiveness of our programs.

In recent months, we have engaged in discussions with our partners at Social Development to explore how MCRI can continue meeting the growing needs of Greater Moncton's most vulnerable populations.

The demand for housing for individuals with developmental disabilities is already significant and is expected to increase over the next 2-3 years. Moncton's broader housing crisis, characterized by rapidly rising rents and a low vacancy rate, has intensified these challenges. According to Statistics Canada, over one-third of New Brunswickers now live with a disability. At 35.3%, our province has the second-highest disability rate in Canada, well above the national average of 27%, and it continues to rise faster than in any other province. The need for appropriate, affordable housing and specialized support services has never been greater.

Future needs include additional accessible and affordable housing units, along with MCRI's specialized services designed to promote autonomy and maximize abilities. Without suitable, affordable housing options, individuals with disabilities risk homelessness, placement in inappropriate settings, or occupying higher-level care spaces that should be reserved for those with greater needs. MCRI continues to advocate urgently for solutions to prevent these negative outcomes.

As highlighted in Kelly Lamrock's recent report on government social services, current policies are inadvertently contributing to systemic issues. To achieve positive outcomes, government must ensure adequate funding for essential programs. MCRI is uniquely positioned to help address these challenges by continuing to deliver high-quality services that support both individuals and the broader community. We remain committed to advocating for the funding necessary to maintain the excellence we have upheld for over half a century.

Additionally, we are pleased to report that our Socially Responsible Landlord Program has been successfully launched. The program has already received over 18,000 views and has initiated two new potential partnerships with landlords in the Greater Moncton area. This initiative exemplifies a key point from Kelly Lamrock's report: that non-profits, with limited resources, often find solutions due to our passion and expertise at thinking outside the box. By actively engaging community members in the solution, we are implementing a socially just and cost-effective approach to addressing housing challenges.

As part of our commitment to a positive workplace culture, we have launched our Workplace Assessment Survey, now distributed to all employees. We look forward to compiling and analyzing the results to identify key trends, strengths, and areas for improvement. This initiative underscores our commitment to fostering a positive and supportive work environment.

I want to thank our Volunteer Board of Directors for their commitment to MCRI, demonstrated through their participation in the Effective Non-Profit Governance and Compliance for Directors course. Their dedication strengthens our organization, ensuring accountability and positioning us to make a lasting impact.

As we prepare for the new fiscal year, I am filled with gratitude for every member of the MCRI community. Navigating progress, challenges, and growth is never easy, whether providing care or receiving it. Yet, the collective impact of these efforts in building a more inclusive and supportive society is immeasurable. The dedication, intelligence, and compassion of our staff and participants continue to drive MCRI's success, and I look forward to another year of meaningful progress.



EXECUTIVE DIRECTOR

MONCTON COMMUNITY RESIDENCES INC.



More light, more warmth, more hope, more joy, it's worth losing more sleep over ~unknown

Member Nominations

Nasreen Pathan - She is helpful and guides others. She checks on things and others before leaving. She helps without being asked; when she brings youth on outings, they have a great time. She has a wonderful personality.

Omer Leger - Mr. Wonderful is doing well! Although he had some health challenges, he is doing his part to recover. He is drinking lots of water and consistently calls his counsellor to let her know he took his meds.

Lil' lady @DS - she has improved her listening skills and is cooperating with staff. Despite going through difficult health challenges, she did very well. She stayed calm and was cooperative. She is having great progress.



Other nominations

Christy Lewis, Jane Umutohi (2), Alison Caissie (2), Lori Allain, Chuka Onwudimegwu (2), Ronda Saulnier, Felicia Willis (2), Nirmaljeet Kaur, Stephanie Yeomans, Lil' Miss @WL, Seth Wilcox, Idowu Onabanjo, Rich John Palaganas, Melissa Affleck, Katherine Okonji, Erick Kabangu, Johnathan Levesque, Evi Oyovorie, Tochukwu Duruofor, Nathalie Lutes, Shaba Tamana, Merin Kuruvila, Febby Nsamba (2), Loveleen Kaur, Train conductor @RA, Monica Penney, Pizza man, Sukhjeet Kaur (3), Kanwaljeet Kaur, Rhythm Sharma, Prabhjot Kaur, Cynthia Ogunsola, Lidia Wojcik, Adeola, Mary Nwosu, Mohamadou Soukouna, Scott Donovan, Junior firefighter @DS Natt Masiri, Vivek Saini, Nicholas MacDonald, Gad Byrinigiro, MrTesla @MA, Jack Murray @MA, Tooties @DSII, Ifeoma Ogomaka, Melissa Ferris (2), Melinda Mucci



