

# The Rehabilitation Society of Calgary: News and Views!

September 2016

[rehabcalgary.ca](http://rehabcalgary.ca)

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REHABILITATION SOCIETY OF CALGARY  
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Editorial Policy: Views and opinions expressed are solely those of the writers and do not necessarily reflect the opinion or philosophy of the Rehabilitation Society of Calgary.

## **Our Mission Statement**

To improve quality of life for persons with disabilities by creating community, using a member owned and operated place, where persons with disabilities participate with equality in a work and social setting.

### **Contributors**

Landon Sweet (Editor)  
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Laurie Till  
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### **Contents**

Member Stories  
Activities  
Program Information

### **Important Dates**

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please visit  
rehabcalgary.ca*

**Editor's Note:** Welcome to the new Rehabilitation Society newsletter! Here we hope to provide a tool to learn about programs and upcoming events offered, and also share experiences and stories from members! If you have ideas for things to contribute please talk to Landon, John, or Noreen. Make yourself known!

Email: [newsletter@rehabcalgary.ca](mailto:newsletter@rehabcalgary.ca)

### **Message of Appreciation by Landon Sweet**

On behalf of the members and staff of The Rehabilitation Society I would like to thank Ayesha Khawar and Daniil Kolesnikov for doing such a wonderful job as Student Workers this summer! Take a look around the building and on our website and you will see the fantastic things they have contributed! We have calendars and t-shirts and the walls are adorned with wonderful art and posters to help reinforce identity and community. Not to mention a slick looking website. As the editor of the newsletter I would like to personally thank them for helping provide content and technical support when I needed it! Thanks so much you two! We will miss you and your contributions, good luck on your future paths from the folks at The Rehabilitation Society.



# Member Stories

## Special Olympics Bowling Update

I am excited getting back to Special Olympics this September. I really enjoy bowling with my friends on the team. My coach is Caroline Ripley, she is really adorable person. She taught me strikes and spares. The rules we have to follow to a tee with the Special Olympics. Pat is my best buddy on the team and also Darrel. Darrel is hilarious and makes everybody laugh on the bowling lane. Pat is quiet but he teases me about getting strikes and spares. I really enjoy going to bowling and am interested to see who the competition is this time.

-Fred Cahoon

## Barry's Fishing Story

I went fishing at the Glenmore Reservoir on the weekend, Sunday August 14<sup>th</sup> at 4:45pm with my brother Dean. We had ham burgers and chips. It took 5 minutes to catch a rainbow trout fish that we caught. It was a big fish, and it was red and yellow we cooked it over the barbeque. It turned out tasty. I felt full and enjoyed myself. I would love to go fishing next time soon.

-Barry Somers

## Birthday Poems for the Summer

Summer is here, the flowers are blooming and they are whispering.

Sweet things are coming your way, have a wonderful day.

Happy Birthday.

-Laurie Till.

## Gloria's Nephew:

I have a nephew who is 25 years old, his name is Colton. Colton and I like bowling, swimming, golfing, and playing soccer together. He is a nice young fellow and I am one proud auntie.

-Gloria Rice.

## Review for 2016 Summer Arts and Crafts:

I enjoyed painting and helping with poster making (Mike B.)

I like to do art and also like glass painting. I like to have lots of fun at art and had fun this summer (Carol S.)

I enjoyed doing Art with Ayesha (Gloria R.)

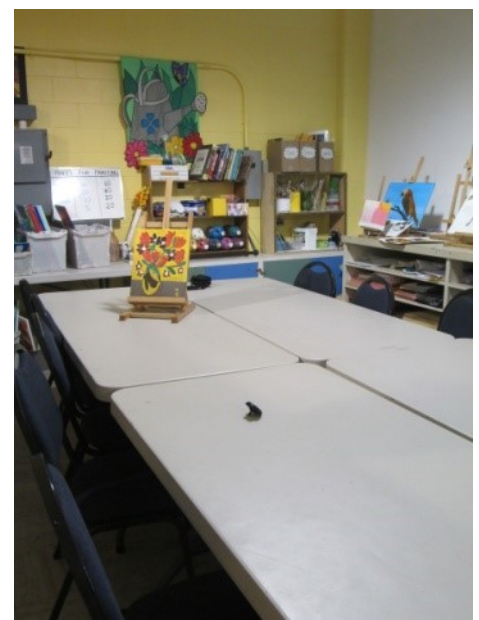
I really enjoy being in the arts and crafts with Connie and Ayesha, especially Ayesha this summer, my favorite art I did was the chef's project for John. He really enjoyed it and hung it proudly above the stove. (Laurie T.)

