

## A SURPRISE BABY SHOWER FOR AMANDA BY DOUG SOOLEY

On Friday Dec 5<sup>th</sup>, we had a surprise baby shower for Amanda. On Friday morning we went grocery shopping and got garlic bread and Caribbean Treasure fruit for a smoothie. I helped to make the smoothie. Caribbean Treasure is Amanda's favourite kind of smoothie. For lunch we had two kinds of lasagna. We had Mushroom and Mexican Lasagna. We also had a Caesar Salad. For dessert we had chocolate cake and I helped to decorate it with icing and sprinkles. Amanda was very surprised! Amanda's mom Linda came and so did Kirstene, baby Raven, Lindsay, and our new volunteer Vicki. After lunch we gave Amanda her gifts. We gave her a baby carrier and baby towels. Then we played some games. We blind-folded Amanda and her mom. Then they raced to see who could change the doll's diaper the fastest. It was really funny to watch. Amanda won. Then we played Baby Bingo and the winners won ring pops. Then we used string to guess how big Amanda's belly was. Jamie won that game. It was lots of fun and Amanda was very happy. Oh Yeah!



Amanda and her mom.

## OUR ANNUAL OPEN HOUSE AND GLEE PERFORMANCE BY RYAN GRANT

We had our annual Christmas Open House on Monday December 22. Before the Open House started, we did a Glee performance. Families and friends came to watch. I had fun performing. Afterwards, they came to the Open House. We ate the cookies and treats that we baked. We drank apple cider and punch. Everyone had a job. I poured punch and wrote name cards for our guests. We also held a bake sale that raised over \$400.00 for World Vision to help stock a medical clinic. Thank you to everyone who came and supported us!



Getting ready for the Glee Performance.



Jamie, Meredith, Mary and Elaine.



Suzanne, Michael, Doug & Beth.



Cie Cie & Doug working at the bake table.

## BOWLING BEFORE THE CHRISTMAS VACATION

BY GEMMA KIDD

We went bowling at Gateway Lanes on Friday December 19th, 2014. It was almost Christmas vacation and it was so much fun. After lunch we all walked to the bowling alley and back to ABLE Network on foot. We got one drink each at bowling. We had three lanes all beside each other and we each played one game. We had so much fun and it was a great way to end the week. My favorite part was bowling with my friends and my leaders as well.



Evan & Gemma at the bowling alley.

## AJ IS BACK!!!

I am thrilled and honoured to be back at the ABLE Network! Starting work in December was a great way to jump right back into the old routine, and January will be a great time to get settled in. Here at ABLE I will be responsible for the recreation program, part of the transit program, assigning and supporting cleaning duties, volunteering at the Church (doing the pews and bread) and the Clothes Closet and whatever else I can do to help out. If you would like to get in touch, my new email address is: [aj.peterson@theablenetwork.ca](mailto:aj.peterson@theablenetwork.ca)



Andrew, AJ & Ryan G at the bowling alley.

## GOING TO THE GYM INDEPENDENTLY

BY ADAM BROOKES & MEREDITH ALLAN

On Monday afternoon we go the gym independently. That means that we go to work out at the gym without one of our leaders. We take the bus alone. When we get to the gym we call the ABLE cell and then we get busy and start our workout. We follow our checklists that we made with the fitness trainers. We like going without the leaders but we miss them a little bit. When we leave the gym we both take the bus together part way and then we transfer to other buses to get home. We do not go back to ABLE until the next day. We feel very proud of ourselves for doing this independently.



Adam doing his push-ups on the bosu ball and Meredith hula hooping with two hoops!



## IT'S A GIRL!!!!!!

BY DOUG SOOLEY

Congratulations to Amanda and Andrew! They gave birth to a beautiful little girl on December 28<sup>th</sup> at 6:20AM. Her name is Aubree Annalin. She weighed 8lbs and 2oz. Mom and baby are both doing very well. We can't wait to meet her!



Aubrey Annalin.



## ON THE CALENDAR THIS MONTH

Celebrating a birthday in January: Brent & Nick

January 16: Leisure Complex re-opens

Character Trait of the month: Fairness



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