



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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THE FRIDAY LUNCH TEAM BY DOUG SOOLEY

On Friday mornings I help plan the menu for our Friday group lunch with Céline, Evan, Nick and Elaine. We make a grocery list together and then we go shopping. We take the bus to Metro and buy the groceries. We always make a smoothie and either a salad or a soup. We usually have 16-18 people for lunch.

When we get back from the grocery store we set the tables and then we prepare the food. We take turns making the smoothie. I have learned how to make soups and chop vegetables for salads. I don't like to cut the onions but I like to eat them! I really like my Friday morning schedule!

DURING THE ABLE NETWORK SHUTDOWN I WOULD LIKE TO . . .

Jamie: I would like to go to Montreal with my parents to visit my Aunt Bev at her house. **Adam:** I would like to go to the beach and go camping with my family. **Devin:** I would like to go to African Lion Safari. **Evan:** I would like to hang out with my friends. **Meredith:** When I'm at home I would like to work in my office on my fashion magazine, play games on my iPad and watch California Dreams. When I'm at the cottage I would like to swim and take naps. **Ryan:** I would like to go out to lunch and the movies with Evan. **Nick:** Before the shutdown I am going to a cottage in Parry Sound with my family. **Elaine:** I would like to have a day off so I could go to my sister Laura's house. I also want to go to the beach. **Doug:** I am excited about going to Edmonton on August 17th. I also hope to go the movies and the cottage. **Gemma:** I hope to go to Ottawa to help my sister move into her new apartment. **Brent:** I would like to go to a cottage with my mom and dad near a lake. When we get back I want to clean the house for my mom.

MY JOB AT HOME HARDWARE BY NICK PORTER

I work at Home Hardware. I work on Wednesday mornings. My boss' name is Sarah. She is very nice. I wear steel toe boots and a red t-shirt to work. It is my uniform. I have lots of jobs but I really like sweeping and dusting. There is a cat named Cloak in the store. He is friendly. I hope to work more days at Home Hardware. I like working at Home Hardware. My co-workers are all very friendly.



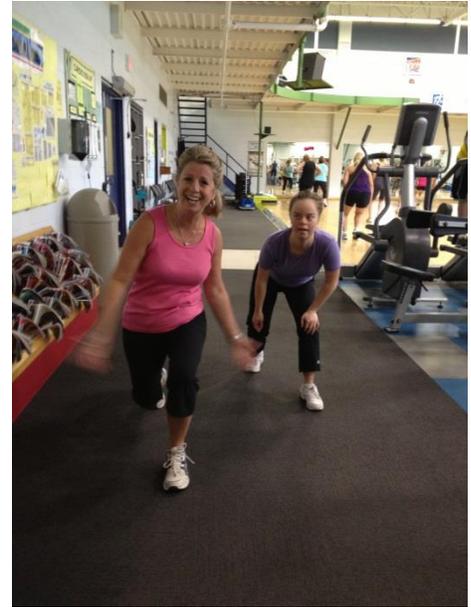
Doug & Elaine grocery shopping.



Nick hard at work dusting paint cans.

WORKING OUT AT THE GYM WITH LORI BY RYAN GRANT

I used to go to the gym five days a week. I take the bus and then I walk up Industrial Parkway. At the gym I follow my checklist. I have a program that my trainers Diana and Wayne made for me. I usually work out alone but sometimes I get to work out with a volunteer. On Monday mornings Jamie's mom, Lori Dempster volunteers with us at the gym. Each week she works out with one person. She helps us by working out with us and following our checklist. It's fun to have someone to work out with. Sometimes she makes me go faster. I like having someone to talk to when I'm at the gym. Lori helps me to stay focused.



Lori and Jamie working out together.

SPECIAL OLYMPICS SUMMER GAMES 2013 BY ADAM BROOKES AND BRENT HOEY



Adam & Brent after the summer games.

On Thursday July 11th to Saturday July 13th, we went to the Summer Provincial Games. It was in Richmond Hill at the Richvale Diamonds. Our softball team played in a tournament. On Thursday the bus picked us up. We stayed at Seneca College from Thursday to Sunday. Thursday was the opening ceremonies and we saw our friend carry the torch. All day Friday we played softball. It was a long day but we had fun. Saturday we played more games and in the evening we went to the closing ceremony. On Saturday night, we had a nice dinner with everyone and had a big dance party. We had a great time at the Summer Games and we were very happy to have our families come out to see us play. Some family members even came from Ottawa!

ON THE CALENDAR THIS MONTH

- Aug. 01 - Meredith's birthday
- Aug. 09 - Joan's birthday
- Aug. 12 -23 - ABLE Network Shutdown
- Aug. 25 - Evan's birthday