# Program Information

## Arts and Crafts

Hi! Welcome to the arts and crafts corner. The Rehab Society is proud to introduce an Arts and Crafts Program for its members this summer. The program runs Tuesday and Friday afternoons and offers its member a creative outlet to express their talent and abilities. Tuesday class provides a focus on acrylic painting on canvas and encourages members to draw, sketch, and use water based acrylic paints to create masterpieces. The classes on Friday use water color palettes to create art. Craft activities including piñata making, play dough modelling, zen-tangling, and other easy craft activities are incorporated in Friday classes to offer members a diversity of medium to work with and explore their passion of arts and crafts.

By: Ayesha Khawar, Summer Arts and Crafts Program Coordinator



## Literacy Program

Peer supported classes teach **basic reading and writing skills**. Literacy classes are divided into 2 semesters. One begins in September and runs until the end of the year. The second one starts in January and goes until June. Classes are held on Monday and Friday afternoons. Costs are **\$15 per semester**.

## Bingo!

## Lunch Information

Monday to Friday we serve a hot meal. Meals are all **\$4 each** and are prepared by the staff and served by our members. Please call ahead to place your order!



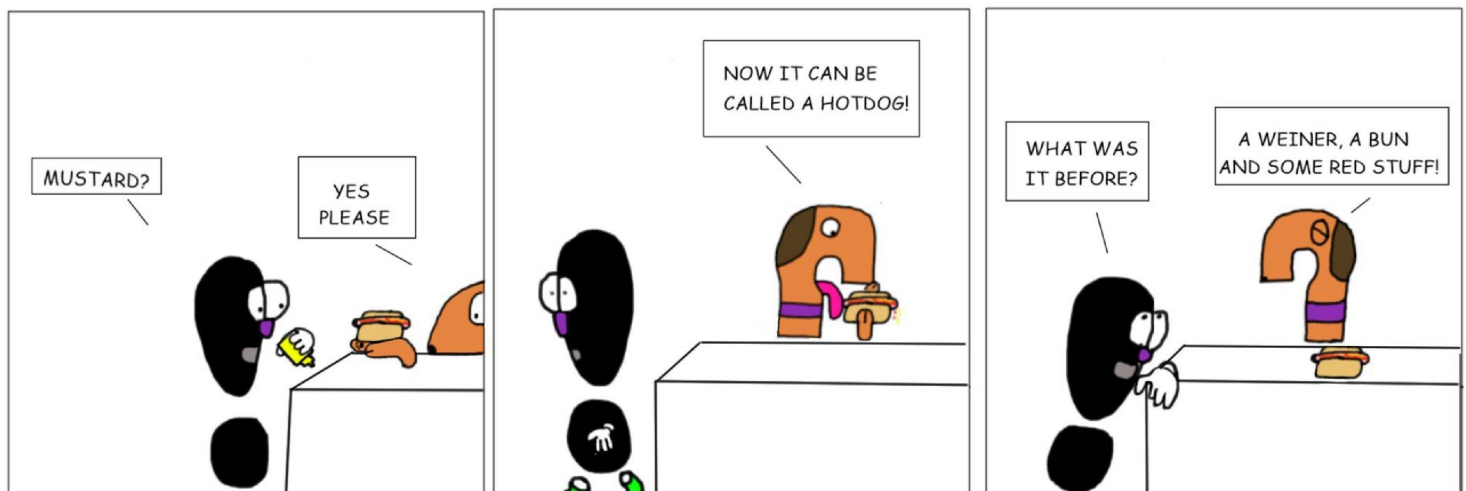
# Camping in Canada

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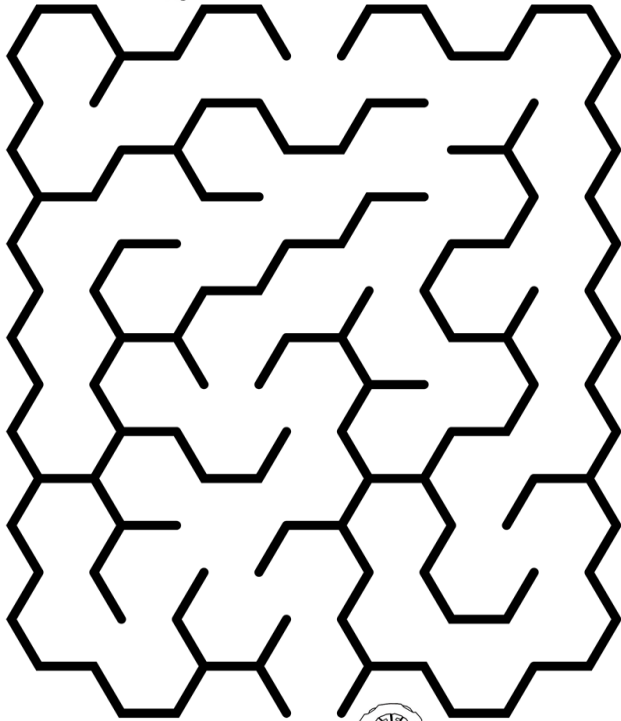
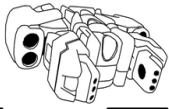
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Play this puzzle online at : <http://thewordsearch.com/puzzle/76233/>

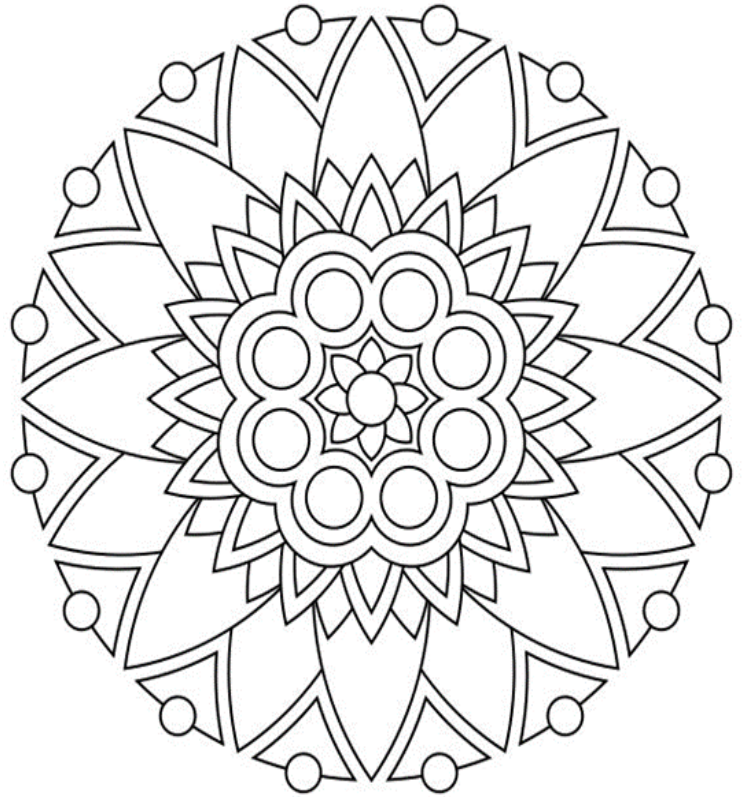
## Punctuation Association by Joni Righthand



Can you fly safely through the maze and  
destroy the enemy Armodoc?



Colour Me!



## September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Bingo	2	3
4	5 Labour Day	6	7	8	9	10
11 Bingo	12	13	14	15	16	17
18	19	20	21 Board Meeting	22 Bingo	23	24
25	26	27	28	29	30	