Team Meetings 2025

West Lane: Apr 3, May 8, June 12
Dominion: Apr 10, May 22, June 19
Railway: Mar 20, Apr 24, May 29
McSweeney: Apr 17, May 15, June 26
Dominion II: Mar 27, May 1, June 5
SILP: Mar 27, May 1, June 5
AFLA: May 14, Sep 17, Nov 12



If you look the right way, you can see that the whole world is a garden ~ Frances Hodgson Burnett

Years of Service

MCRI congratulates 🎉 🎉 🎉



Penny Mills, 30 years with MCRI

5years Apr Monica Penney
10years Apr Jessica Gouchie
Mar Logan Turner
May Drew Blight
15years Mar Jean Pierre Daigle
20years Apr Tonya Robichaud
May Craig Lamb
May Normand Joanis

Congrats



Maureen Murphy, 30 years with MCRI



Gerard Leger, 5 years with MCRI



Tom Belliveau, 30 years with MCRI



Gratitude makes you feel the sunshine in your heart even on a rainy day~

Unknown

Years of Service



Stephanie Leger, 15 years with MCRI Rosa Leblanc, 5 years with MCRI



Ed Briggs, 15 years with MCRI

Free Training opportunities

Follow the link below, using password shown below when prompted to access some on-demand workshops from the cities of Moncton, Dieppe and the Town of Riverview; all at your own pace and can be repeated as many times as needed until April 30th, 2025.

<https://ctrinstitute.com/contract/city-of-moncton/>

Password: Moncton345

Also see *Many Faces of Autism: ASD Strategies in Action*, <https://autismcertificationcenter.org/course-guide/many-faces-autism>, from the Autism Certification Centre, 90 minutes long and free!!

Cassandra's Reading

Unicorn Academy: Nature Magic- Zara and Moon beam

by Cassandra Doucette



At Unicorn Academy, there's a draught and if Amethyst dorm can fix the problem by getting the sun pearls, then they can save the island. The girls find a book that Mr. Long has, that says all about the Purple Tornados and to cause a volcano to erupt and how to direct a tidal wave. It means that Mr. Long stole a book from someone else but who?

Happy Reading and Happy Easter!



Express Spotlight



Meet Sonja LeBreton (AFLA Provider)

Sonja our outstanding provider has dedicated over 35 years of services to MCRI. As an AFLA provider, Sonja has consistently put the care of her residents first, treating them as part of her family. Her commitment to going above and beyond in meeting their needs has made a lasting impact. Known for her compassionate and selfless approach, she continues to enrich the lives of those she serves, offering care and a true sense of belonging. Her dedication makes her an invaluable asset to our company, and we are grateful for her ongoing contributions.

Fast facts about Sonja



Favorite color: Purple

Favorite food: Lobster, Steak and Caesar salad

Favorite holiday: Christmas

Quote: Be kind

Happy place: By the water on a beautiful sunny day with those I love

3 words that describe you: Passionate, empathetic, thoughtful

Something you cannot live without: God and my family

Hobbies: Going through pictures, coffee time or short get away with special people in my life

Proudest about: My family & 39 years with MCRI!

Life changing moment(s): Becoming a mom at 41 to twin boys

Fun facts: crazy about horses & dogs; True Crime enthusiast

Destination of choice if all expense paid: Hawaii

Favorite part of your job: Supporting people in working towards their goals; realizing their dreams and pursuing their passion.



Un sourire coute moins cher que l'électricité, mais il donne autant de lumière ~

Abbe Pierre



Express Spotlight



Meet Nirmaljeet Kaur (Youth care worker)

Nirmal's education before coming to MCRI was in Early Childhood Education. Nirmal is welcoming to new people and helpful to coworkers. She works hard to develop relationships with the youth, to help build them up and continue making achievements.

Fast facts about Nirmal



Favorite color: Pink

Favorite food: Indian and Chinese

Favorite holiday: Diwali - the Festival of Lights

Quote: Chasing dreams, catching moments

Happy place: My home in India

3 words that describe you: honest, hard-working and trustworthy

Something you cannot live without: My family

Hobbies: Dancing, singing, cooking and painting



Proudest about: Being honest and having such a great family

Life changing moment(s): coming to Canada and getting married

Fun facts: loves cooking and wants to open my own restaurant

Destination of choice if all expense paid: Moscow Zoo in Russia

Favorite part of your job: Supporting the youth and my team



Thank you, Sobey's!!

