

## JANUARY 2011 NEWSFLASH

### PROGRAMS FOR 2011 CALL TO REGISTER TODAY!

#### **Karate Classes – Winter Session - \$60.00**

- Who:** Adults with Down syndrome
- Dates:** Saturday, January 8<sup>th</sup>, January 22<sup>nd</sup>, February 5<sup>th</sup>, February 19<sup>th</sup>, March 5<sup>th</sup> and March 19<sup>th</sup>
- Time:** 2:00 pm. – 3:30 pm.
- Location:** St. John's Anglican Church

#### **GoodLife Kids Foundation – Healthy Eating and Exercise Program - \$50.00**

- Who:** Elementary students
- When:** Tuesday evenings from 4:30 pm. to 6:30 pm. beginning January 18<sup>th</sup> – May 24<sup>th</sup>
- Where:** Respite House
- Why:** We were the lucky recipients of a grant from the GoodLife Kids Foundation to deliver a Healthy Eating and Exercise Program for elementary students. Students will have an opportunity to learn new culinary skills, increase their social skills and enjoy an exercise program with qualified staff for ten weeks.

#### **Kawartha Gymnastics Club**

This club has offered to run a Special Olympics Gymnastics Club for our organization. If anyone is interested, please call the office.

## ARE YOU READY FOR COLLEGE??

Fleming College is developing a Community Integration through Co-operative Education (C.I.C.E.) program for people who live with a disability. This modified program will:

- Provide an inclusive learning experience across all areas of the College;
- Strengthen independence and self confidence in order to enhance active participation in the community;
- Interact with other students to reach personal, academic and vocational goals;
- Build workplace skills through academic and vocational work placements;
- Receive on-the-job training from leading employers in the Peterborough Area.

In addition to the core curriculum, students choose general education electives and program specific courses from across the College. Course learning outcomes are modified by an Integration Facilitator to match the individual student's learning style and capabilities. This two year program will be for applicants 19 years of age or older who live with a Developmental Disability, Autism Spectrum Disorder, Mild Intellectual Disability, or Brain Injury.

There will be an information session on January 5<sup>th</sup>, 2011 from 7 – 8:30 pm. at Fleming College, Room 567, 599 Brealey Drive. For further information, contact Joyce Wade 749-5530, Ext. 1926.

### **HOMEWORK CLUB IS BACK ON SATURDAYS!**

**Time: 12:30 pm – 3:00 pm.**  
**January 22<sup>nd</sup>, February 5<sup>th</sup>, 19<sup>th</sup>,**  
**March 5<sup>th</sup>, 19<sup>th</sup>**  
**Students ages 6 – 12**  
**Cost - \$65.00**  
**You must pre-register by**  
**calling the office at 749-6695.**



**MOMS' NIGHT OUT!!**  
**WEDNESDAY, JANUARY 26<sup>TH</sup>**

**7:00 PM.**

**RESPITE HOUSE**  
**REFRESHMENTS & CONVERSATION**  
**& A BREAK!**

**EVERYONE WELCOME**



## Meet a Board Member

Hello – I am Jill, Kelly West's sister. My birthday is September 9<sup>th</sup> and so is Kelly's (10 years later) – I won't tell you who is older –haha! After our dear mother passed away in 2007, Kelly came to live with me in Peterborough. We share a birthday and now we share a house again – LIFE IS GOOD!

## ANNUAL CHRISTMAS PARTY



*Santa and Alasdair*



*Santa and Kelly*



*Santa and Dillon*



*Santa and Emilia*

### ***RESPITE HOUSE***

Do you need child care for a couple of hours to go shopping, out for dinner, an appointment, a day away or weekend away?

**Call Respite House and  
make a reservation today!!!!**

### **BOYS WEEKEND AT RESPITE HOUSE**

FRIDAY, FEBRUARY 4<sup>th</sup>  
at 7:00 pm. to SUNDAY,  
FEBRUARY 6<sup>th</sup> at 2 pm.

Cost \$150.00

Ages 15 and up

Lots of entertainment and music  
with new and old friends

You need to pre-register by calling  
749-6695 as space is limited.

### **THANK YOU FOR YOUR DONATIONS**

Realtors Care Foundation - \$1,000  
Innovation and ICT Grant from  
Eastern Ontario Development  
Program - \$2,000

PLEASE NOTE THE OFFICE WILL BE  
CLOSED FROM DECEMBER 23<sup>RD</sup> TO  
JANUARY 3<sup>RD</sup>, 2011