

LITERACY PAINTING PROJECTS BY GEMMA KIDD

We did a flower painting during literacy for three sessions. We worked with AJ & Aunt Barb. The first lesson we had was about the colour wheel. We started with red, yellow and blue paint and mixed them to make three new colours: green, purple and orange. During our second lesson we painted the background of our painting. In our third lesson, we painted the foreground. We painted Van Gogh's sunflowers. We did our paintings on canvas. We learned how to do long strokes and poking. After each session, it was our responsibility to clean the brushes. We learned how to clean them so that we wouldn't damage the bristles. It was a lot of fun. I hope to do more painting.



Evan, Elaine, Nick, Gemma, AJ, Brent, Aunt Barb & Devin.

MY FIRST MONTH AT ABLE BY JENNA CAPPUCCITI

I started coming to ABLE Richmond Hill in January. I come on Tuesday, Wednesday and Thursday. On my first day at ABLE I met Jolen, Theresa, Debbie and Mina. They were all nice to me. All of them asked me to play a game called Tenzi. Kirstene and Lindsay played the game too. Every Tuesday and Wednesday afternoon we go to the gym. We use the machines to exercise. It's fun riding the bus with everyone. Sometimes we talk to each other. On Thursdays we go shopping for food to cook at ABLE. We have made soup to have with our sandwiches. I really like my new friend, Theresa Conrad. We both play bocce together.



Jenna working on a literacy activity.

WHEN I GO TO SUNRISE BY THERESA CONRAD

I love to work at Sunrise. I go on Mondays and Thursdays. One of my jobs is to talk to the seniors. They don't want to get lonely. I keep them company. Also, I do Arts and Crafts with the seniors. They are women and men. At Sunrise they have 3 meals a day. To get to Sunrise I take the VIVA bus with Kirstene. We walk from ABLE to 19th/Gamble Road to catch the bus. We get off at Major Mackenzie Drive and walk the rest of the way to Sunrise. When I get there I call the ABLE cell to let them know that I have arrived. I sign in when I get to work. My goal for the future is to get paid and live on my own.



Theresa preparing a craft.

WORKING AT THE CLOTHES CLOSET WITH HEATHER BY NICK PORTER & RYAN M

We have a new Clothes Closet team on Tuesday mornings. We work with Heather, AJ and Ira. Ira is our placement student from Seneca College. Heather is our volunteer who works in the store. She has been working with us since the fall. Heather helps us to set up and put away the store racks and she helps with the customers who come in to shop. We have a lot of duties at The Clothes Closet. We empty the bin, sort the clothes, and then hang the clothes in the store. Heather helps us hang the clothes on the proper racks. We are also responsible for the money and filling out the ledger. We like to chat with Heather throughout the morning. We like to talk about hockey and other sports. At Christmas time, Heather came to our Open House and gave us both Toronto Maple Leaf ornaments as a gift. Sometimes we even shop for ourselves when we are working and we show Heather the clothes we would like to buy. Heather is very sweet and we look forward to seeing her every Tuesday. We are happy to have Heather as a Clothes Closet volunteer.



Nick, Heather & Ryan M.

MY STUDENT PLACEMENT AT ABLE BY IRYNA MACHKUR

Hello to each member of the big and friendly ABLE Network family. My name is Ira, and I am a student in the Social Service Worker Program at Seneca College. I have been doing my student placement at the ABLE Network since January 11th. I come in on Mondays and Tuesdays. I really enjoy being here, and learning from everyone. I moved to Canada less than two years ago from the Ukraine. I am still getting used to living in this beautiful country and I continue to work on my English. I was little bit nervous before I started my placement at ABLE but after the first two days I realized what an amazing place it is. I am proud being a part of the ABLE Network!



Ira visiting Doug at his work placement.

CONGRATULATIONS TO MICHAEL & DEBBIE

Congratulations to Michael and Debbie for winning the character trait award for respect. Michael and Debbie are consistently respectful to their peers, leaders and community members.

ON THE CALENDAR THIS MONTH

Character Trait of the Month: Responsibility

February 14: Valentine's Day

February 15: Family Day

Celebrating a birthday this month: Amanda & Jolen



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