From gardening to cooking to fun crafts experiences and more, we are grateful for your continued support that has made these special moments possible for our youths!





Express Spotlight



Meet Nafisat Busari (Youth care worker)

Nafisat Busari studied Human Service Practitioner at NBCC and graduated in April 2024. She began her career with MCRI in November of 2022 and since has grown her scope within the organization by becoming trained at all five youth homes. Nafisat brings her fabulous personality, sense of humor, and bright smile to each community residences she works in, offering a safe space for the youth she supports.

Fast facts about Nafisat



Favorite color: Purple

Favorite food: Rice (jollof rice, fried rice, coconut rice & also with bread)

Favorite holiday: Eid; & my birthday (May 3rd) is favorite day of the year

Quote: Do not let the behavior of others destroy your inner peace (Dalai Lama)

Happy place: Any place with my family and loved ones

3 words that describe you: Reliable, friendly, loyal

Something you cannot live without: God and food (for sustenance)

Hobbies: visiting new place; has strong interest in French language and in photography

Life changing moment(s): moving to Canada to a province where I did not know anyone- a tough decision that changed all aspects of my life

Fun facts: I Love people; see the good in everyone; and value fair treatment in general



Destination of choice if all expense paid: France

Favorite part of your job: it is rewarding; and fulfilling to have a positive impact on youths' lives



You may choose to look the other way but you can never say again that you did not know ~William Wilberforce



Express Spotlight



Meet Oluwayemisi Lala (Youth care worker)

Yemisi discovered the hidden talent that she never knew she had working for MCRI. She has shared she has an ambition to impact lives that she comes in contact with, such that her impact will be positively felt with individuals she comes in contact with. She comes to work everyday with a smile and good energy.

Fast facts about Yemisi



Favorite color: Blue

Favorite food: Amala, Abula (Nigerian delicacy) yam flour with bean soup with vegetables and goat meat.



Favorite holiday: Christmas

Quote: "With God all things are possible"

Happy place: My home not necessarily the building but having my family with me. Time alone with my husband

3 words that describe you: Passionate, focused, very hard working

Something you cannot live without: Prayer, my Bible, my family

Hobbies: cooking, traveling, meeting people, like touching lives positively



Life changing moment(s): leaving business, country of origin and extended family to move to Canada

Fun facts: I can be very straight forward and can be juvenile and have fun. Likes to see everyone around me happy.

Destination of choice if all expense paid: London, United Kingdom; Australia

Favorite part of your job: Supporting members through changes, helping them improve, make better choices and become more independent in their growth and development.



When the roots are deep, there's no reason to fear the wind ~ African proverb



Express Spotlight



Meet Gad Byiringiro (Youth care worker)

Gad has education (Bachelor and Masters) in diverse areas. His journey in the field of mental health has been challenging, transformative and rewarding. He has been working with MCRI since 2017. Gad is an exceptional team member without a doubt. His drive and compassion are evident in his work and dedication to the job.

Fast facts about Gad



Favorite color: *Green*

Favorite food: *Vegetables*

Favorite holiday: *National Day of Truth and Reconciliation*

Quote: *Be the change you want to see in the world (Mahatma Gandhi)*

Happy place: *Within myself, a place where I connect with the universe*



Something you cannot live without: *People*

Proudest about: *making a real difference in the lives of the young people I work with*

Hobbies: *I love to learn, write creatively, cook and helping children develop their skills.*

Life changing moment(s): *achieving my academic goals in healthcare, peace and justice*

Fun facts: *The brain is like a mirror - feed it wisdom, and it reflects a life full of purpose and clarity!*

Destination of choice if all expense paid: *a place where I could help improve health care (especially mental health services)*

Favorite part of your job: *seeing my clients make real progress and reach their goals*



Nobody is more stubborn than an Android person who won't switch to iPhone

~ Baby Yoda



Express Spotlight



Meet Kate McFee & Chris Briggs (SILP members)

We would like to introduce Kate McFee and Chris Briggs. Kate has been a member of our Supported Independent Living Program since 2002. Kate is employed with YMCA and Bass Pro Shop. She is a valued employee working in the child-minding program and runs the Y Kids move program on Wednesday evenings. Kate is passionate about spending time with family and friends. She is a proud aunt to Sophie and Rose whom she cherishes moments spent creating memories together with. She also keeps busy with participating in Special Olympics swimming.

