



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

# ABLE NETWORK NEWS

October 2014 | Volume 2, Issue 9

## HAVING A GUEST FOR FRIDAY LUNCH BY NICK PORTER

Every Friday my co-workers at ABLE and I take turns having a guest for lunch. I love it when it's my turn because it's fun to invite a friend or relative. On September 12<sup>th</sup> I invited Sarah for lunch. She is my boss at Home Hardware. Sarah is a very nice boss. She has worked at Home Hardware for fourteen years. When Sarah arrived I gave her a tour of ABLE and introduced her to my ABLE co-workers. I chose a mango and banana smoothie and we also had a taco salad which is one of my favourites. I helped to shop for and prepare the lunch. I cut the tomatoes. It was nice to introduce Sarah to everyone. When we finished lunch, I cleared her dishes since she was the guest. Then I had to see her out because it was time for literacy.



Nick & Sarah at work at Home Hardware.

## MY PART TIME JOB AT SWISS CHALET BY MEREDITH ALLAN



Meredith preparing the table for guests.

I work at Swiss Chalet. I work there four days a week. I clean the tables and menus, prepare fresh salads and bag them, prepare and weigh the pasta salads and refill the salt and pepper shakers. Just before I finish my shift, I go into Harvey's and clean all the windows and condiments stations. When I first started working there I didn't get paid but now I do and it feels great. I like taking my pay cheque to the bank to deposit it by myself. Because I work at Swiss Chalet I have a discount card. I can use it at Swiss Chalet, Harvey's, Kelsey's, Milestone's and Montana's. I like taking my friends and family out to eat and using my discount. The food is really good and I like trying the new items on the menu. Working at Swiss Chalet is a really nice job. I would like to try to be a waitress one day. That's my goal!

## CONGRATULATIONS TO RYAN GRANT

Congratulations to Ryan Grant for winning the Character Trait award for respect. Ryan treats his friends, leaders, co-workers and acquaintances respectfully and thoughtfully. He always has a smile and a kind word for everyone. Ryan also shows a genuine happiness for his peers/co-workers when they succeed or have something special going on in their lives! Way to go Ryan! Keep up the good work.



Ryan with his award.



## MAGNA'S FITNESS CHALLENGE, "FIT FOR CHARITY"

BY DOUGLAS SOOLEY

Magna is holding a fitness challenge for their employees. It is called "Fit for Charity". If the employees improve their fitness level in eight weeks, Magna will donate money to one of five charities. The ABLE Network is one of the charities so I got to go to Magna to represent ABLE for their "Fit for Charity" kick-off. I went with Céline, Barb, Joan, and Meredith and we met Mary there. We all wore our "we are ABLE" t-shirts to show support for the ABLE Network. We were there to let people know about ABLE and what we're all about. Some people asked me about my jobs and the other things I do during the day. Each charity had coloured wrist bands to give out. Ours were orange. If an employee wanted to support ABLE they would take and wear an orange wrist band. It was a fun morning! Meredith and I even got to have a chicken Caesar salad and a pasta salad in cafeteria with Mary because she works there!



Barb, Doug, Mary & Céline

## BASIC SKILLS TRAINING IN THE KITCHEN WITH OUR VOLUNTEER CHEFS

BY ELAINE HURST

I learned how to make banana chocolate chip muffins with our volunteer chefs. I learned how to measure the sugar, salt, flour and water using measuring cups and spoons. Then we cracked the eggs and put the shells in the green bin. It was fun mashing the bananas and adding the chocolate chips. Then we got spoons and scooped the mix into the muffin tin. The volunteers taught us how to use the oven and the stove top. They told us about the safety rules. I learned to press "bake", "400 degrees", and put on the timer. Then we each got to take six muffins home. I gave my muffins to my dad and brother-in-law. They loved them!

## MY FIRST MONTH AT ABLE

BY MINA HANNA

I come to ABLE on Wednesday, Thursday and Friday mornings. I go to the gym to work out and I help sort and hang clothes in the Clothes Closet store. I like coming to ABLE because now I am an adult and not a high school student. I've made new friends at ABLE and I like travelling on the bus with them.



Meredith and Elaine practicing their measuring skills.

## ON THE CALENDAR THIS MONTH

Character Trait of the month: **Responsibility**  
 Celebrating a birthday in October: **Barb**  
 October 13: Thanksgiving Day



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

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