



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

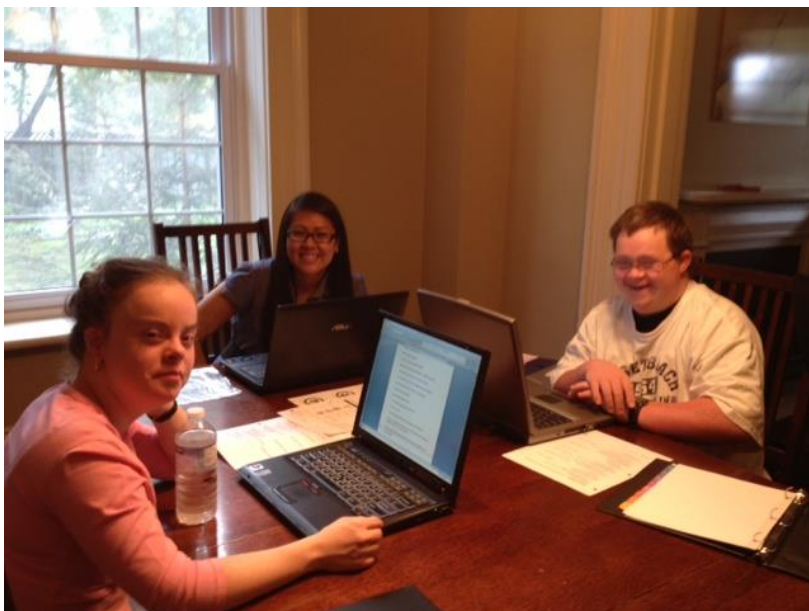
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BOWLING BEFORE THE HOLIDAYS BY DEVIN TURNER

On August 9th, our last day before the ABLE Network shutdown, we went bowling at Gateway Lanes. It was a sunny day so we all walked to the bowling alley. Ricardo and Bessie Greco from Just4Keepers Canada supported our bowling event. Bessie and her children came to bowl with us. We bowled on three lanes. I bowled with three of my friends on one lane. My score was 177. I like bowling. We had a good day. It was a great way to start off our holiday.

HEALTH AND SAFETY AT ABLE BY EVAN FAWNS AND JAMIE DEMPSTER

We have Health and Safety training every other Tuesday morning. Kirstene helps us learn about being safe at work and in the community. We talk about using cleaning products safely, being responsible workers and being good team members at ABLE. We watched videos about WHMIS and typed our résumés. We read The ABLE Participant Handbook because it is important to follow the rules at ABLE. We also read Social Stories to remind us to be safe and responsible. We learned a lot in this course and our other friends will also be taking the course in the fall.



Jamie, Kirstene and Evan hard at work.



Devin and Bessie bowling.

FALL FUNDRAISERS

October is fast approaching and our two most important fundraisers happen then. Our participants, staff, board members, families and friends are preparing to walk in the Scotiabank Toronto Waterfront Marathon on October 20th so please support us by sponsoring one of our walkers or by walking with us. Follow this link to get involved <http://www.torontowaterfrontmarathon.com/en/charity/able.htm>. It should be a fun day! On October 30th we will be having our 'Come to the Table for ABLE V' fundraising dinner at Joia Ristorante. This is always a great time and the tickets go fast so please let Barb (barb.allan@theablenetwork.ca) know if you want tickets. Thanks to everyone who so generously supports us in these two events to raise much needed funds for The ABLE Network.

MY JOB AT SUNRISE SENIOR LIVING BY EVAN FAWNS

I work at Sunrise Senior Living. I've been working there since April. I walk to work on my own from ABLE Network. I work every Wednesday afternoon from 1:00PM-3:00PM.

I clear the tables in the main floor dining room and then I set them for dinner. I put out cups, cutlery and napkins. After that I vacuum the floor and fold the laundry. Folding the laundry is my favourite part and I also like talking to the residents. My boss' name is Jean. She is very nice. In the fall I hope to start working two afternoons a week at Sunrise. Going to work makes me feel proud.



Evan and Jean.

SCOTIABANK TORONTO WATERFRONT MARATHON BY MEREDITH ALLAN



The ABLE group at the finish line in 2012.

On October 20th we will be doing the Scotiabank Waterfront Toronto Marathon. We do the marathon to raise money for the ABLE Network. We walk for 5kms! Each year I get ready for the Marathon by working out at the gym. I do a lot of cardio exercises like using the hula hoop and the treadmill. We bring our family and friends to the marathon to walk with us and cheer us on. We all wear our bright blue ABLE Network shirts and we all get a bib with our names on it. The marathon is a lot fun because we are all together with family and friends. I feel so happy when I cross the finish line and a little bit tired too!

THE ABLE NETWORK WELCOMES RYAN MACMILLAN

Staff and participants are excited to welcome Ryan MacMillan to ABLE Network. Ryan is a new participant who will be joining us as of September 3rd. He recently graduated from Cardinal Carter Catholic High School in Aurora. We wish Ryan success in our program and hope he enjoys it.

ON THE CALENDAR THIS MONTH

Character Trait of the Month: **Respect**

Sept. 02 - Labour Day

Sept. 27 - Elaine's & Gemma's Birthday



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