



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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WORKING AT MY TWO NEW JOBS!

BY DEBBIE STECKLEY

I have two new jobs! On Monday mornings I work at L'Arche Foundation. I help shred documents, and sometimes I help stuff, seal, and stamp envelopes. My other new job is at Tim Horton's. I work there on Monday and Thursday afternoons. I clean the tables in the lobby, I wash the dishes, and I wipe the shelves in the lobby. I walk to Tim Horton's and back to ABLE on my own. Starting next month, I will take the bus on my own to my job at L'Arche Foundation. I want to be the best worker I can be. I feel happy about my new jobs!



Debbie shredding documents.

JOINING THE ABLE NETWORK AURORA BY REBECCA TYHURST

My name is Rebecca Tyhurst. I am 22 years old. I started at The Able Network on August 15th, 2016. I have been coming to Able for just over a month. I come on Mondays, Wednesdays, and Fridays. I take the bus to and from Able. I participate in a lot of different activities. I go to the gym, I take part in literacy, and I do volunteer work. I enjoy clay class because I get to make things and pews and bread because I can take a treat home with me. I like coming to Able and I like being with my friends and leaders!



Rebecca, Michael & Doug.



Rebecca serving the smoothie.

MY FIRST MONTH AT ABLE RICHMOND HILL BY JESSICA AVENUS

My name is Jessica. I started at ABLE on September 6, 2016. I either get a ride with my family or take Mobility Plus to get to ABLE. I like playing cards with my friends when we have social time. On Monday afternoons we go to clay class in Aurora. So far I've made a plate and a bowl, Christmas ornaments, an Angry Bird, and a vase. I go to the gym to work out. I like using the treadmill. I have been working on taking the bus to different places. I'm hoping to work at a store such as a gift shop one day. ABLE is fun!



Jessica.

SAVE THE DATES!

The Scotiabank Toronto Waterfront Marathon will be held on Sunday, October 16th. Please join Team ABLE and help us to fundraise. Registering is easy! Simply click the link below, select the ABLE Network on the list of charities and use our **Charity Discount Pin Code 16ABLE5k** to register. Then you can set up your own secure fundraising page.

<http://www.torontowaterfrontmarathon.com/en/index.htm>

On October 26th we will be having our eighth annual "Come to the Table for ABLE" fundraising dinner at Joia restaurant. Tickets are \$125 each and are available from Barb Allan at barb.allan@theablenetwork.ca

TUCK SHOP TUESDAYS BY MICHAEL BOLTON & ELAINE HURST

On Tuesdays, we spend the day at Resthaven Nursing Home in Aurora. We run the Tuck Shop there with the help of our nice volunteer Janice. The Tuck Shop sells treats like chocolate bars, chips, candy and ice cream bars. They also sell frozen dinners that can be heated in the microwave and also other lunch items like Tuna Snacks and Kraft Dinner. We also sell toothpaste, deodorant, shampoo, tissue, and other things that residents might need for their rooms. While we are at the Tuck Shop, we restock items on shelves and in the fridge, we put price stickers on items, we help residents pick out snacks, we keep a record of the sales and with Janice's help, we make change when customers pay for things. At the end of the day, we count the money we made and we put it in a money bag and hand it in to the office. We really enjoy seeing the residents and getting to know them. It is a lot of fun working at the Tuck Shop.



Michael & Elaine.

MY FUNDRAISING DANCE PARTY BY JOLEN MCPHEE



Theresa & Jolen dancing.

On Saturday September 17, 2016 my mom and I hosted a BBQ and dance party at Nana and Papa's trailer to raise money for ABLE as part of the Scotiabank Toronto Waterfront Marathon fundraiser. We had hamburgers, hot dogs, cake, and chips. We had a raffle and games with awesome prizes! My friend Jessica sang for everyone. It was great to hang out with my friends and support ABLE. We raised \$2000!



Some of the raffle prizes.

MY STUDENT PLACEMENT

My name is Rooma Malik. I go to Seneca College for the Social Service Worker program. I am excited to do my student placement at The Able Network, because I am interested in social work and working with people who have disabilities. I came to Canada from India six years ago. I went to high school in India and got married. I have a nine year old son. I have enjoyed my time at The Able Network getting to know everyone and seeing participants at work. Thanks a lot Able Network for helping me improve myself in this field.

ON THE CALENDAR THIS MONTH

Character Trait of the Month: Fairness
October 10: Thanksgiving
October 16: Scotiabank Toronto Waterfront Marathon
October 26: Come to the Table for ABLE - Aurora
Celebrating a birthday in Sept. and Oct.: Rebecca, Elaine, Gemma & Barb



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