



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

# ABLE NETWORK NEWS

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## VOLUNTEERING AT THE ABLE NETWORK BY LINDSAY HALL

My name is Lindsay Hall and I have recently graduated from Seneca College with a diploma in Recreation and Leisure Services. Beginning this fall, I will be furthering my education and pursuing a degree in Therapeutic Recreation. I plan to be a Recreational Therapist and will enjoy planning and delivering recreation activities for persons with either physical or developmental disabilities, older adults, youth-at-risk, or those living with mental health challenges.

I have recently begun volunteering at the ABLE Network where I attend the gym, under Samantha's supervision, with a group of participants on Wednesday afternoons. Each week I am assigned to work with a participant one-on-one. Together we follow the exercise program that has been tailored for that particular participant. I enjoy my time at ABLE and what I like most about it is getting to know each of the participants on both professional and personal levels.

## WORKING OUT WITH LINDSAY BY DOUG SOOLEY

On Wednesday May 21<sup>st</sup>, I worked out at the gym with our volunteer Lindsay. We walked together to the bus stop. Then when we got to the gym we started working out using my fitness checklist. We went on the exercise bike first, then we lifted some weights, and we also used the mats and used the ab roller machine. I like working out with Lindsay. It is fun and she is very nice. I hope to work out with her again sometime soon. After we were finished at the gym, Lindsay took the bus back with us to ABLE. I am looking forward to seeing her next week.



Doug & Lindsay working out together.

## HOCKEY TOURNAMENT IN DETROIT MICHIGAN BY ADAM BROOKES, BRENT HOEY & NICK PORTER



Brent, Nick & Adam.

On Thursday May 01, 2014 we went to Detroit for a hockey tournament for the whole weekend. We all went with our families in our own cars. It took a long time to get there. We all stayed in the same hotel. It was a lot of fun because we were there with all of our friends. The hotel had a pool and a work out room. Our hockey team's name is the Newmarket Nighthawks. We played four games and came in second place at the tournament. Afterwards, we had a party with our team with drinks and cupcakes. Being part of a team is great because you get to play sports, hang out with friends and go on trips! We have all played hockey for a long time.

## WORKING AT TIM HORTON'S BY ELAINE HURST

I work at Tim Horton's on Tuesday and Wednesday afternoons. I have been working there for over five years. I start at 1:00pm and finish at 3:00pm. I get to work by walking. At Tim's my job tasks include wiping the tables, checking the lobby for dirty dishes, rinsing the dishes and loading the dishwasher, emptying the dishwasher and putting the clean dishes away, taking out the garbage and recycling, folding the breakfast bags and at the end of the day I clean out the sink at my work station. I work with Anne Marie, Ina, and Linda. They are my supervisors. I also work with Jessica who is another supervisor. My favourite part about working at Tim's is that I get to be independent and show initiative. I like to talk to the regular customers who come in every afternoon. They make me laugh. My favourite treats at Tim's are the gluten free chocolate covered macaroons and the famous Tim Horton's peach juice. I love my job and I really enjoy working at Tim's.



Elaine rinsing the dishes at her work station.

## TRANSIT TRAINING AWARDS BY CÉLINE TREMBLAY

We are very excited to announce that two ABLE Network participants were recently nominated for transit training awards. **Meredith** was nominated for the Champion Award. This award is for someone who has graduated from the YRT myRide Program and is now using the YRT/Viva independently. This independence has been empowering for Meredith and her family because it allows her to participate more fully in the community. She has successfully travelled alone from Aurora to Toronto and she recently flew to Halifax on her own. The skills that she has learned are invaluable because they are transferrable and most definitely enhance the quality of her life. **Ryan M** was nominated for the Achievement Award. This award is for someone who is currently enrolled in the YRT myRide Program and has demonstrated significant progress and interest in continuing to learn. Ryan has made great strides in his transit training. He has shown that he can be responsible for his bus pass while out in the community. Ryan and his mom have recently started practicing taking the bus to ABLE in the morning. Congratulations Meredith & Ryan!

## CONGRATULATIONS TO NICK PORTER

Nick Porter was recognized for practicing our character trait of the month, compassion. Nick consistently demonstrates a gentle, kind and caring attitude towards his friends and leaders. Way to go Nick!



Nick with his award.

## ON THE CALENDAR THIS MONTH

Character Trait of the month: **Inclusiveness**  
June 05, 2014 - Transit Training Awards



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We're on the Web!  
See us at: [www.theablenetwork.ca](http://www.theablenetwork.ca)