

FEATURED STORY

Become a Member



At Duncan's Farm in the summer of 2016

Membership expires on March 31st, 2017. If you want to continue to receive the monthly newsletter and regular updates about upcoming events and important issues, renew your membership. You've most likely received notification about this by mail or email, and if you already replied- Thank you! If you haven't replied, don't delay!

Your ongoing commitment is vital to our success and of course, your donation helps us continue important work. Members like you make it all possible.

With your support, we can continue to achieve much more. Renew your membership online at www.cltoronto.ca/membership

In this Issue

- Pg 1 | Featured Story
- Pg 2 | Central Region
- Pg 3 | Etobicoke Region
- Pg 5 | North York Region
- Pg 6 | Scarborough Region
- Pg 8 | Volunteer Voice

You can also contact your regional Membership Coordinator. Tell a friend! We are always looking for more members.

Membership Coordinators:

Central Region:

Michelle Grimley 647-729-1210
michelle.grimley@cltoronto.ca

Etobicoke Region

Georgina Stergiotis
647-729-0445
georgina.stergiotis@cltoronto.ca

North York Region

Wendy Dyke 647-729-3627
wdyke@cltoronto.ca

Scarborough Region

Felicita Zanatta 647- 729-1635
fzanatta@cltoronto.ca

Another exciting year in Central Region!

By Yulia Prudova

2016 was a great year in Central Region. With the supports from the Central Region Council, we are gearing up for a full year of new and exciting activities.

Our awesome volunteers work hard to keep the fun alive and the events going. Between our Dinner Club and our new Games Night, we are making it possible for people to be connected and engaged.

After spending many hours decorating perfectly shaped sugar cookies, our Cookie Group this year is planning to put their decorating skills to work! They all got together to plan a bake sale to thank the Regional Council for their support. Everyone who attends this group will have an opportunity to participate to make this creative workshop a lot of fun. They will choose a role for themselves from rolling the dough and piping royal icing, to packaging the sweet creations. There is nothing as fulfilling as working as a team, rolling, cutting, baking, and then flooding a cookie with delicious icing! Join them if you'd like to try!



Volunteers, Ana and Suzanne are taking Teresa's icing, "Master class"

The extremely popular One Direction Group had a fantastic year that saw a multitude of fun activities from Frisbee and soccer in the park to baking, singing, playing bingo and just hanging out. They are kicking off this year with a dinner and movie event that surely is the best way for young people to socialize with friends.

In 2016 we also launched a Downtown Parent Share support group for parents to connect, hear what's going on in the city, share tips and best parenting practices when it comes to raising their children. Last year, the group covered topics such as, children's respite, person directed planning, and wellness techniques...just to name a few. The parents had many conversations, sharing information, exchanging ideas, and expressing opinions; difficulties encountered and success they have achieved.

We are lining up some great topics for this season as well, starting with navigating the education system, RDSP management and learning about various emerging therapies for kids with special needs.

The Annual Spring Fling is on Saturday April 8th. Tickets are already available to be purchased at www.cltoronto.ca/spring-fling.

In addition, more membership events are in the works for this year: another 6-week session of mindfulness for parents, and a literacy group for school aged children.

If you would like information regarding the programs mentioned, please contact Michelle Grimley, Membership Coordinator, at michelle.grimley@cltoronto.ca or 647-729-1210.

Upcoming Central Events

Central Region Council meeting

Tuesday February 14th, 2017
6:00 pm – 8:00 pm
20 Spadina Rd, Room 2B
All are welcome.

Central Region Best Buddies

(for registered buddies only)
Friday, Feb 10, 2017
5:30 to 8:00 PM
40 Birch Ave.

