



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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THE DRUMMING CIRCLE BY NICK PORTER

On Monday afternoons I go to a drumming circle class. I go with Brent, Adam, Meredith and Gemma. We take the bus together on our own and Kirstene meets us there. The teacher's name is Haley. Sometimes we all have our own small drum to use and sometimes we all use one large "gathering" drum. We use drumsticks but we also use our hands. We do soft drumming and very loud drumming. It gets so loud we can't even hear our own singing. Haley shows us how to drum our names. We have to take turns. I really like going to drumming circle. We are going to go every Monday for five weeks.



Adam, Nick, Brent, Haley, Meredith & Gemma at the drumming circle.

VOLUNTEERING AT WELCOME TABLE BY ANDREW HUGHES

I occasionally volunteer at the Welcome Table. I'm on Barb Allan's team. I set the tables and serve the food. I also get to eat with the guests. I love volunteering at Welcome Table because it's fun to be in a big group of people. It reminds me of being at ABLE. I'd like to be able to help out more often.



Andrew & Beverley

CONGRATULATIONS TO EVAN FAWNS

Evan Fawns was recognized for practicing our character trait of the month, initiative. Evan often shows initiative at his job at Sunrise as well as at the rectory.



Evan with his award.

LITERACY ACTIVITIES WITH AUNT BARB BY ELAINE HURST

Aunt Barb is one of our literacy volunteers. She comes to ABLE every Monday afternoon to help us with our literacy activities. We call her Aunt Barb because she is Meredith's aunt and she has the same name as Meredith's mother. We read books together and afterwards she helps us to answer questions and do crosswords. It feels good to work with a volunteer. I like visiting with her and telling her about our character trait of the month.



Elaine and Aunt Barb reading a biography of Lucy Maud Montgomery.

WORKING AT DOLLARAMA

BY RYAN MACMILLAN

I work at Dollarama every Thursday morning. I have worked there since high school. I walk there on my own from Able Network. My leader also walks there. I don't have to wear a uniform but I do wear a green Dollarama apron over my shirt. It lets people know I work there. I restock items like batteries and reading glasses. I also help tidy up the aisles. Sometimes customers ask me for help. My favourite thing to restock is headphones. My boss' name is Margaret. When I'm at work I take initiative to check the time for my snack break. I like looking at the items that come in for sale. Sometimes I buy things for my mom like a pair of mittens. I like the candy aisle and the pop aisle.



Ryan restocking batteries at Dollarama.

UPDATE ON MARY AT MAGNA AND IN THE COMMUNITY

BY MARY HABERER

I've been working at Magna for almost a year now. I still continue to do my kitchen duties. I collect dirty dishes, use the dish washer to clean them and I've added some new tasks. I clean and restock kitchenettes in both the buildings. There are ten in total! I also bring food over to the other building and to a department upstairs in our building. When I started at Magna I was working twenty hours a week. Now I am working 25 hours. I was very excited to receive Christmas gifts from Magna. I also received a bonus pay cheque. They are a great company to work for!

I really like having a full time job. It keeps me busy. I get to earn a lot of money and I am proud of the work that I do. The people who work at Magna are great and they treat me well.

When I'm done work for the day I still keep busy with other things. I take part in different sports and I work out at the gym (Fitness Clubs of Canada) almost everyday for two hours. Even though my schedule is very busy, I still find time to sleep!



Mary hard at work at Magna.

ON THE CALENDAR THIS MONTH

Character Trait of the month: **Review of previous traits**

Feb. 14 - Valentine's Day

Feb. 16 - Amanda's birthday

Feb. 17 - Family Day



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