



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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MY JOB AT NOAH'S ARK DAYCARE BY JENNA CAPPUCCITTI

I work at Noah's Ark. It is a daycare. I work on Thursdays and Fridays in the morning. I help the teacher Miss Mariyam out when she needs help. I help her make sure the kids behave. I play with the kids inside and outside on the playground. I help the kids during circle time. We sing songs that have actions to go along with them. My goal is to learn all of the songs and actions, there are a lot! I help the kids stay focused while they eat their lunches. I pour the milk for the kids when they eat lunch. I help clean up after lunch. It is a fun job! I love working with the kids. My dream is to be a teacher like my Mommy!



Jenna & her supervisor, Mariyam.

SUMMER STUDENT AT ABLE NETWORK BY BRANDON FOWLER

My name is Brandon Fowler. I come to the ABLE Network every Friday during the summer as a student summer intern. During the school year, I go to Stouffville District Secondary School. I really like coming to ABLE because I like to see my friends. My family drops me off at 8:30AM and picks me up at 4:00PM. I go to the gym to work out on Friday mornings and then we have lunch as a group and we talk about our weekend plans. In the afternoon I do literacy activities like reading, writing, gardening or playing cooperative games. I am looking forward to coming to ABLE when I finish high school.



Brandon & Gemma playing a game.

MY FIRST WEEK AT ABLE RICHMOND HILL BY YASMIN ABDEZADEH

This month I started coming to ABLE. I will be coming every day, Monday to Friday. On my first day, I met my ABLE leaders and peers. Lindsay gave me a tour of the building and the L'Arche property. I enjoyed going for a walk with the group around the pond. I helped with cooking and grocery shopping and went to the gym. I played a "Getting to Know You" game with Jenna. I had a fun first week at ABLE. I hope to learn more about transit training and hope to get a job soon.



Yasmin.

SAVE THE DATES!

Our Annual Parent Meeting will be held on Wednesday, August 24th at 7:00-8:30PM at Trinity Anglican Church (79 Victoria Street, Aurora). All parents are encouraged to attend.

The Scotiabank Toronto Waterfront Marathon will be held on Sunday, October 16th. Please join Team ABLE and help us to fundraise. Registering is easy! Simply click the link below, select the ABLE Network on the list of charities and use our **Charity Discount Pin Code 16ABLE5k** to register. Then you can set up your own secure fundraising page.

<http://www.torontowaterfrontmarathon.com/en/index.htm>

OUR FIRST YEAR AT ABLE NETWORK RICHMOND HILL BY JOLEN MCPHEE

It has been one year since ABLE Richmond Hill opened and it's awesome! We have made lots of great friends at ABLE and at L'Arche Daybreak. During the week we do small group activities like volunteering at Sunrise and the Coptic Church. Soon some of us will start volunteering at other nursing homes in the community. On Thursdays a few of us buy groceries and cook food to share. Pancakes, grilled cheese, and pasta salad are so good! We have been learning about keeping our bodies healthy by setting goals for working out at the gym. I love to use the rowing machine! I work at Tim Horton's two times a week. Theresa and Jenna work as assistants at the Daycare called Noah's Ark. Mina works at L'Arche. He picks up the garbage and recycling from all of the buildings. Debbie works at Winners in the warehouse. We have been learning lots of ways to be independent. I take the bus to ABLE and back home by myself every day. We do cleaning duties every day. My favourite is sweeping the floor! We are happy to welcome two new friends to ABLE this fall, Yasmin and Jessica!



Theresa, Jolen, Jenna, Mina & Debbie

THE ABLE NETWORK & WELCOMING ARMS COMMUNITY GARDEN PROJECT BY GEMMA KIDD

This year Welcoming Arms and the Able Network started a community garden. We planted some vegetables like green beans, tomatoes, beets, radishes, onions, rhubarb, peppers and zucchini. We have already picked some vegetables and given them out to Welcoming Arms clients. Able started out taking care of the garden, but now the volunteers from Welcoming Arms also help to water and weed. I really enjoy working in the garden with my friends.



Some of the produce!

CONGRATULATIONS TO JENNA, NICK, ADAM & JOLEN

Congratulations to Jenna and Nick for winning the character award and Adam and Jolen for winning the transit award. Jenna and Nick consistently show good character at ABLE and in the community. They are very considerate of others. Adam and Jolen have been safe independent travellers. They both know their schedules and are responsible for their plan. Way to go!

ON THE CALENDAR THIS MONTH

Character Trait of the Month: Compassion

August 01: Civic Holiday

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

August 24: Annual General Meeting



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We're on the Web!
See us at: www.theablenetwork.ca