

Welcome to the latest issue of 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, physical fitness and community experiences.



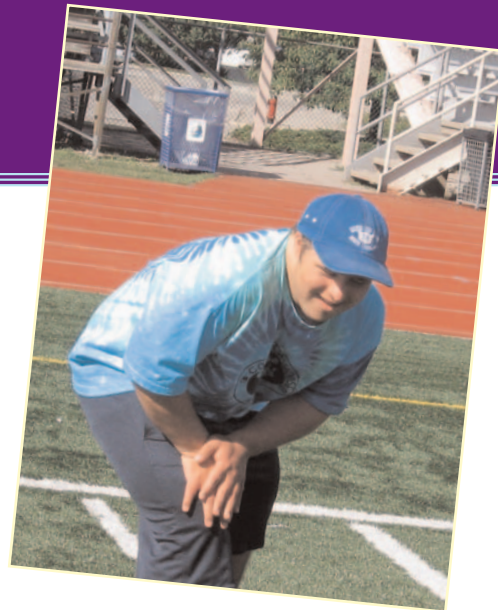
Markham Fair

October was Fair season and we headed north to Markham to experience a bit of farm life. There were many different farm animals to see at the Fair. The sheep were waiting to be sheered – don't they get cold without their wool during the winter? – and the mama pig had just given birth to a lot of piglets. We met and patted a miniature horse and the chicken keeper allowed Tina to touch a chicken. She even felt the beak and the pointy piece on the chicken's head. After visiting the animals we played some games in the midway. John, Shawna, and Andrew won some prizes! It was fun to play against each other and cheer for our friends. John also met a mime who started joking around with him. It was so funny! They each pretended they were lifting weights and John was much stronger than the mime. It was a great day north of the city. We hope to visit again soon!



We Are The Champions

We spent a morning at Birchmount Stadium competing in Track and Field events. Competitions included relay, discus, shot-put and long jump. Divided into 3 teams, we cheered on our teammates and worked together to complete the events. The discus was a little tricky and the "long" jump was more like the "short" jump, but we still had a great time and we tired our very best. The relay race is where the action really took place. We each ran as fast as we could and the race to the finish line was filled with energy. It was a true photo-finish!



Aerospace Museum



After visiting the Aerospace Museum we wanted to become pilots, or at least take a trip on a real plane! The museum had many aircraft on display and our tour guide told us about the history of airplanes and let us experience flying in the aircraft simulator. We talked to a pilot who answered all our questions about airplanes – "How fast can an airplane go?", "How does the plane stay in the sky?", "Why is airplane food so yucky?"

Finally, we all enjoyed watching a plane take-off on the runway. What an amazing sight!





Following The Beat Of The Eppleworth Drum

We made some new friends this summer and they visit us with their drums every month. Drumming on the Djembes is a great experience. We each have our own drum to practice with, and we perform drumming routines. Each of us has the chance to lead the group with a unique drum beat and sometimes we dance to the music of the drums.



Fun With Physics

We weren't too sure if something with a name like physics could be fun, but after our visit to the Science Centre, we want a physicist as our friend! We had a special workshop with Russell the physicist and he showed us many amazing tricks that were all based on physics. Joanna tried to break an egg by squeezing it in her hand, and it wouldn't break! Then Tina put a heavy brick on a plastic arched bridge and it didn't fall! Most exciting of all was the bed of nails. Andrew was very brave and agreed to lie on the bed of nails. It looked like it was going to hurt but Andrew did not feel a thing. Physics really is fun!



The Rhythm Has Returned!

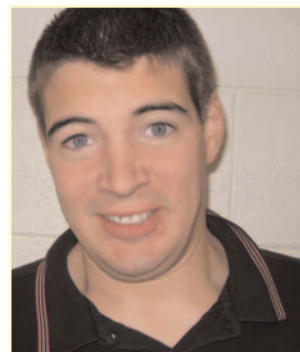
On November 19th we took our family and friends around the world on an adventure to find rhythm. Our original play, Global Rhythm, showcased dances from across the globe, including Irish, Mexican, Indian and Greek. The costumes were perfect and the music was lively. We performed our best and our family and friends applauded with enthusiasm. We also played a drumming routine on the African Djembes and the night would not be complete without the sing-song with Dan the Man.

Once again we were thrilled at the number of guests who came to support Eppleworth. The silent and live auctions were a great success. We'd like to thank all of our sponsors for continuing to support us each year. It is because of you that Eppleworth continues to flourish.



Meet the Gang – Adam C.

Hi! My name is Adam. I want to go swimming at the YMCA. I want ham and apple juice when I go to Subway. I like to swim, dance and play hockey. I like laughing with friends and bowling on Saturday. I like to drum and listen to music and spend time with Mom. My friends at Eppleworth make me happy!



From Jennifer's Desk

In the summer of 2008 one of our long-standing participants retired from the Eppleworth program. John S. had been part of the program since its inception and he will be remembered at Eppleworth as always lending a helping hand and sharing a laugh with his peers. On behalf of the staff, participants and families of Eppleworth we wish John S. all the best in his retirement.

We also welcomed two new participants to the program in 2008. Luke and Jeffrey were warmly greeted by the Eppleworth participants and strong bonds of friendship have been made. With their wonderful sense of humour and friendly personalities, Luke and Jeffrey are great additions to the Eppleworth group.

A special thanks to our sponsors:

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A SPECIAL THANKS TO OUR FRIENDS

Thomas J. Hawkin

Gail & Ron McCabe

Colleen Rivers

Mark Your Calendars!

Eppleworth's 7th Annual Fundraising Gala will be held on Wednesday November 25th, 2009 at the Toronto Centre for the Arts.