

Welcome to the second issue of the Eppleworth Adult Centre Newsletter.

WHAT'S INSIDE?

- *Trips Galore*
- *Poets in the Making*
- *We're Bluffing*
- *What's up, Doc?*
- *In the Spotlight !*



Mission Statement

It is the mission of the Eppleworth Adult Centre to continually ensure a safe and reliable environment for the growth and enjoyment of its participants. It is the mandate of the Eppleworth Adult Centre to promote the education of its members through encouragement of sound practices in education, life skills, cooperation, family values, physical fitness and community experiences.



What's Up at the Centre?

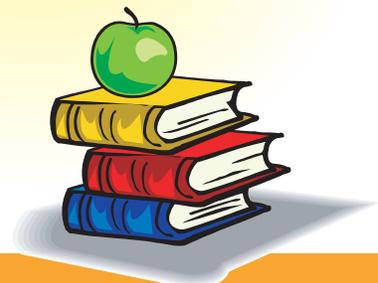
- Spa Day
- Newsletter
- Original Song Composition
- Drama
- Fabulous Cooking Classes
- Music Sing-a-long
- Hiking
- Brain Teasers
- Daily exercise yoga, strength training, stretching, dancing, Tae-Chi...etc)
- Free Fridays (where the gang meets to decide on the programming of their choice. All must agree and a proposal must be handed into staff well before Friday)
- Life skills (everything from tying laces to conversation skills)
- Story Creation
- Friendship hours
- Arts and Crafts
- Poetry creation

What's Up With the gang?

We have enjoyed many outings and activities since our last newsletter. We put together a report or journal every once in awhile to document our fun.

A Picture Says...

We are putting together our picture history. There are over 1500 photos from between 1994 and 2003. WOW! There are photos of trips, the YMCA, centre activities and much, much more!





Serge T. with his Red-Winged friend!



BBQ at Petticoat Creek

We organized a big barbecue at Petticoat Creek in Pickering. We invited some of our volunteers as a special thank you for their help. We ate, went swimming, played volleyball and enjoyed each other's company. It was a great day to be part of Eppleworth!

Birchmount Bluffs Neighbourhood Centre

One of the many highlights every month at Eppleworth is the festive dance party put on by Birchmount Bluffs Neighbourhood Centre. We get to see friends and make new friends from other day programs in our community and sometimes they bring in special visitors.



We had a fabulous time at the latest Birchmount gathering. Not only did we boogie down to the upbeat tunes but we were able to sit in on some fantastic storytelling and amazing dances put on by an Aboriginal group from downtown Toronto. They shared with us information about their tribe and the many gifts that they contributed to society. We got a chance to dance with them too! Birchmount put on another great afternoon.



Some of the Gang's Profound Poetry

Bill
by Paul D.

Bill is a dog
Who hates people
He eats spam
And everyone,
Including his owner,
Wants bigger gates.

Into the Water
By John A.

Torpedoes go into the water
And the undersized ship blows up.
General commando shouts the standards
Into the army
Into the battlefield
Lots of tanks
Lots of jeeps
Lots of foolishness
Height like an airforce
I woefully salute

Eppleworth Adult Centre



2nd Annual Gala
November 17th, 2004
For more information contact
Georges Corbeil
(416) 674-3253
gcorbeil@bentall.com

Here are some other trips and events that the Gang has been up to:

- Metro Toronto Zoo
- Hockey Hall of Fame
- Centre Island
- High Park
- Downtown Walk-A-Thon to raise funds
- Canadian Sports Hall of Fame
- St. Lawrence Market
- Kensington Market
- Riverdale Farm
- Spadina Museum
- Swing Into Spring at the Waterside Golf Academy (sponsored by Solar Window Cleaning, VenVer Blind Cleaning and Paragon Protection Ltd.)
- Cullen Gardens
- Mamma Mia
- Steam Whistle Brewery
- An Irish Pub (no alcohol involved here!)
- Scarborough Bluffs BBQ
- Ontario Science Centre

We are looking for Sponsors

to help with many of Eppleworth's upcoming events. Please contact us today for more information.



David in his own words:

Hi, my name is David. I'm the new guy in town. Who, what, where, when, why and how is David all about? I'm a nice guy and a good person, like everyone here at Eppleworth. I get along with people who are carefree and I care a lot for others. I am free-spirited and generous too.

David joined us in September of 2003 and has been nothing less than an awesome addition to our group. He spent most of his time at home before he attended our Eppleworth. It's plain to see that such a brilliant mind needs stimulation. He's very happy to be here and we're very happy to have him. David is a quiet, calm observer who puts everyone's feelings at the forefront of his day. He is an excellent example of how to treat people in a caring, compassionate and light-hearted way.

News Flash



Eppleworth Adult Centre is now officially a registered charity. For more information or to be added to our quarterly mailing list please contact
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