Chris has been a member of the SILP program since 2001. Chris is a dedicated Canadian Tire employee. If you need assistance while shopping at Canadian Tire, see Chris- he's helpful and knowledgeable. In his spare time, he enjoys playing his guitar.



Congratulations, Kate and Chris on your recent engagement! Wishing you both a lifetime of love and happiness together. May this be the beginning of an incredible journey filled with beautiful memories.



Teach us love, compassion, and honor that we may heal the earth and heal each other ~ Ojibwa Prayer

Test your smarts

- i. What do you call a country where people only drive pink cars?
- ii. What is at the end of a rainbow?
- iii. Why are teddy bears never hungry?
- iv. Why shouldn't you tickle an easter egg?





Express Spotlight



Meet Jacqueline Leblanc

(Assistant Residential Coordinator)

Jacqueline is a very caring person and loves all the youth that come into our care. She loves doing/helping do programs and she is very good at it. You will often find her looking on Pinterest for ideas on programs for the youth and talking with the primaries about it.

Fast facts about Jacqueline



Favorite color: Yellow

Favorite food: Pizza

Favorite holiday: Halloween

Quote: "It doesn't matter how many times you fall down; it only matters how many times you get back up"

Happy place: karate dojo

3 words that describe you: empathetic, stubborn and accepting

Something you cannot live without: my daughter

Hobbies: reading, binge watching TV; having some wine and laughs with friends; I also do karate

Proudest about: watching my daughter succeed

Life changing moment(s): becoming a mom



Fun facts: I am a 3rd place International Karate Champion

Destination of choice if all expense paid: Ireland, to experience the culture

Favorite part of your job: watching the youth succeed, especially in something they were told they couldn't do.

Le printemps est une saison un peu plus douce entre l'été et l'hiver et ça permet de mieux faire fleurir, tout est vert ~ inconnu



AFLA

Greetings from AFLA!

As we are already at the end of the first quarter of the year, it's truly amazing to see how quickly time flies.



We congratulate Rosa LeBlanc on reaching an incredible milestone of 5 years with MCRI. Rosa's unwavering dedication and commitment to our organization has made a significant impact, and we are so grateful for her contributions. We are excited for many more years of growth together! Special congratulations to Gerard Leger, one of our valued members, who has completed 5 remarkable years with MCRI.



While we celebrate these achievements, we also bid a heartfelt farewell to Marlene Harrity, who has been with our organization for an extraordinary 39 years. Marlene has influenced countless lives through her kindness, compassion, and commitment. We wish her all the best in her retirement.

A few of our members enjoyed the Night to Shine event and created beautiful memories. It's heartwarming to see these experiences!

While we deeply miss Lyne LeBlanc and wish her a speedy recovery, we welcomed Ronda Saulnier to our program to provide support two days a week. Ronda, thank you for your help!



I want to extend my deepest gratitude to all of our dedicated providers. Your contributions make a profound difference in our members' lives, and we are truly thankful for that.

As we approach the spring season, we are excited about the upcoming team-building activities that will bring us all closer together—looking forward to the fun and opportunities ahead. Wishing everyone a Happy Easter and a joyful start to the Spring season.

Here's to another season of growth and collaboration!



March is Social Worker month! Appreciate a social worker near you!!!

Dominion II

Hello again, MCRI Community!



Winter has been long and cold, and difficult to bear at times for some, however the days are stretching longer, and we are beginning to feel the inspirational spring breeze in the air. It won't be long before the birds are singing, the insects buzzing, and the buds and flowers are sprouting from the ground and branches. Spring represents rebirth and new beginnings and I hope we all feel some refreshment and rejuvenation.

At 266 Dominion, we received an early sense of new beginnings and refreshment when we recently received the news that our youth, who will soon be celebrating a milestone birthday, will be able to remain in her current placement as she transitions into adulthood. Hers is an enormous success story as she will be the first youth in our region to remain in a home proving her, as an adult, with the supports of a youth program.