Cookie Group Get Together

Sunday February 12, 2017
1:00 to 3:30 pm
40 Birch Ave

Central Region Council's Annual Spring Fling

Dinner, Dance & Silent Auction
Saturday April 8, 2017
Japanese Canadian Cultural Centre
\$55/ticket

For information on any of the above events,
contact Michelle Grimley
michelle.grimely@cltoronto.ca or 647-729-1210

Parent Share

10 am to 12:00 pm
Regent Park Community Centre
402 Shuter St., 2nd Floor
Dates: Feb 13, Mar 20, Apr 10, May 8,
June 12
RSVP: Yulia Prudova 647-729-1029,
yprudova@cltoronto.ca,

Etobicoke ADP visits the Christmas Market at The Distillery

By Xiaogong Yang

On Dec.1, 2016, the Etobicoke Adult Day Program enjoyed the merry holiday atmosphere at the famous Christmas Market in the Distillery District! Everyone got very excited when they saw the huge Christmas tree. We also all sang along with the Christmas Carolers that were performing on the stage. We walked around with the excited crowd in the market, despite the chilly weather. We stopped to take a break and enjoyed some Christmas treats, cookies and tarts. The individuals were enjoying taking pictures with the Snow Man, the Ginger Bread House, the Pink Christmas trees, and the decorated truck. What a wonderful time we spent there!



A joyous day spent at the Distillery's Christmas market

Books and Magazines Needed

SWACA Etobicoke/York is in need of books and magazines with pictures/illustrations to be used for programs, arts and crafts. Please donate at 288 Judson Ave. Unit 17. For information contact Christine-Lisa Denis at 647-728-0396, cdenis@cltoronto.ca

Upcoming Etobicoke/York Events

Etobicoke/York Region Council Meeting
Tuesday February 14, 2017 at 6:30 pm
4895 Dundas St. W. (Creative Village Studio)
RSVP: Georgina Stergiotis at 647-729-0445, georgina.stergiotis@cltoronto.ca

Friendship Club
Last Wednesday of the month, 6pm-8p
ERO – 295 The West Mall, suite 204
Registration: LauraLee Edmiston, 647-729-0440 or ledmiston@cltoronto.ca

Parent Share
10 am to 12:00 pm
Dates: February 16, March 16, April 20, May 18, June 15
For information contact:
Sarah Winter 647-729-1633
swinter@cltoronto.ca or
Bonnie Heath 416-645-6000, ext. 1311
bheath@woodgreen.org

Note: Friendship Club and Parent Share are held at **295 The West Mall, suite 204**
Park in the underground on P2

Art from the Heart

Annual art show featuring artists from Creative Village Studio
February 17 to March 19, 2017
Opening Reception February 19, 2017
12 pm - 5 pm.
Joshua Creek Heritage Art Center
1086 Burnhamthorpe Rd. E
Oakville, ON
905-257-4730

For information contact: Harold Tomlinson at 647-351-4362 htomlinson@cltoronto.ca

Ninth Annual Easy Roller Bowl-a-thon

Join us for a fun filled evening with your friends and family!

Saturday April 22, 2017

5pm - 8pm

Bowlerama West

5429 Dundas St. West

Silent Auction, Raffles, Prizes and More!
\$25

Register deadline: Thursday April 13

Contact: Georgina Stergiotis
647-729-0445
georgina.stergiotis@cltoronto.ca

NORTH YORK REGION

North York Cooking Classes a Big Hit for Participants

By Wendy Dyke



Cooking class guests help themselves to the buffet dinner prepared by cooking class participants

North York Council once again sponsored six weeks of evening fall cooking classes from October 22 to December 6, 2016.

The classes focused on learning about food preparation, safety in the kitchen and making healthy food choices based on the Canada food guide. Each week participants were engaged in all steps of preparing a meal and cleaning up. The menu is created with input from the participants. Each week there is a discussion of options for a menu for the following week. Once three options are made, participants vote on the options and the menu with the most votes is what will be prepared the following week. During the course of the fall session a vote resulted in a tie between two choices and the participants were more than happy with the solution of preparing the two choices over the following two weeks.

During the six weeks, participants prepared items such as pasta and meat sauce, garlic bread and Caesar salad, make your own personal pizza, macaroni and cheese, beef and fish tacos, and garden salads. For the final week, participants invited family and friends for dinner. The menu included a pasta and meat skillet entre, similar to a hamburger helper dish, a meat pie with Greek salad and yogurt parfaits for dessert. As an extra treat, there was also a cake made ahead of time and the recipe shared with the participants.

