

WORKING AT FIVE BELOW

BY GEMMA KIDD

I work at a store called Five Below which is part of Omar's. Adam works there too. My tasks at work include vacuuming, dusting the store, sorting/tidying the jeans table to make it look nice, sorting hangers and bringing them downstairs and I also clean the kitchen. I work with Patricia and Diana and sometimes Mae. Mae is my supervisor. I love my job so much and now I am getting paid which feels great. I love to see all of my co-workers when I work on Mondays, Wednesdays, and Fridays. I get to work by walking or sometimes I take the bus when it is too cold and windy. I feel very proud of myself when I am at work. I have been at Five Below for five and a half years now. I help with the customers and I sometimes even suggest things for them to buy. I feel like I am a part of the team when I am at work and I like having Adam at the same store as well.

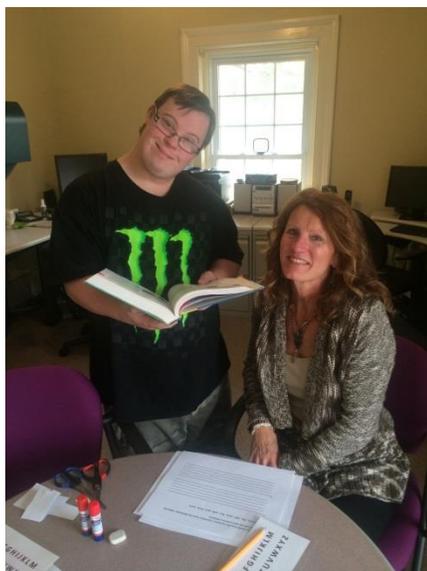


Mae & Gemma working at Five Below.

WORKING WITH OUR VOLUNTEER MARTHA

BY MICHAEL BOLTON

On Monday April 21st I worked with one of our literacy volunteers. Her name is Martha. Martha comes every Monday afternoon from 1:30pm to 3:00pm. We worked on a spelling activity. Elaine worked with us too. Martha was helping us to learn how to spell different words. She also helped us to look up different words in the dictionary and put them in alphabetical order. I had a great time and I enjoy working with volunteers. I like getting to know them. My favourite part about working with Martha is that she teaches us new things. I think that ABLE is very lucky to have Martha as a volunteer.



Michael & Martha

CONGRATULATIONS TO DEVIN TURNER

Devin Turner was recognized for practicing our character trait of the month, optimism. Devin maintained an optimistic attitude despite all the crazy weather Mother Nature threw our way and he was pleasant and hopeful during all programming.



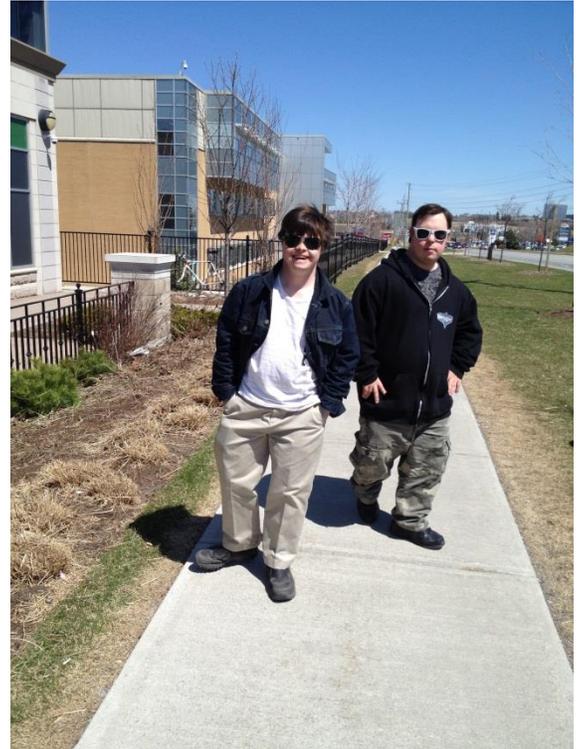
Devin with his award.

ANNUAL ABLE NETWORK INFORMATION NIGHT

Save the date! We will be holding our annual information night on Tuesday, May 27th at 7:00PM in the chapel at the Trinity Anglican Church. This meeting is open to all. It will be an opportunity to review some of our accomplishments and to talk about future plans. More information will follow.

OUR HEALTH & SAFETY WORK COURSE BY DOUGLAS SOOLEY

Every Thursday afternoon I take part in a work course. We learn about health and safety in the workplace. We also learn about the different jobs that people have. I do the work course with Céline, Meredith, Michael and Evan. Each week we do worksheets that help us learn how to be safe and appropriate in the workplace and how to stay healthy. We also go on community walks and visit job placements to see what kind of jobs other people do. We have visited many places like the dairy department at Longo's, the kitchen and dining room at Swiss Chalet, Staples, Town of Aurora Leisure Complex and the Town Hall. When we go on our community walks we take turns being the leader. The leader gets to bring their cell phone. We all stick together. When we arrive at our destination the leader calls the ABLE cell, then we go inside to visit the workplaces. My favourite part of the course was when my friends came to see me at my job at the Aurora Leisure Complex. I got to show my friends all of my tasks. They watched me work and got to learn about what I do. It made me feel proud of myself. They were happy to see me working. I hope they can visit me at my other jobs at Apple Suites and Fitness Clubs of Canada.



Douglas & Michael enjoying a community walk.

REACH FOR THE TOP BY MEREDITH ALLAN



Meredith with her prize.

Reach for the top is a gym program for Able Network participants. Each month everyone has a certain number of stickers they have to earn which is their goal. To get your stickers you have to complete everything on your gym checklist like your cardio machines and strength training exercises. At the end of the month if you reach your goal you get a prize from the prize bag. Reach for the top helps me to keep working out and to try to be healthy. It's also fun to talk to other members at the gym. I like the Reach for the Top program and working towards something. Getting a prize when I do well makes me feel proud.



ON THE CALENDAR THIS MONTH

Character Trait of the month: **Compassion**

Celebrating birthdays this month: **Adam, Jamie, Chris, Ryan G & Devin**

May 19 - Victoria Day

May 27 - Annual ABLE Information Night



ABLE Network
44 Metcalfe Street
Aurora, ON, L4G 1E6
Phone - (905)-841-7627

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