I would like to thank sincerely each individual who has contributed to her success. Thank you for the continuous support you have provided her over her time with us. The caliber of growth, trust, and acceptance she exhibits is a reflection of the exceptional care she has received. It is her resilience and positive being, the development of her feeling safe in her environment and with the people in her life, that has allowed her to make such progress. We are so proud of her and so happy for her that she will remain in a home that is familiar to her, where she feels safe, and where she is able to continue growing her strengths. Truly a reason to celebrate!

We look forward to new adventures in the warmer weather, and we hope for a season filled with sunshine and rainbows!



We cannot become what we need to be by remaining what we are ~ Max Depre

McSweeney

Spring is in the air and McSweeney is here for it!

We are looking forward to the nicer weather and really hope that if there are April showers that they bring some May flowers! We will soon have to decide what we want to plant in the vegetable garden this year.



Winter has been spent making snow forts, making sure to get yummy hot chocolate, baking all kinds of treats, going for nature walks, having movie nights, and making use of the garage to play badminton. It's been a lot of fun but we are ready for the spring weather!

Now that the days are longer, we will have more time to enjoy being outdoors and hopefully seeing some sunshine. The bikes will be tuned up and ready for some bike rides around town and on local trails. Some more nature walks to local parks to see everything get green will be planned as well. The basketball net is ready to be dusted off and put back in the driveway. I'm sure our in-house baker will have some yummy treats on the menu, too!

We are very proud of one of our youths for starting a new job and working hard to save money to work towards getting a driver's license.



We want to welcome back to the team Balvinder! We also want to welcome Jessica Gouchie to the team, who is temporarily taking over the ARC position. We are glad you both are here!

Thank you to the team for your continuous hard work and dedication to this program!

Earth Month - April 2025

SUBJECT TO CLIMATE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 pick up trash	2 protect pollinators	3 be a weather watcher	4 walk and roll	5 use a reusable water bottle
6 donate clothing	7 World Health Day	8 create a recycling station	9 be a friend to animals	10 start a compost pile	11 unplug electronics	12 recycle plastic
13 conserve water	14 Nat'l Gardening Day (US)	15 use less paper	16 What is your Carbon Footprint?	17 explore the outdoors	18 say "no" to food waste	19 reuse & recycle to create
20 turn off the AC	21 collect rainwater	22 Earth Day	23 World Book Day	24 trash can audit	25 advocate for Earth	26 Arbor Day
27 turn off the lights	28 use safe products	29 use reusable bags	30 create art for the Earth			



Spring is nature's way of saying 'Let's Party'~
Robin Williams

Dominion

Hello from Dominion. Is it Spring yet?



This past winter was surprisingly eventful. The kids stayed active with visits to various community parks and walks around the neighborhood. One youth played badminton at the YMCA, others loved climbing the jungle gyms at McDonald's Play Place and Hop, Skip and Jump!

Over the Christmas holidays, some of our youth enjoyed visits with family and friends, and everyone received lots presents from Santa. One of our youths also had the opportunity to watch the **New Year's fireworks** and attended a showing for **The Addams Family** at the Capitol Theatre.

We celebrated two youth birthdays, including a special **Sweet Sixteen**. For Valentine's Day, both the youth and staff received treats.



In February, some of our youths had a great time at the Moncton Inflate-a-Palooza at the Moncton Coliseum. Then, during March Break, they also enjoyed the bouncy castles at the Kay Arena. Additionally, one of our youths visited family during March Break.

I would like to extend a warm welcome back to Scott, Stella, and our student, who are all valued members of the Dominion team. I also want to welcome Delna, a new addition to our team. We look forward to working closely with you, Delna, and hope you find Dominion to be your second home. A big **CONGRATULATIONS** also goes out to Chifomma on the new addition to his family!

With Spring's arrival, I hope you embrace the opportunity for new growth and change. May this season guide you to discover your true self and propel you towards your life's aspirations.



Easter egg hunts are proof that your kids can find things when they really want to ~ unknown

Railway

Hard to believe that Spring is right around the corner, looking forward to sunnier days, birds chirping, and the sounds of the basketball hitting the pavement again and cheers from the backyard.



Youths enjoyed their March break, spending time with their families, and having some extra time for activities, walks in the park and having some extra time to do some crafts, play games etc. Pictures of Shamrocks were colored in readiness for St. Patrick's Day, sightings of robins, sunshine, bare pavement again, and extra day light.

