



**THE ABLE NETWORK**  
...promising futures

# ABLE NETWORK NEWS

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## OUR FIRST ABLE HARVEST BY BRANDON FOWLER

During literacy I got to work in the ABLE Network garden. I helped to plant some potatoes and onions. They had already planted green onions, beans, cucumber, zucchini and tomato plants in the garden. We took the weeds out of the garden by pulling them. Then we watered all the vegetables to help them grow. We picked the green beans because they were ready. There is a zucchini growing out of the bottom of a yellow flower. There is a bunny living in the yard and he likes to share our green beans. He ate top off of a lot of the bean plants. My favourite part was eating the green beans after we picked them.



Brandon with the beans.



Our first zucchini.

## WORKING AT SUNRISE BY ANDREW HUGHES

I work at Sunrise on Wednesday and Friday mornings. I walk to and from work. Sunrise is a Seniors' Home. I set the tables in the first floor dining room for lunch. I also vacuum and clean the chairs. I really like the people who work there. I used to work at Sunrise a few years ago, but I stopped working there when I left ABLE for a year. I was very happy to return to my old job. It is great to be working with Jean again.



Andrew setting the tables.

## MOVING TO ABLE NETWORK RICHMOND HILL BY MINA HANNA

I am moving to the new ABLE Network location in Richmond Hill starting on Tuesday, August 4th. I'm going to be going to ABLE fulltime! I am very excited because this is closer to my home and I'm happy to meet lots of new people. My friends Jolen, Theresa and Debbie and my leaders, Kirstene and Lindsay, will be going as well. All of the new participants got to know each other during our eight week Abuse Prevention course. It was a fun way to get to know each other and on the last day we had snacks and got a certificate.



Mina, Theresa, Kirstene, Debbie & Jolen.

## OUR REACH FOR THE TOP COMMUNITY OUTING BY EVAN FAWNS



Evan & Adam enjoying their sundaes.

On Friday, July 10<sup>th</sup> a group of us went on a community outing to Dairy Queen. Adam, Andrew and I walked there with Samantha. The outing was a reward for meeting our gym goals for the past three months. We all went in small groups and everyone had a turn to go. Every month we set gym goals for ourselves. Sometimes we come up with the goals ourselves and sometimes our leaders help us to think of them. Since we all reached our goals for three months in a row, we got to go on a community outing to Dairy Queen as a reward. It was a perfect day for it because it was hot out. My goal was to do three cardio machines (the treadmill, bike and rowing machine) for 15 minutes each. I worked very hard and I think my peers did too. At Dairy Queen I had a chocolate sundae. It was so good! It was fun to do something like this with my ABLÉ friends during the work day.

## WORKING AND HELPING OUT DURING THE SHUTDOWN BY RYAN GRANT

During our summer shutdown I kept working at my job at the Aurora Leisure Complex because I am taking time off in August to go to Nova Scotia. I also went to ABLÉ Network to empty the Clothes Closet donation bin and to water the garden. When I was watering the garden I saw some zucchinis that were ready to pick.



The zucchinis!



Ryan watering the garden.



Ryan emptying the donation bin.

## CONGRATULATIONS TO ELAINE

Congratulations to Elaine Hurst for being an all around character star. During our review of the character traits in July, Elaine was able to demonstrate and explain many of the traits. She regularly showed initiative and respect and responsibility!



Elaine with her award.

## ON THE CALENDAR THIS MONTH

**August 03:** Civic Holiday

**Celebrating a birthday this month:** Meredith, Joan, Ryan M, Evan & Katie

**Character Trait of the month:** Optimism



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