

## TRANSIT TRAINING WITH THE ABLE NETWORK

BY JAMIE DEMPSTER

I never took the bus or travelled alone in the community before I came to ABLE.

My mom used to drive me everywhere. Kirstene helped me learn how to take the bus. She would come on to the bus with me to make sure I was comfortable and safe. I need to remember my bus pass when I take the bus. I also need to know what time to leave to catch the bus and what time the bus comes. The bus takes me to my job at Mastermind. I also take it on the way back to ABLE and to and from the gym as well. My leaders used to observe me taking the bus to make sure I was being safe. My mom also used to practice transit training with me at home when I was first learning to take the bus. Sometimes I feel nervous when I am out in the community alone, but it makes me proud of myself because I am now able to walk on my own to buy my lunch on Tuesdays. I like taking the bus most days, but I do not like taking it in the winter because it is too cold!



Jamie boarding the bus.

## OUR ANNUAL SWISS CHALET DINNER

BY BRENT HOEY

On December 9<sup>th</sup>, we went to Swiss Chalet. I went with my ABLE friends and leaders. I sat at a table with Adam, Elaine, and Meredith. We went out for dinner to celebrate Christmas and to have a good time. My favourite part of the night was eating the good food and spending time with my friends. After dinner we went back to ABLE for dessert. Joan made spice cake and it tasted yummy. I had a great time!



Ryan, Brent, Adam & Evan.

## CONGRATULATIONS TO RYAN GRANT

Ryan Grant was recognized for practicing our character trait of the month, fairness. Ryan consistently treats his friends and leaders fairly.



Ryan with his award.

## ABLE NETWORK CHRISTMAS OPEN HOUSE

BY GEMMA KIDD

On December 19<sup>th</sup>, we held our annual Christmas Open House. To prepare for the open house we made cookies and bars. We all helped out with the baking. It was fun. We invited our friends, families, work place supervisors and people from the church. We held a bake sale at the open house to raise money for victims of Typhoon Haiyan. We raised over \$200. We would like to thank all the bakers and everyone who supported the bake sale. My jobs at the open house were to help at the bake table, greet people as they came in the front door and make name tags. It was so much fun to see everyone who came.

## INTER-GENERATIONAL ACTIVITIES AT SUNRISE SENIOR LIVING BY RYAN GRANT

On Monday, December 02, 2013 I went to Sunrise Senior Living with Gemma, Meredith, Ryan, Céline and Amanda. We went there to do activities with the residents. Meredith and Gemma baked oatmeal cookies and Ryan and I played a number bingo game. We took turns calling out the numbers and helping the residents find the numbers on their cards. It was awesome! I liked talking to Jack. We played four games of bingo and then the cookies were ready. We all had cookies and juice. They were delicious. When we were leaving I got to see my friend Evan at work in the first floor dining room. I hope I can go back again.



Ryan playing bingo with Sunrise residents.

## HIGHLIGHTS OF OUR HOLIDAYS BY THE ABLE PARTICIPANTS

**Adam:** My favourite part of the holidays was when I went to see a WWE show in Toronto with my friends. I went with Brent, his dad, Stu and Brandon. **Nick:** Over the holidays I went skiing with my mom and dad and sister. I really liked the jumps. I am looking forward to going skiing again soon. **Gemma:** During the holidays we dressed up our dog and took pictures of her. On Christmas day I got my first ipod which surprised me bigtime. I also get to pick the new paint colour for my room. **Meredith:** One of my gifts is a trip to Halifax to visit my sister Laura. I get to take a plane by myself. It's the first time I will fly alone but I can do it. I will get to hang out with my sister and her friends and have a sleepover. I can't wait! **Devin:** I really enjoyed going to see the musical play of Disney's Aladdin with my mom in downtown Toronto. **Ryan MacMillan:** During the Christmas holidays I went to Kingston for my sister's hockey tournament. We had a lot of fun in Kingston and we watched Team Canada play in the World Juniors. We also went out for dinner. It was good to come home to our own beds. **Evan:** After Christmas I went to the cottage with my family. We had a great time snowmobiling. **Brent:** I had a fun playing pool with my family in a bar in Newmarket. We had a great time. **Michael:** I was happy to see my family and my nieces and nephews. I got a new black Monster hoodie. **Elaine:** Holidays are special because I give gifts to my family and friends and I eat candy and desserts. **Ryan Grant:** I gave presents to my family. It made me happy. We had a party on New Year's Eve with friends. **Jamie:** I went to Florida and I got my nails done. We also went out to eat at Five Guys. **Doug:** My favourite part of the holidays was spending New Year's Eve at the cottage. It was a blast!

## ON THE CALENDAR THIS MONTH

Character Trait of the month: **Initiative**  
 Jan. 01 - New Year's Day  
 Jan. 12 - Brent's birthday  
 Jan. 23 - Nick's birthday



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