Members have been enjoying walks in the Riverfront, Centennial Park, using city transit, shopping at the mall, doing hand prints with paint, singing and dancing with their karaoke machine, helping with some meals, baking, crafts and games.

Soon it will be time to prepare for Easter and decorate the house. Talks have already been started for summer projects, extending our garden space and planting rose bushes and hydrangeas by request of one of our members to add to our curb appeal.

I would like to express my gratitude to my ARC, the team, relief staff and students for all your hard work and dedication that you provide to the members daily, to help them to grow and learn to become more independent in their everyday life, this would not be possible without all of you.

Until next time, Happy Spring!



Jan- March Birthdays



Cheese cake baked by staff & youth

Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you ~Misty Copeland

West Lane

Greetings from West Lane,



Spring is in the air!!! The snow is melting and the birds are singing. The youths at West Lane are beginning to get excited for the nice weather and have already started making their summer plans. Over the winter months the youths have been doing a lot of crafts to decorate the house, they have been baking and playing in the snow. Sky Zone has been a wonderful place for the youth to be able to burn some energy when it's too cold outside. We have had several birthday parties over the last few months and enjoyed some cake. The youths enjoyed a wonderful Christmas with the staff, they had a big turkey dinner.

The youths are also pretty excited about Easter and are planning an Easter egg hunt. Over the past few months, we have welcomed new staff to our West Lane team. We have begun some yard cleanup with the youths' help, picking up garbage that was hidden under the snow. Some of the youths have even begun doing spring cleaning in their own rooms 😊

Hoppy Spring!!! Bring on the longer days of sunshine and happiness!

From Team West Lane



Homemade slime

Test your smarts
i) pink carnation ii) W
iii) they' re always
stuffed iv) it cracks
up

SILP News



We are finally ready to bid farewell to winter 😊

As we now have longer daylight hours we look forward to warmer weather, blooming flowers and various outdoor activities, the longer days fill us with excitement for growth of nature and the opportunity for new experiences.

Our department has welcomed Chuka Onwudimegwu to our team. He has been a great addition and is a hit with our members.

A few of our members have worked hard to help develop a video to promote opportunities for local property owners to partner with us to offer a living space where the tenant can thrive.

Way to go Stephanie, Monica, Mathieu, Tania and Robert!!!!

Watch out for the yellow rocket racer!

Congrats to Danny on his purchase of his new bike. He has been telling me he has many adventure - plans for this summer.

We want to thank our SILP team for your everyday efforts and supports you provide to our members to help them thrive and live independently as possible. This program could not be successful without you all!!!

Last but not least, Happy Momentous Birthday to our very own Mr. Big Guy, Brian Wood!!!

Night to shine 2025



Some of our members had a great time at Night to Shine Event that took place at Glad Tidings in February. They had their own glam team to prepare them for the night of laughter, fun and dancing the night away with friends. They can't wait and are already planning for next year's event.



La Recette



Easy Chicken and Stuffing Bake

This recipe came highly recommended as it was a hit at McSweeney Avenue!! Hmm...looking forward to trying this one 😊

You will need:

- 4 boneless skinless chicken breasts, diced
- 1 (10.5 ounce) can of cream of chicken soup
- 8 ounces sour cream
- 1(1.4 ounce) packet of onion soup mix
- $\frac{1}{2}$ teaspoon black pepper
- 1 (6 ounce) box of dry stuffing mix (like Stovetop)
- $\frac{3}{4}$ cup chicken broth
- 5 tablespoons of butter, sliced into 8-10 pieces
- 1 tablespoon chopped fresh parsley, or as needed



I'm on a sea food diet! I see food and I eat it~ Ivan Castro

~Directions~

- ❖ Preheat oven to 350 F. Lightly grease a 9 x 13 casserole dish and arrange chicken in a single layer.
- ❖ Stir soup, sour cream and onion soup mix together in a bowl and spread evenly over the chicken. Sprinkle with pepper.
 - ❖ Combine stuffing mix and chicken broth in a bowl. Spread stuffing mixture over chicken and top with pats of butter.
- ❖ Bake in the pre-heated oven until golden and bubbly and chicken is no longer pink at the centre- check at 30minutes and if chicken is still pink, cook for another 10 minutes.
 - ❖ Let stand for 10 minutes, sprinkle with parsley if desired.
 - ❖ Serve with vegetables of your choice (we recommend green beans!)



Until the next issue!

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<http://www.monctoncommunityresidences.com/newsletter/>