

## Welcome to the Eppleworth Adult Centre Newsletter.

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### 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, and physical fitness and community experiences.



### Free Friday

Free Fridays give us a chance to plan our own day. We have to get together on Monday and brainstorm about the things that we would like to do on Friday. Everyone has to get a chance to talk. We have one person writes down the suggestions to vote on. When we pick something, we have to plan everything from what to wear to how to get there. Then, we hand in our proposal to the staff.

On Friday October 22, 2004, we decided to go to Feather's Pub. We took the TTC to Victoria Park Station and then took a bus to Kingston Road. We made a reservation before and when we got there, the people were friendly. It was really fun. Kevin recommends their grilled chicken burger.

## What's Up at the Centre?



A day in the life...



In a typical week at Eppleworth, we have a visit from Stephen on Mondays, and we sing and play instruments to his piano playing. On most Wednesdays, we cook. Some of us go shopping for the items on the menu while others stay at the Centre to do journals or math. Once a week, we get together and brainstorm about what we have done so that friends and family can be kept up to date. Every Tuesday, we go to the YMCA where we work out, swim, and sometimes play soccer, basketball or floor hockey. When we go on

trips, we make sure to stop at Tim Horton's for that valuable cup of juice, coffee or hot chocolate. Sometimes, we splurge and buy muffins. Often, this takes place on Thursdays when we are on our life skills outings. All of our ideas for our program go into weekly schedules. We try to let everyone have a chance to help with the schedules to keep things fresh, exciting and different. Some of us get to lead our own section of the program, like the morning workouts.

## Life Skills Thursdays

We have our life skills day on Thursdays every week. We get into smaller groups to go to different places in the community, like downtown and the library. We learn about safety on the TTC and how to plan our route. We also learn about numbers and math and different environments like the Toronto Zoo. We discuss things that are important at the Centre, at home and in the community. We all enjoy life skills on Thursdays because learning about and visiting different environments is fun!

On a recent life skills Thursday trip, we had a scavenger hunt at the Scarborough Town Centre. This helped us learn how to use the directory and find key services like security. But the unsuspected surprise was all the amazing people we met! We were able to talk to so many helpful people. Now, we are well-known there. From the Subway Sub ladies to all the friendly security people, we have many new friends.

## Highlights

On December 10th, 2004, we went to Casa Loma. We went on a tour of all the different rooms and some secret passages. It was so beautifully decorated for Christmas. We wish that our bedrooms could look like that main bedroom! We also got to see a performance of "A Cinderella Story," which was very funny!

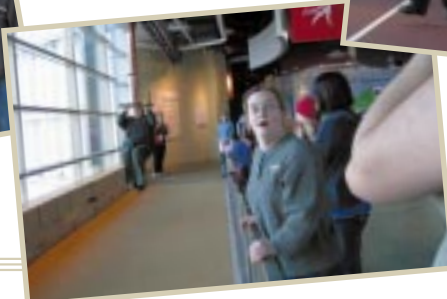
On December 20th, 2004, we celebrated Adam's 21st birthday at Ontario Place's Winter Wonderful. Adam's family covered the cost and some of the parents volunteered to drive us down there. When we got there, we went on an adventure with Santa and we watched a really funny movie. We also went on a hayride and got to see real reindeer. It was one of our best trips ever!



In January, Fay and Karla planned a special event for the parents to attend. We played a huge game of "The Price Is Right!" Some of us needed a little help with pricing, but being together, eating treats and winning prizes is all it takes to have a great day!

On January 27th, Michael planned a fabulous trip to the new interactive, Olympic Spirit! The people that worked there were so helpful and amazing. We got to try out some real Olympic events like speed skating, hockey, long jump, weight lifting, cycling, rowing, gymnastics and virtual bob-sledding. All of these things were done against real world record times or virtual athletes. We saw

real medals too on the Canadian floor. It was so incredible. Some of us are medal-winning special Olympians and our pictures and signatures might go up on their wall! We recommend this trip to all groups and our corporate friends. You could even rent out some space for a special event!





## Spring Camping

We are going on a Spring Getaway. Shadow Lake is in Stouffville . We will be in cabins. We will be doing lots of Winter activities like fitness hiking, making snow sculptures and walking with snow shoes. We want to go away because we are getting crabby and need to relieve our stress!

## Our Night in the Spotlight

On Wednesday November 17th 2004, we performed Peter Pan at the Toronto Centre For The Arts. The day started with picking up our subs that were donated by Cheri Pickering and her wonderful staff at the Scarborough Town Subway Sub. We travelled to the our venue with all of our costumes.

Then, we organized our stuff in the professional change rooms. We practiced a few times to get the whole play right and then we had a rest in the green room. Then we ate pizza for dinner, got into our costumes and makeup and got ready for our audience. The show was tiring but fun. There was lots of laughing. Thank you to all of our supporters who came to

watch the show and who donated money or auction items. Thank you for coming to our play and helping us raise money for the program. See you next November!

Yours Truly,

The Eppleworth Gang



## Profiles

Hi, my name is John A. In September, I will be 44 years old! I carry my I.D. in my wallet. I have a Play Station at home and I enjoy cooking class. I started coming to Eppleworth when I was 33. I enjoy the trips, reading and math. I like spending time with my friends. I also do activities outside of Eppleworth, like on Tuesdays I go to Floor Hockey.



Hi, my name is Jumart. I am 22 years old. I started coming to Eppleworth when I turned 21. I enjoy the size of the centre, the nice people and my new friends. We go on outings and learn about the cost of things and about hygiene. I really enjoy my days at Eppleworth.