Both the meat pie and hamburger helper style entrées were made from the same basic recipe which can also be used to make Sheppard's pie or sloppy Joes. Guests truly enjoyed the evening requesting copies of the recipes used.

Participants of the class are often individuals who are looking to develop independent cooking skills. Others have some skills already, but want to learn more about making healthy eating choices. Many have goals of living in a supported independent living situation. All participants of the class have identified on their application that they have an opportunity to use the skills learned in class at home with support from family or support workers. This extra practice time is crucial for skill development and retention of skills learned in class.

Cooking classes run in sessions, spring, summer and fall. If you are interested in the next sessions, please watch for information in upcoming newsletters in the events section for details.

Upcoming North York Events

North York Council Meeting

Monday February 13, 2017
1:00 PM to 3:00 PM
North York Office Boardroom
1122 Finch Avenue West, Unit 18
Everyone Welcome!

Pizza/Bingo

Thursday March 16, 2017
6 pm to 8 pm
Victoria Park Hub
1527 Victoria Park Avenue

Sibshop

Saturday March 25, 2017
Saturday May 6, 2017
10:30 am to 2:30 pm
Victoria Park Hub
1527 Victoria Park Avenue
(Weather permitting)

RSVP for all of the above events to:
Wendy Dyke wdyke@cltoronto.ca or
647-729-3627

Jumpstart Literacy

Every Saturday 9:30 am to 11:30 am
1122 Finch Avenue West, Unit 16
Registration fee: \$20.00 per person weekly
fee: \$5.00 per person
To learn more and to register,
please contact:
Sehrish Zehra at sehris.zehra@cltoronto.ca
or 647-729-1162

Parent Share

10 am – 12 pm
1122 Finch Ave W
February 2, March 2, April 6,
May 4, June 1
For information contact:

Sarah Winter 647-729-1633
swinter@cltoronto.ca or
Bonnie Heath 416-645-6000, ext. 1311
bheath@woodgreen.org

SCARBOROUGH REGION

Mallory's New Home

By Wendy Morrison-McCormick



Mallory enjoys the Holidays

As a mother, one is always concerned about the vulnerability of their child; especially when you are not there to protect them. When you are the parent of a child with *special needs*, that vulnerability becomes almost unbearable. When we first considered having our daughter move into a home, we were extremely concerned about this prospect. We would not be there to take care of her, watch every move she made, ensure no dangers were lingering around the next corner.

Well, six years later, not only has our daughter excelled and no harm has come her way, we recently have transitioned her from the children's program and residency to the adult

one. Again, all the old feelings of change and apprehension were quickly rekindled. However, I am here to say; that this did not happen! Our daughter recently moved from the comfort of her home that she entered as a child, to the comfort of a new adult one. The transition from her familiar surroundings to her new one was not that difficult at all! I would like to mention that we owe it all to Community Living Toronto. Without their support, planning and coordination of everyone from the organization, this would not have been an easy process for anyone. The concept of moving to an adult living program was an idea that Mahal Hudson (Program Manager) had developed. Her idea was the pinnacle reason why my daughter did so well with the transition. With Mahal's wisdom and dedication, she was able to find a new suitable residency, keep all of the children together and transition them into their new home, where they all are flourishing together again as a family.

Our daughter is thriving in her new home and has adjusted well. We are so very fortunate to be involved with such a wonderful organization as Community Living Toronto.



Mallory's nice room!

Thank You!

By Shelly Greenberg

On behalf of the Scarborough Community Support Team and the recipients of our 2016 Holiday Hamper Program, I would like to send a warm thank you to everyone who kindly provided donations.

Your generosity helped 21 families have a brighter and happier holiday season.

I would especially like to thank Scarborough Council, SWACA, Scarborough ETS, Scarborough ADP, Community Living Staff and many community members who generously provided cash donations, gift cards and thoughtful items for the hampers.

Thank you for making our annual Holiday Hamper Program a great success. Shelly Greenberg and the Scarborough Community Support team wish you all the best for 2017!

For information Shelly can be reached at 647-729-1627.



Great Wolf Lodge
is offering a discount for
Community Living Month!
Find out more at www.cltoronto.ca

Upcoming Scarborough Events

Council Meeting

Monday February 6, 2017 6:15pm 1712
Ellesmere Road Boardroom
All are welcome!

