



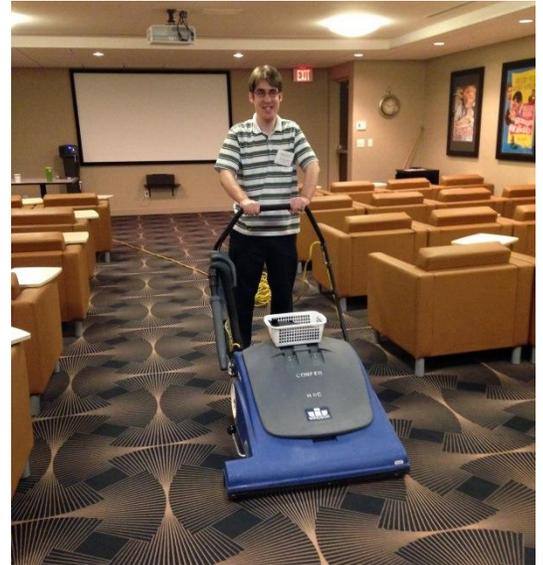
**THE ABLE NETWORK**  
...promising futures

# ABLE NETWORK NEWS

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## MY NEW JOB AT HOLLANDVIEW TRAIL BY ANDREW HUGHES

In September I started working at Hollandview Trail Retirement Residence. I work there every Thursday from 9:30-11:30AM. I work in the maintenance department. My supervisor's name is Ben. My favourite part of the job is working with Ben. He's a great boss. At work, I vacuum the hallways and lounges with a regular vacuum, I vacuum the movie theatre with a power vacuum (there's always popcorn to be vacuumed up), I vacuum the swimming pool and clean the pool handle, I dust and sometimes I sweep and mop certain areas as well. There is always lots to be done! I have my own cleaning cart that I can take with me to each floor. It has everything on it that I need to do my job. At 10:30AM I get to take a break. Ben always gives me a hot chocolate and I sometimes have a muffin as well. I can take my break in the staffroom or the bistro. I take the bus to work on my own. Brent travels on the same bus but I get off at different stop. I really love my job!



Andrew vacuuming the theatre with the power vacuum.

## PREPARING OUR FRIDAY LUNCH BY EVAN FAWNS

Every Friday the lunch team does the groceries to make a smoothie and a healthy side dish for the whole group. After we plan what we are going to have, we write a shopping list of the ingredients we need to buy. Sometimes we take the bus to Metro, or we walk to No Frills. At the grocery store, we try to check prices to save money. When we get back to ABLE, we take turns doing all of the tasks like setting the tables, cutting vegetables, making the smoothie and cooking. After we cook, we clean up the kitchen as a team and put our dishes away. When everything is ready, our friends join us in the dining room to enjoy our delicious meal!



Doug, Elaine & Evan preparing delicious veggie wraps.

## TRANSIT TRAINING BY NICK PORTER & ANDREW HUGHES



Nick

Everyone at the ABLE Network does transit training. We do transit training to make sure that we are all being safe when we are out in the community. In January, to start off the new year we did a lot of transit and pedestrian training with all of our leaders. It was cold out but we managed. Sometimes we walked to places like the library and Staples and other times we travelled on the bus. We reviewed how to walk safely and how to take the bus safely. We will all meet with our leaders to set our new transit goals.



Andrew

## A NEW VOLUNTEER OPPORTUNITY FOR ABLE BY RYAN M

On Tuesday before the gym, I go to Binion's Hall at Trinity Church and set up the chairs for the pop choir group that meets there each week. AJ, Adam, Brent, Doug, Nick, Ryan G, Meredith and I work together to set the chairs up. It's another chance for us to help out at the Church. We make six rows of eight chairs each. We put the chairs in the middle of the grey tiles on the floor. Bob, the custodian at the church helps us by pulling out the stacks of chairs, and setting up the piano in front of the chairs. Afterwards we stack the carts that the chairs are on by the storage room doors. Then we head out to the bus stop to go to the gym. I like setting up the chairs. It feels good to help out.



Ryan M setting up the chairs.

## WORKING ON LITERACY AND LIFE SKILLS WITH OUR NEW VOLUNTEER VICKI BY ADAM BROOKES

For the past few months we've had a new volunteer coming to help out with the literacy program on Friday afternoons. Her name is Vicki. Each week she works with two of us. After lunch we clear the dining room together, load the dishwasher and do the dishes and then Vicki helps us to start the laundry. Then we go upstairs and start working on literacy. Sometimes we work on worksheets, read, or work on the iPads. We also like to play games like concentration or cards. Vicki is really nice. We are lucky to have her come and work with us.



Vicki, Adam and Andrew playing cards after a literacy activity.

## CONGRATULATIONS TO RYAN M

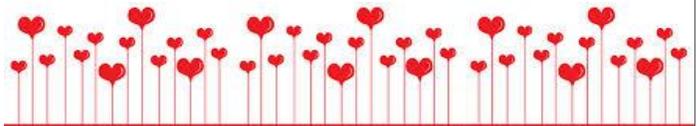
Congratulations to Ryan M for winning the Character Trait of the month award for fairness. Ryan has been very fair in all of interactions with his peers and leaders. Ryan really enjoys taking part in cooperative games during free time and he always plays fairly.



Ryan with his award.

## ON THE CALENDAR THIS MONTH

**Character Trait of the month:** Perseverance  
**February 14:** Valentine's Day  
**February 16:** Family Day  
**February 28:** Grand Re-opening of the Aurora Family Leisure Complex



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