

JANUARY 2011 NEWSFLASH

PROGRAMS FOR 2011 CALL TO REGISTER TODAY!

Karate Classes – Winter Session - \$60.00

- Who:** Adults with Down syndrome
- Dates:** Saturday, January 8th, January 22nd, February 5th, February 19th, March 5th and March 19th
- 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 18th – May 24th
- 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 5th, 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 22nd, February 5th, 19th,
March 5th, 19th
Students ages 6 – 12
Cost - \$65.00
You must pre-register by
calling the office at 749-6695.



MOMS' NIGHT OUT!!
WEDNESDAY, JANUARY 26TH
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 9th 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 4th
at 7:00 pm. to SUNDAY,
FEBRUARY 6th 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 23RD TO
JANUARY 3RD, 2011