



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

March 2016 | Volume 4, Issue 03

VOLUNTEERING AT THE WELCOME TABLE WITH SHARON BY MEREDITH ALLAN & RYAN M

On Wednesday afternoons we go with our volunteer Sharon to set up the dining room at Trinity Church for the Welcome Table dinner. Welcome Table is a community dinner that is held every Wednesday night for people who need it. Our job is to put out all of the serving tables and wipe and set the dinner tables for 120 guests. Volunteer chefs come to prepare the meal. The chefs are very friendly and sometimes let us try some of the food or take a bit home. It always smells good! Sharon helps us to set up the bread table and the serving tables. She is always happy and lets us listen to music quietly while we work. We really like our job at the Welcome Table and we're faster than we used to be. The three of us are a good team and we work well together.



Ryan M, Sharon, Dave (the chef) and Meredith.

MINA'S JOB AT THE DAYSPRING BY MINA HANNA

My job is at the Dayspring building at L'Arche Daybreak. ABLE Richmond Hill is in the Dayspring building. I work on Thursdays from 1:30 until 3:00 every week. I clean the mirrors and the windows in the whole building with Windex. I tidy the coat room. I sweep the washroom. I clean up the dishes in the sink and put them in the dishwasher. When they are clean I dry them. I check the laundry. If there is enough I ask my ABLE leaders to help me start it. I shovel the snow in front of the garbage shed and in front of the doors. I move the snow to where the grass is. Chris is my supervisor. He helps me with a lot of stuff. He is a good supervisor. I feel very happy, excited, and proud of my job at the Dayspring.



Mina cleaning the ABLE Network door.

OUR VOLUNTEER WORK AT THE COPTIC CHURCH BY JOLEN MCPHEE

On Wednesday mornings, we volunteer at the Coptic Church. We start at 10am and finish around 11:30am. We help with cleaning duties. We vacuum the carpets, clean windows with Windex and dust the pews and tables. We also fold garments and replace the old candles with new ones. We clean the kids' chairs and tables. We use a cleaning checklist to help us stay on track. We feel good when we help at the church.



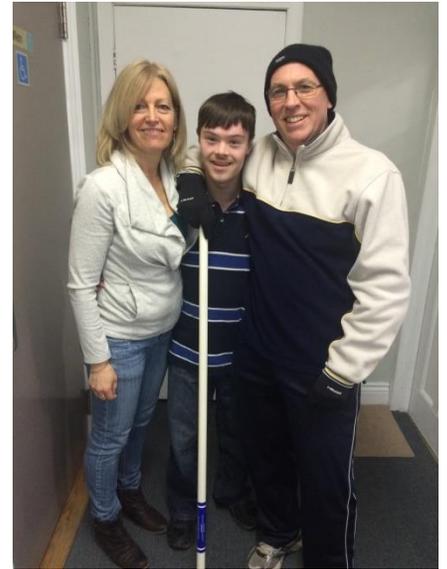
Jolen cleaning the kids' chairs.

THE CURLING BONSPIEL/FUNDRAISER FOR THE ABLE NETWORK RYAN M



Ryan M at the curling club.

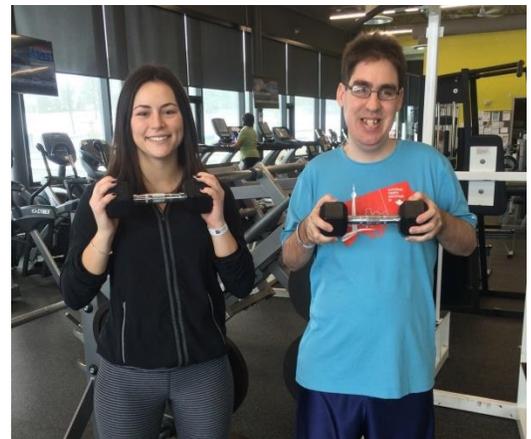
On Saturday, February 27th my dad, Glenn and my Uncle Gord held a curling bonspiel at the Bradford Curling Club. They invited their friends and family to come out and play for the day. Some of their friends donated prizes like Leafs tickets and Leafs jerseys so they decided to have a raffle and raise money for the ABLE Network. I helped Gord to sell the raffle tickets. Céline came by to visit and watched for a while. There was music, dancing and lots of pizza. It was a really fun day. We raised \$1000.00 for the ABLE Network!



Aileen, Ryan M. & Glenn.

WORKING OUT AT THE GYM WITH LINDSAY BY ANDREW HUGHES

On Wednesday afternoons I go to the gym. I go with my friends, my leader Amanda, and our volunteer Lindsay. Lindsay is Karen's daughter and she goes to Seneca College. She works out with a different participant every Wednesday. I like to work out with Lindsay. We follow my gym checklist and she helps me with my exercises. Sometimes I need help to count my reps. My favourite cardio machine is the bike. I like to talk to Lindsay while we pedal. Lindsay is a very fun girl. I hope she keeps coming with us to the gym.



Lindsay & Andrew working out at the gym.

CONGRATULATIONS TO THERESA & DOUG

Congratulations to Theresa and Doug for winning the character trait award for responsibility. Just to name a few examples, both Theresa and Doug have been very responsible in terms of being ready for work, calling when they're going to be absent, being weather ready, always leaving for their buses on time and using their cell phones responsibly.

ON THE CALENDAR THIS MONTH

Character Trait of the Month: Honesty

March 17: St. Patrick's Day

March 25: Good Friday

March 27: Easter Sunday

Celebrating a birthday this month: Mina, Michael, Andrew & Mary



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We're on the Web!
See us at: www.theablenetwork.ca