Advocacy Training for Parents of School Age Children

Thursday February 16, 2017; 6:30 - 8:30 pm
1712 Ellesmere Road

Bingo at Lawson

Friday February 10, 2017; 7-8:30pm
1712 Ellesmere Road
\$5 for a snack and prizes

Achilles 5 Km Walk/Run

Join the Scarborough Team
Sunday March 12, 2017
\$50 to register

Winter Literacy

Saturday mornings 9-11:45 am
1710 Ellesmere Rd.
\$20 registration and \$5 per class
Eligibility determined by interview

For more information on all of these events and
to register contact:

Felicita Zanatta
647-729-1635
fzanatta@cltoronto.ca

Tuesday Morning Drop in

10 am to 12 pm, \$4 each week
1712 Ellesmere Rd
RSVP to Sarah at 647-729-1633 or
swinter@cltoronto.ca

Connections Dance

Friday February 24, 2017; 7:30-9:30pm

1712 Ellesmere Rd.
\$8 admission
Call Lester at 416-566-7252

Parent Share

9:30 – 11:30 am
91 Eastpark Blvd.
Cedarbrook Community Centre
January 12, 26, February 9, 23, March 9, 23,
April 13, 27, May 11, 25, June 8
Contact Sarah Winter at 647-729-1633
or swinter@cltoronto.ca

Volunteer Voice

Exciting Updates in Volunteer Services

By Sehrish Zehra

The Volunteer Services Department at Community Living Toronto is excited to announce that our 37th Annual Volunteer Appreciation Event will take place on April 10th, 2017 at a brand new location: the Fountain Blu at Exhibition Place! Located right next to the Lake; this exciting new venue offers an elegant cocktail style reception through which our amazing volunteers will be recognized. Volunteer of the Year awards will be presented at the event as well.

Central Region

Yulia Prudova
647-729-1209 or yprudova@cltoronto.ca

Scarborough Region

Sarah Winter
647-729-1633 or swinter@cltoronto.ca

North York and Etobicoke/York Regions

Sehrish Zehra
647-729-1162 or sehris.zehra@cltoronto.ca

The Volunteer Services Department will be in contact with all volunteers to update their records. This is all a part of our new Volunteer management system.

Annual Training Refreshers and Orientation Sessions

All returning volunteers are required to attend the upcoming Annual Training Refresher. In addition, new and old volunteers are encouraged to sign up for an upcoming orientation session. At the orientation they can secure their volunteer positions and/or update their trainings. Refer to this chart for all training and orientation sessions, then contact the Volunteer Coordinator for your region, and let them know which training or orientation session you would like to attend.

Volunteer services looks forward to connecting with you all!

Annual Refresher Training

Monday February 6th, 2017
10am-11:30am or 4:30-6PM
20 Spadina Road | Boardroom

Volunteer Orientation Sessions

Monday March 6th 10am-2pm
1122 Finch Ave. West | Boardroom

Monday April 3 5:30pm-8pm
1712 Ellesmere Road | Boardroom

Monday May 1st 5:30pm-8pm
295 The West Mall | Boardroom

Monday June 5 10am-2pm
20 Spadina Road | Boardroom

FAMILY FUN FAIR

A short walk from
McCowan
Subway Station

Saturday June 10th, 2017
11AM-3PM
Admission: \$4
1712 Ellesmere Road

Carnival
Games
BBQ
BINGO
plus More!



Let us know you're coming...

Etobicoke

Georgina Stergiotis
416-236-7621

georgina.stergiotis@cltoronto.ca

Central Region

Michelle Grimley
647-729-1210

michelle.grimley@cltoronto.ca

Scarborough

Felicita Zanatta
647-729-1635

fzanatta@cltoronto.ca

North York

Wendy Dyke
647-729-3627

wdyke@cltoronto.ca

Additional Donations Welcome!

Bring a lawn chair or blanket and sunscreen!



Pay Parking across the street

Only Wheelchair-accessible parking on site



www.facebook.com/cltoronto.ca



www.instagram.com/communitylivingtoronto.ca



www.twitter.com/cltoronto.ca

