

## GETTING READY FOR OUR FALL FUNDRAISERS AT ABLE NETWORK

Fall is fast approaching and our two major fundraisers of the year take place in October. Our participants, staff, board members, families and friends are preparing to walk in the Scotiabank Toronto Waterfront Marathon (STWM) on October 19<sup>th</sup> so please support us by sponsoring one of our walkers or by walking with us. This is our major fundraiser of the year and we need as many people walking and fundraising with us as possible so please sign up. Follow the link below to get involved.

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

Registering is easy! Simply select The ABLE Network on the list of charities and use our **Charity Discount Pin Code 14TSCC** to register and then you can set up your own secure fundraising page. It should be a fun day for everyone! Once again this year we will have a bus so that we can travel to and from the marathon as a group.

On October 29<sup>th</sup> we will be having our 'Come to the Table for ABLE VI' fundraising dinner at Joia Ristorante. This is always a great time and the tickets go fast so please let Barb Allan ([barb.allan@theablenetwork.ca](mailto:barb.allan@theablenetwork.ca)) know if you would like tickets. Thanks to everyone who so generously supports us in these two events to raise much needed funds for The ABLE Network.

### TRAINING FOR THE STWM BY ELAINE H.

My friends and I have been doing lots of cardio exercises at the gym to help us get ready for the marathon. The cardio machines help our hearts get strong. It's fun to go on the treadmills and the bikes at the same time as my friends. We talk and laugh with each other.



Practicing our cardio.

### CONGRATULATIONS TO ADAM BROOKES

Congratulations to Adam Brookes for winning the Character Trait award for integrity. Adam consistently makes good decisions and is not influenced by others to do something he does not want to do or that he knows to be wrong.



Adam with his award.

### A NEW VOLUNTEER CHALLENGE FOR THE ABLE PARTICIPANTS BY JAMIE DEMPSTER

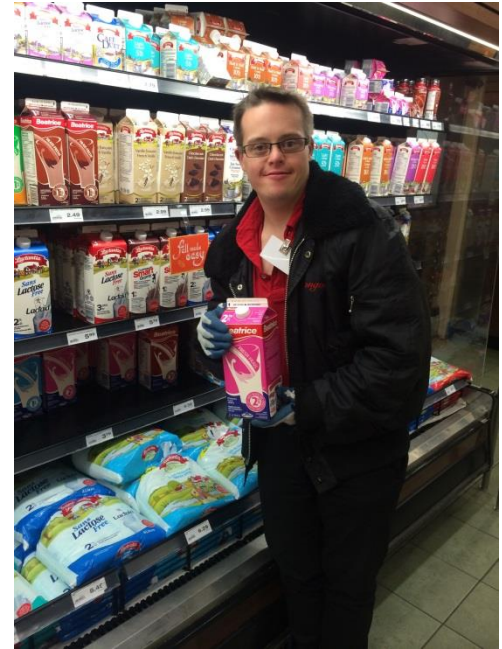


Nick, Sam, Devin, Doug, Gemma, Andrew & Jamie.

Every Wednesday my friends and I and our staff leader Samantha go over to the church to help set the tables for the Welcome Table dinner. The Welcome Table dinner is a dinner that is held on Wednesday nights for people who need a good meal. The Welcome Table serves about 120 people every week. When we get to the church the tables and chairs are set up but we have to set the tables with placemats, knives, forks, spoons, glasses, salt and pepper. I like being with my friends and it feels good to know that we are helping out other people who need a good meal. The Welcome Table staff are happy too because we help them. My friend Andrew even stays some Wednesday nights until 7:30PM to help serve the food to the guests.

## WORKING IN THE DAIRY SECTION AT LONGO'S BY BRENT HOEY

I work at Longo's grocery store. This summer I worked there on Wednesday afternoons. I restock the milk, the butter, the eggs, and sometimes the juice. I also help out my supervisors when they ask me to restock the fridge bunkers when there are sales. My boss's names are Jerry and Giri. I like working with them because they are nice and encourage me to do my best. I take the bus to and from work. I like being independent and going to work on my own. This summer I also worked at Kings Riding Golf Course. I enjoy golf and really like working at the course. I will keep working there until the end of the fall and hope to work there again next summer! I will now be working at Longo's on Mondays, Tuesdays, Wednesdays, and Thursdays. My favourite part is making sure the milk is all stocked up for the customers. I also help customers if they need it and if I don't know the answer I ask my boss. I like my job and look forward to going each day.



Brent re-stocking the milk at Longo's.

## INTER-GENERATIONAL ACTIVITIES AT SUNRISE BY GEMMA KIDD

Every second Monday afternoon a group of us goes to the Sunrise Senior Living Residence to do inter-generational activities with the residents. After lunch we walk over to Sunrise with our leader. We do arts and crafts, bake and play games. I usually go with Nick, Adam, Michael, Ryan G, Devin and Ryan M. I really enjoy seeing the seniors. Some of them remind me of my grandparents. Christine, one of the staff members at Sunrise, usually makes us a home baked snack to share after the activity. It's fun getting to know the residents.



Michael, Ryan M & Devin with the residents.

## THE ABLE NETWORK WELCOMES MINA

Staff and participants are excited to welcome Mina to the ABLE Network. Mina is a new participant who will be joining us as of September 3<sup>rd</sup>. He recently graduated from Richmond Green High School in Richmond Hill. We wish Mina success in our program and hope he enjoys it.

## ON THE CALENDAR THIS MONTH

Character Trait of the month: **Respect**  
Celebrating a birthday in September: **Elaine & Gemma**

September 01: Labour Day



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