

THE CARE NEWSLETTER

ISSUE 1; November 2011



Pumpkin Carving with Josh!

Skype
please!



CARE has a webcam and a skype account. We want to connect and talk to you!

So get on your computer and call us or add us!! Our skype name is Careprogrammontreal

Looking forward to chatting with you!

C.A.R.E.

Programs!!

Here are some programs we've been doing at care:

- Electricity with Chris
- Body Movement with Julia
- Painting with Olivia
- Movie making with Tanya
- Crosswords with Dave
- Science with Josh
- Baking with Eric
- Reading with Erik
- Crafts with Jules
- Learning about Mexico with Noelle
- Keeping in touch with Laura
- Game show with Alyssa
- Rosh Hashana meal with Avi.



Arts & Crafts with Olivia

UPDATE

by: Nadia, Morris, Dawna, Charles and Angela

We are at the beginning of November. The time goes by so fast. We already have two months behind us. It's been a long time since we've done a newsletter. We decided to resurrect our C.A.R.E. newsletter. Let's see, what is new? We have a new team at C.A.R.E. The female staff includes Laura, Jules, Julia, Olivia and Noelle. Our male staff team includes; Chris, Josh, Erik, Eric, oh ya and Dave...did we forget him? How could we? He's so loud. We cannot forget our stage students! Tanya, Alyssa, and Avi. We've been so lucky to have them. We've been busy for these last few weeks. Read the rest of the news letter to find out what else has been going on including our amazing programs.

Questions

by Naama Glick



“How is your mom?”

“Where are the kids?”

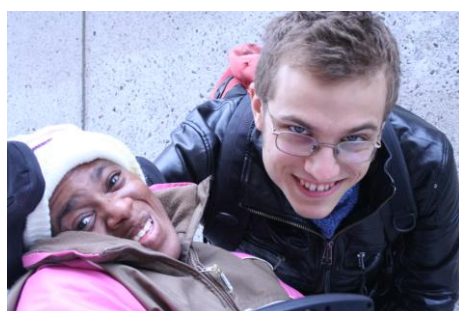
“Do you have a baby?”

“I wanna make a call”

Naama would love to hear from you on our Skype account!!!

Accessibility Committee

We've started up a new committee at C.A.R.E. We're researching and brainstorming ideas to get businesses to be more wheelchair accessible. We want to figure out how to make portable ramps that businesses could put at the doors of single or double step entrances. We're in the process of building a website that will indicate locations of easy accessible restaurants and businesses. It's an ongoing process and we're busy working on other ways to encourage businesses to be more **accessible!**



Jerry Lee Lewis
& Dawna Golden

Trevor Interviews Avi November 3rd, 2011

Do you have a girlfriend? – No

Do you have any pets? – Yes

Did you grow up in Montreal? – Yes

Do you like going to malls? – Yes

Where would your dream vacation be?

– Somewhere with sandy beaches, clear water, and lots of partying.

Do you like sports?

-Yes I like watching Hockey.

How long have you been watching Hockey? – 10 years, my older brother got me into it, his name is Joey.

What do you do at Christmas time?

– I spend time with the kids and relax.

Do you get presents?

- nope, I did when I was younger.

Do you have any siblings?

– yes, 10, there are 7 boys and 4 girls in my family.

Have you ever travelled?

-yes, to Israel and Minnesota

What's your favourite food?

– Pizza and Poutine!

What is your full name?

- Avrohom Tanny

Have you ever flown? – yes

How long was the flight? – 4 hours to Minesota, 10 hours to Israel.

Have you ever been to a hotel? -Yes



Painting the Mural wall

In the room with the SMART board, we decided to redecorate. We took down the old cloth wall coverings and started to paint a mural. It looks wonderful and has brightened up the room. Charles has been the right hand assistant of Olivia. The colour choices are a big part of Charlie's day. The painting is abstract acrylic with many different colours!



Coming **SOON**
Our New Website
Check it out!
www.carecentre.org

Tai-Chi

Lucky us! On Tuesdays Lise comes into CARE to do Tai-Chi with us. We split into two groups and every week is a different lesson. We do breathing techniques, stretching of our body, movement of our joints and limbs. It's relaxing and good to get our bodies moving. Lise knows how to do a good foot massage. Julia is her assistant.

A POURING Rainy Day



*The day we went on our walking tour of Old Montreal was a day of rain. We walked all day in the rain and we couldn't hear our tour guide. We felt like we walked forever. We got frustrated and in the end we had to walk all the way back to go and eat. It was crazy, when was it going to end? We usually go on good outings, but this one was a sucky soaky day. The best part of the day was eating lunch indoors out of the pouring cold rain!
-By Nadia Weekes*



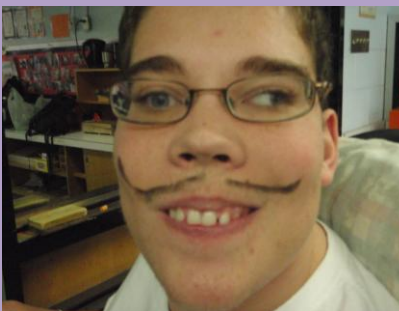
Morris doing Science
Experiments



Angela Stretching and relaxing



Al dressed as Laura for
Halloween



Trevor with a moustache



Thanks for Reading our
Newsletter!!!

DEAR FRANK COLUMN



Dear Frank, I like totally miss my boyfriend who lives like so far away. What should I do, like OMG?
-from Lonely Girl

Dear Lonely Girl, Your boyfriend is not worthy of your love, you should drop him like a hot potato.

Dear Frank, Dave keeps making fun of my mom. What should I do?
-From don't-mess-with-my-momma

Dear Don't mess,
Make him listen to you or he'll continue to bug you, love Frank.

Nadia Interviews Tanya Chamberlin October 21, 2011

Q: What is your full name?

A: Tanya Leigh Chamberlin

Q: What are your likes and dislikes in general?

A: I like playing sports, being with friends and family, no matter what the activity is.

Q: What is your dream job?

A: Something that makes me happy with good people and that is flexible.

Q: What is your favorite part of C.A.R.E.?

A: The people! The clients, the staff, and how everyone just has a good time and works together.

Q: Do you like it at C.A.R.E.?

A: Definitely, I love it!

Q: What did you do before you came to care?

A: I was studying Recreational Therapy at Concordia.

Q: What makes you scared?

A: Frogs!! They are the nasty slimy, unpredictable squishy, fragile, disgusting creatures in the world.