



# Aloft Transitions

FEBRUARY 2018

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Hap and Florence Sleigh Rides are a one of a kind experience. The trail is about a 2 hour drive from Boise in Donnelly, Idaho and we go every winter.



At Hap and Florence, it's not just an ordinary sleigh ride, they feed the elk in the area along the trail to bring them right up to the sleigh to say hi!



This year the elk were being uncharacteristically shy, but the sleigh driver took us around and shared some things about elk with us anyhow.



# Healthy Living

We learned about taking care of our skin, doing facials to moisturize and cleanse our faces! Don't forget the cucumbers!

Amara works out on one of our weekly YMCA trips!



# The Great Outdoors



This month, we took a trip to Jump Creek. It is about 40 minutes from the program and a gorgeous 1 mile hike to reach the falls! We can't wait for Summer!



## Dance, Dance, Dance!



The students have been enjoying learning a new skill and making new friends at some dance lessons downtown. They are currently learning west coast swing and having a great time practicing on the dance floor and at home!

## Meet the New Staff



Steve was born and raised in Meridian, Idaho. After high school graduation, he worked for a state newspaper maintaining the printing presses. During this time, he went to Boise State University and received a degree in Industrial Maintenance Technology. Steve later entered into law enforcement where he enjoyed working as a supervisor, K9 handler, and crisis negotiator. While working in the area, he found a strong desire to build bonds with community members and young adults; this led his way to Aloft. Steve enjoys helping others become successful and most of all, time with his family.



# MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- ### Upcoming Events
- 3/3: Illumibrate: Celebration of life and light
  - 3/4: Hike
  - 3/10: Car Show
  - 3/11: Hot Springs
  - 3/17: Cat Show
  - 3/18: Piggy Pigs Pottery
  - 3/24: Hiking
  - 3/25: Movies
  - 3/31: Boise Greenbelt

### Quote of the Month

I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming. I believe that there's a growing season. And I think that you realize that in life, you grow. You get better.

- Steve Southerland

## Photos of the Month

Steven loves learning new songs on the piano. He worked on a duet with our staff member Kenny and it sounded beautiful!



Right: Ty helped one of our staff feed their new baby goats.



Amara learned how to change the brakes on a car with the help of staff.

